

Metas de maio



habitos de maie

[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



NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆



NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

NOTA: ☆☆☆☆☆

Importante!



ANOTAÇÕES

01

TERÇA-FEIRA

02

QUARTA-FEIRA



03

QUINTA-FEIRA

04

SEXTA-FEIRA

05

SÁBADO

06

DOMINGO

/ — // — // — //

/ — // — // — //

Importante!

07

08

09



ANOTAÇÕES

SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



10

QUINTA-FEIRA

11

SEXTA-FEIRA

12

SÁBADO

13

DOMINGO

/ — // — // — //

/ — // — // — //

Importante!

14

15

16

- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA

/ — // — — — — // — — /

--	--	--

/ — // — — — — // — — /

--	--	--

ANOTAÇÕES

17

QUINTA-FEIRA

18

SEXTA-FEIRA

19

SÁBADO

20

DOMINGO

/ — // — // — //

/ — // — // — //

Importante!

21

22

23



SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



ANOTAÇÕES

Large pink rectangular area for notes.

24

QUINTA-FEIRA

25

SEXTA-FEIRA

26

SÁBADO

27

DOMINGO

/ — // — // — //

/ — // — // — //

Importante!

- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡
- ♡

28

29

30

SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA

--	--	--

/ — // — // — //

--	--	--

/ — // — // — //

--	--	--

ANOTAÇÕES

31

QUINTA-FEIRA

Importante!



ANOTAÇÕES

Comprimas
LOJA

[illegible]

[illegible]

Anotações

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Anotações

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Anotações

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.