

Metas de julho



hábitos de julho

[illegible]

planejamento mensal

DOMINGO	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Anotações:			

[illegible]

Cronograma capilar

SEMANAS:			
1			
2			
3			
4			



HIDRATAÇÃO

RECONSTRUÇÃO

NUTRIÇÃO



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NOTA: ☆☆☆☆☆

01

DOMINGO

02

SEGUNDA-FEIRA

03

TERÇA-FEIRA

04

QUARTA-FEIRA

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05

QUINTA-FEIRA

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SEXTA-FEIRA

07

SÁBADO

08

DOMINGO

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Importante!

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09

10

11

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA



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ANOTAÇÕES

12

QUINTA-FEIRA

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SEXTA-FEIRA

14

SÁBADO

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DOMINGO

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Importante!

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SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA

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ANOTAÇÕES

19

QUINTA-FEIRA

20

SEXTA-FEIRA

21

SÁBADO

22

DOMINGO

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Importante!

ANOTAÇÕES

23

SEGUNDA-FEIRA

24

TERÇA-FEIRA

25

QUARTA-FEIRA



26

QUINTA-FEIRA

27

SEXTA-FEIRA

28

SÁBADO

29

DOMINGO

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Importante!

30

31



SEGUNDA-FEIRA

TERÇA-FEIRA

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ANOTAÇÕES

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Comprimas

[illegible]

Anotações

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Anotações

[illegible]