

Metas de novembro



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	<i>Anotações:</i>

Cronograma capilar

SEMANAS:			
1			
2			
3			
4			



HIDRATAÇÃO

RECONSTRUÇÃO

NUTRIÇÃO

filmes

NOME:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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NOTA: ☆☆☆☆☆

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NOTA: ☆☆☆☆☆

NOME:

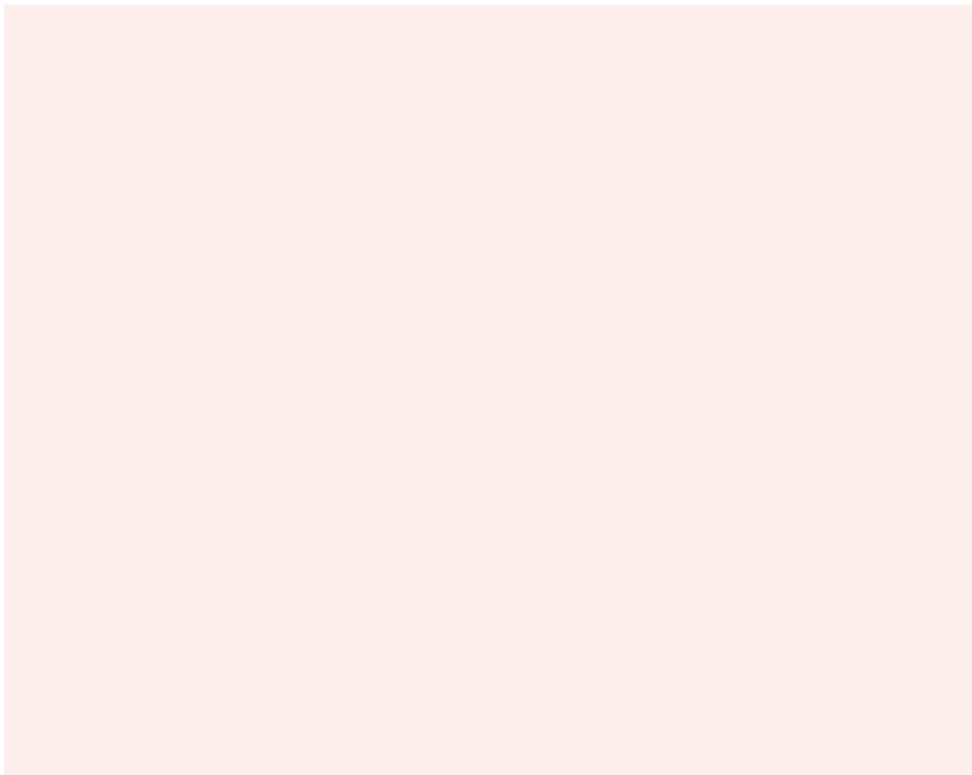
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NOTA: ☆☆☆☆☆

Importante!



ANOTAÇÕES



01

QUINTA-FEIRA

02

SEXTA-FEIRA

03

SÁBADO

04

DOMINGO

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Importante!

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SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA

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ANOTAÇÕES

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QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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DOMINGO

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Importante!

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SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA

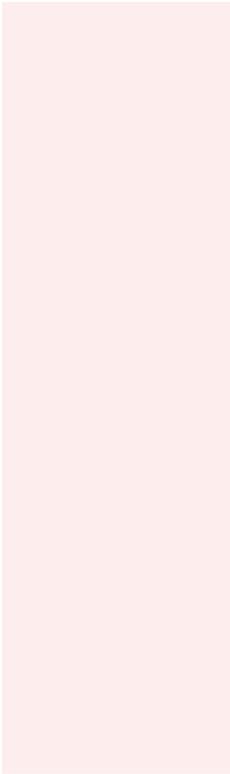


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ANOTAÇÕES



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QUINTA-FEIRA

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SEXTA-FEIRA

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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

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QUINTA-FEIRA

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SEXTA-FEIRA

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SÁBADO

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DOMINGO

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Importante!

QUINTA-FEIRA

SEXTA-FEIRA

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ANOTAÇÕES

