

Metas de junho



hábitos de junho

[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

[illegible]

Cronograma capilar

SEMANAS:			
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HIDRATAÇÃO

RECONSTRUÇÃO

NUTRIÇÃO



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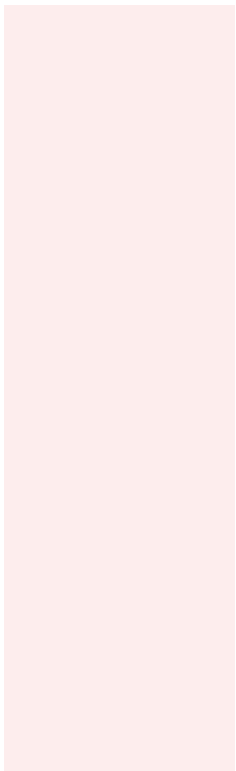
Importante!



ANOTAÇÕES

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Importante!

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ANOTAÇÕES

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SEGUNDA-FEIRA

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TERÇA-FEIRA

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QUARTA-FEIRA



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QUINTA-FEIRA

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SÁBADO

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DOMINGO

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ANOTAÇÕES

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SEGUNDA-FEIRA

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TERÇA-FEIRA

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QUARTA-FEIRA



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QUINTA-FEIRA

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SÁBADO

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DOMINGO

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Importante!

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ANOTAÇÕES

SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



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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!

25

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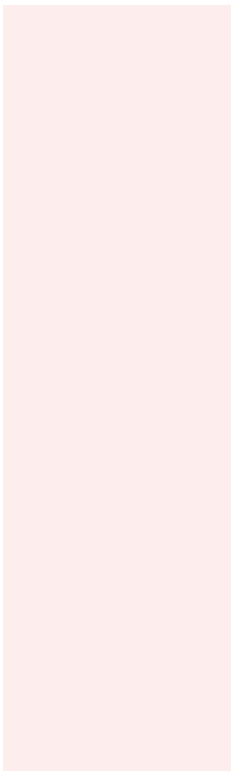
SEGUNDA-FEIRA

TERÇA-FEIRA

QUARTA-FEIRA



ANOTAÇÕES



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QUINTA-FEIRA

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SEXTA-FEIRA

30

SÁBADO

Importante!



ANOTAÇÕES



Comprimas

[illegible]

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Anotações

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Anotações

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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.