

# Metas de outubro



# Capitulos de outubro

[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	24
28	29	30	31	Anotações:		

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# Cronograma capilar

SEMANAS:			
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## HIDRATAÇÃO

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## RECONSTRUÇÃO

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## NUTRIÇÃO

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ANOTAÇÕES

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SEXTA-FEIRA

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SABADO

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ANOTAÇÕES

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QUINTA-FEIRA

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SEXTA-FEIRA

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SABADO

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Importante!

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ANOTAÇÕES

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QUINTA-FEIRA

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SEXTA-FEIRA

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SABADO

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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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SABADO

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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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Comprimas

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# 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 single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.