



MARIA
TERESA

PLANNER
2018

**MICRO
PLANNER
2018**

Dados pessoais

Nome:

Telefone:

Endereço:

E-mail:

Contato de Emergência 01:

Contato de Emergência 02:

Grupo Sanguíneo:

Alergias:

Cuidados Médicos:

CALENDÁRIO 2018 Distrito Federal

FERIADOS NACIONAIS E ESTADUAIS

01.01	Confraternização Universal	07.09	Independência do Brasil
13.02	Carnaval (facultativo)	12.10	Padroeira do Brasil
30.03	Sexta-feira Santa	02.11	Finados
21.04	Fundação de Brasília (est.)	15.11	Proclamação da República
01.05	Dia do Trabalhador	30.11	Dia do Evangélico (est.)
31.05	Corpus Christi	25.12	Natal

DATAS COMEMORATIVAS

06.01	Dia de Reis	12.06	Dia dos Namorados
08.03	Dia da Mulher	24.06	Dia de São João
01.04	Páscoa	29.06	Dia de São Pedro
19.04	Dia do Índio	20.07	Dia do Amigo e Internacional da Amizade
21.04	Aniversário de Brasília	12.08	Dia dos Pais
22.04	Descobrimento do Brasil	12.10	Dia das Crianças
13.05	Dia da Abolição da Escravatura	15.10	Dia do Professor
05.06	Dia Mundial do Meio Ambiente	20.11	Dia Nacional da Consciência Negra

JANEIRO							FEVEREIRO							MARÇO						
Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	

ABRIL							MAIO							JUNHO						
Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom
						1		1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

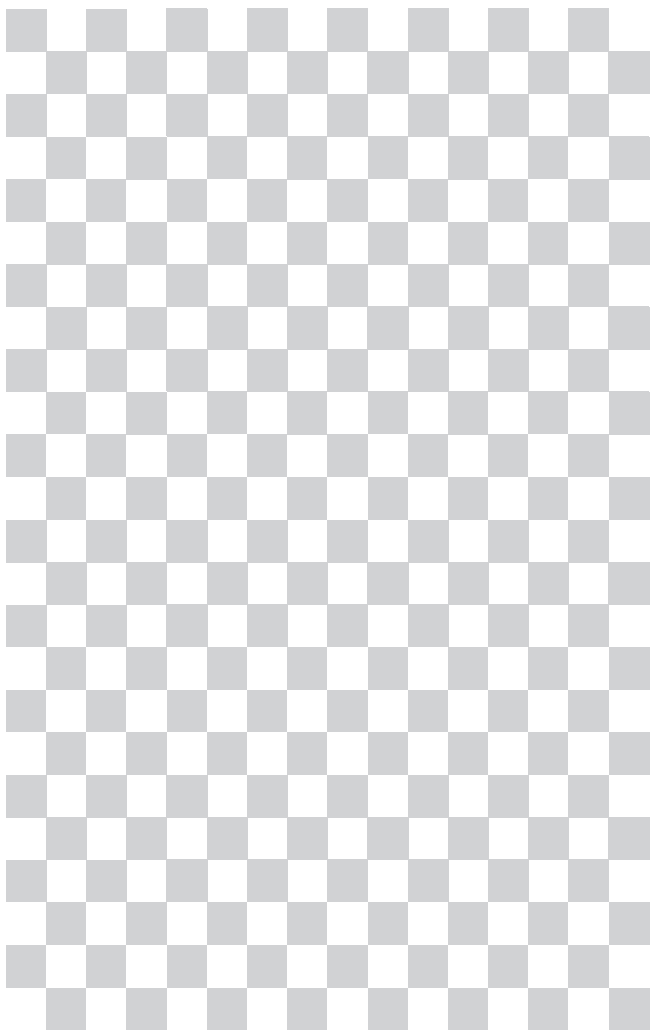
JULHO							AGOSTO							SETEMBRO						
Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom
						1			1	2	3	4	5						1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
30	31																			

OUTUBRO							NOVEMBRO							DEZEMBRO						
Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom	Seg	Ter	Qua	Qui	Sex	Sáb	Dom
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30

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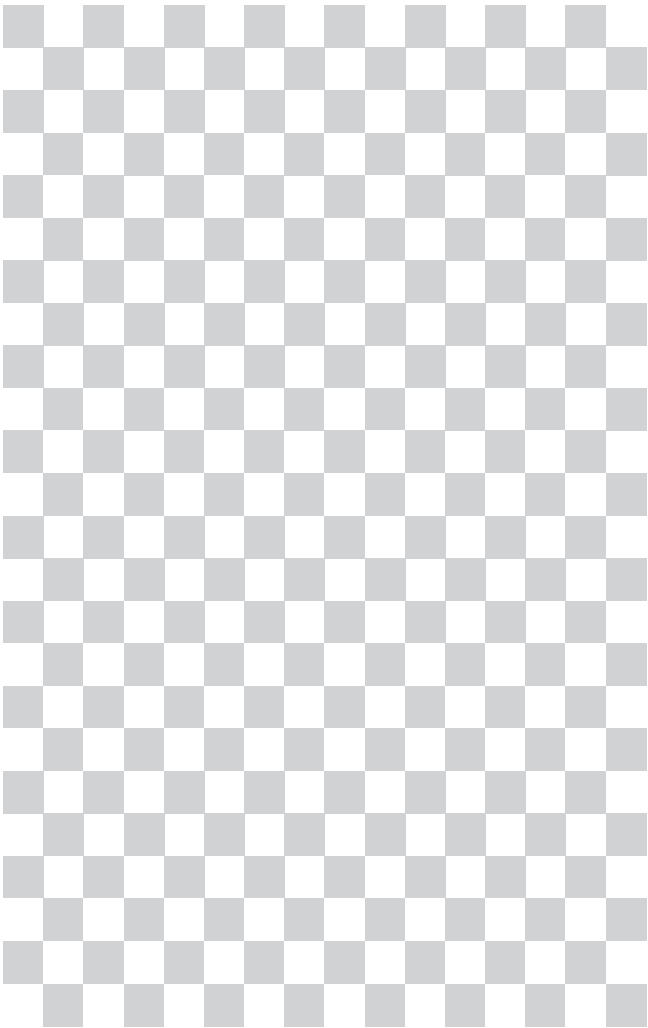


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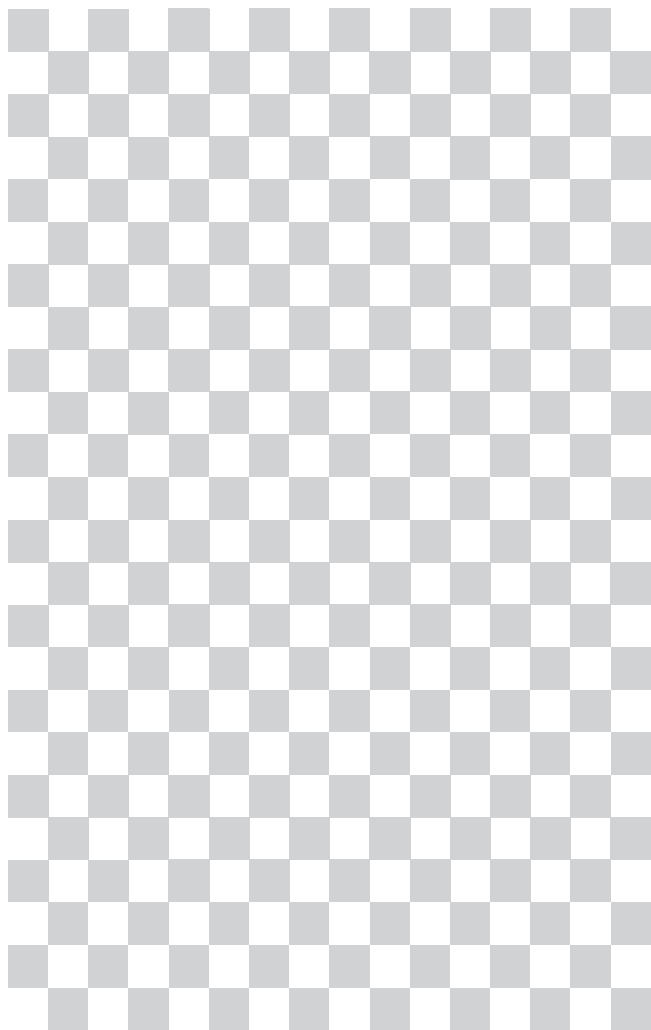


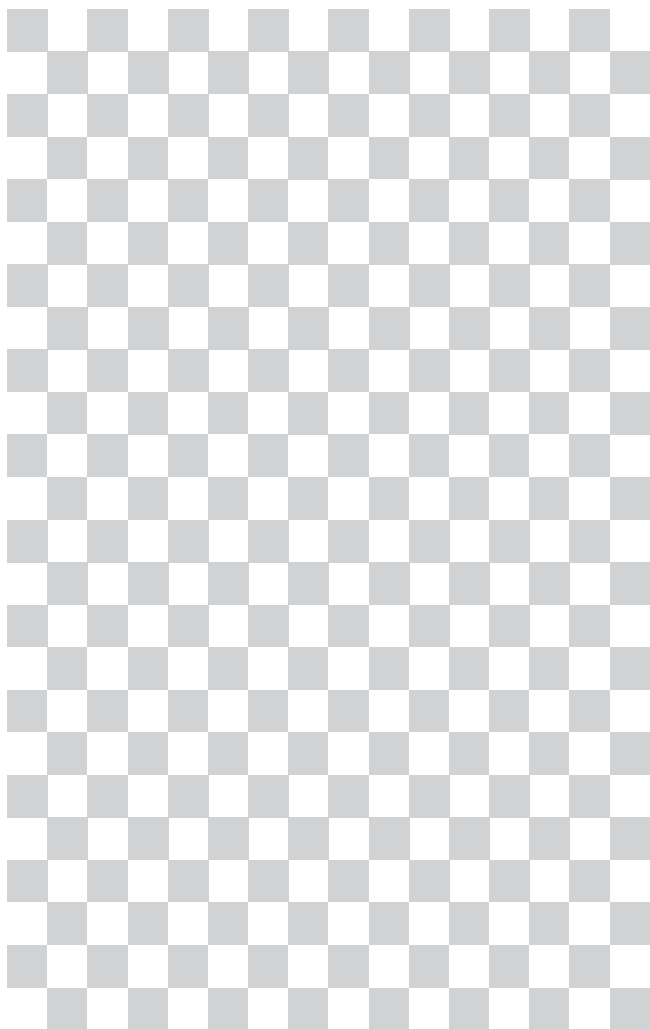
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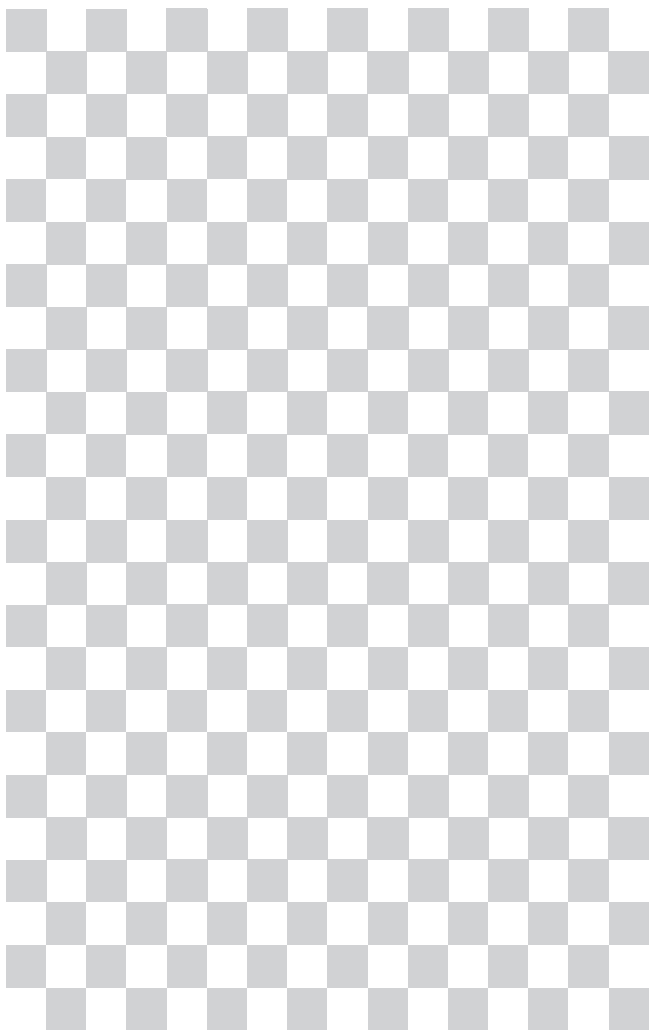
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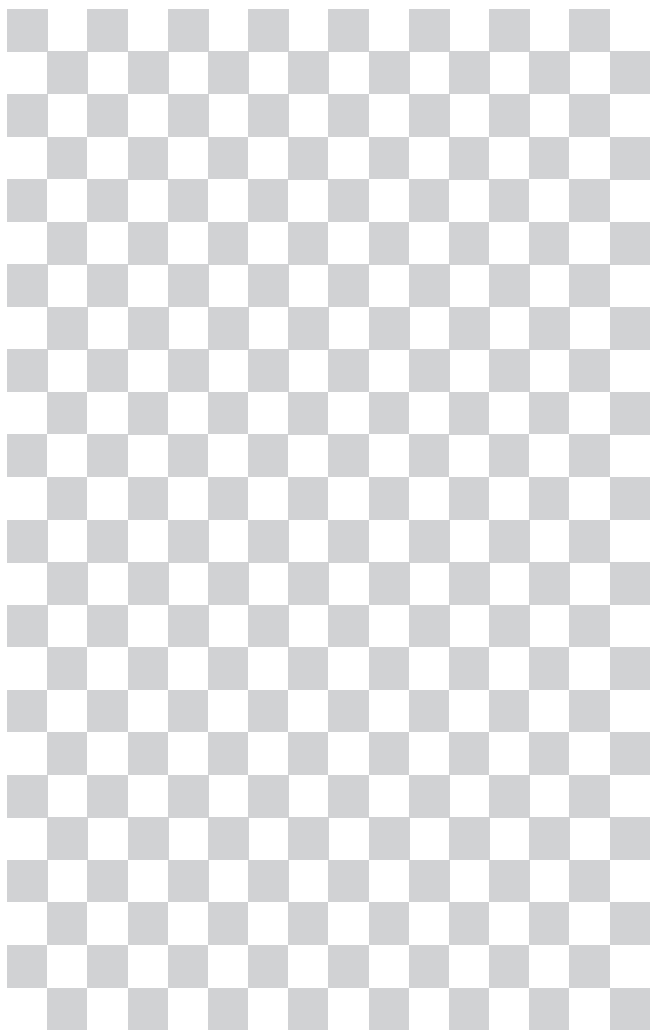


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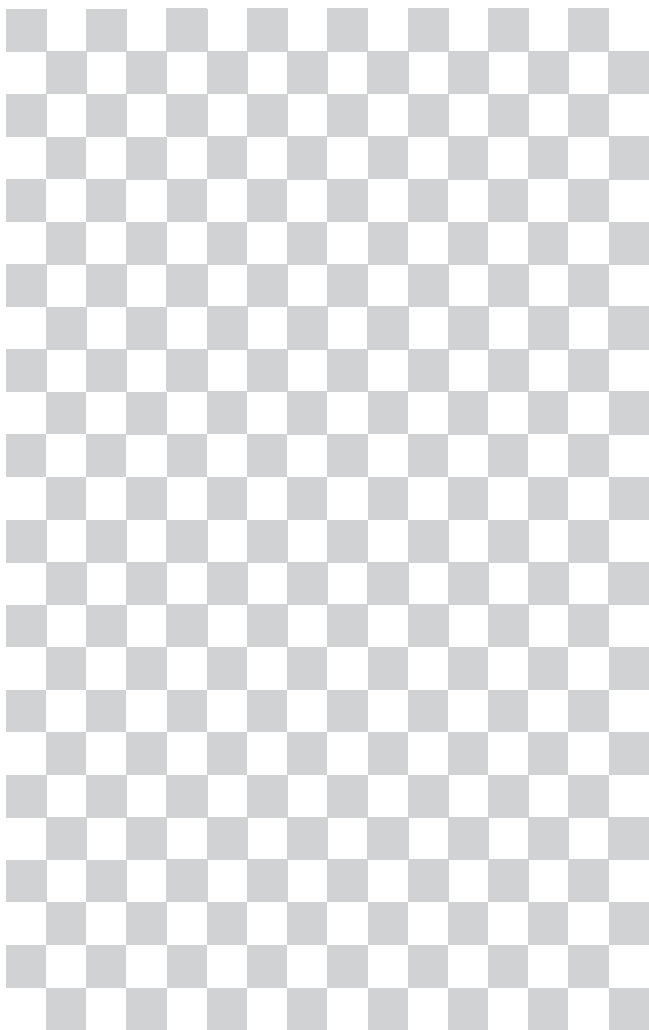


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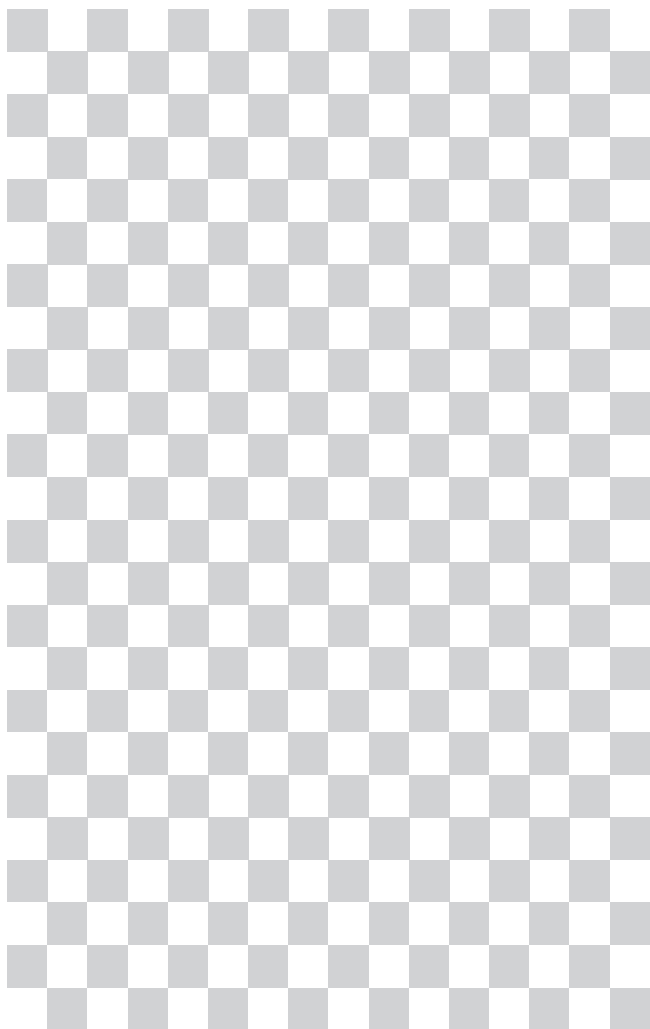


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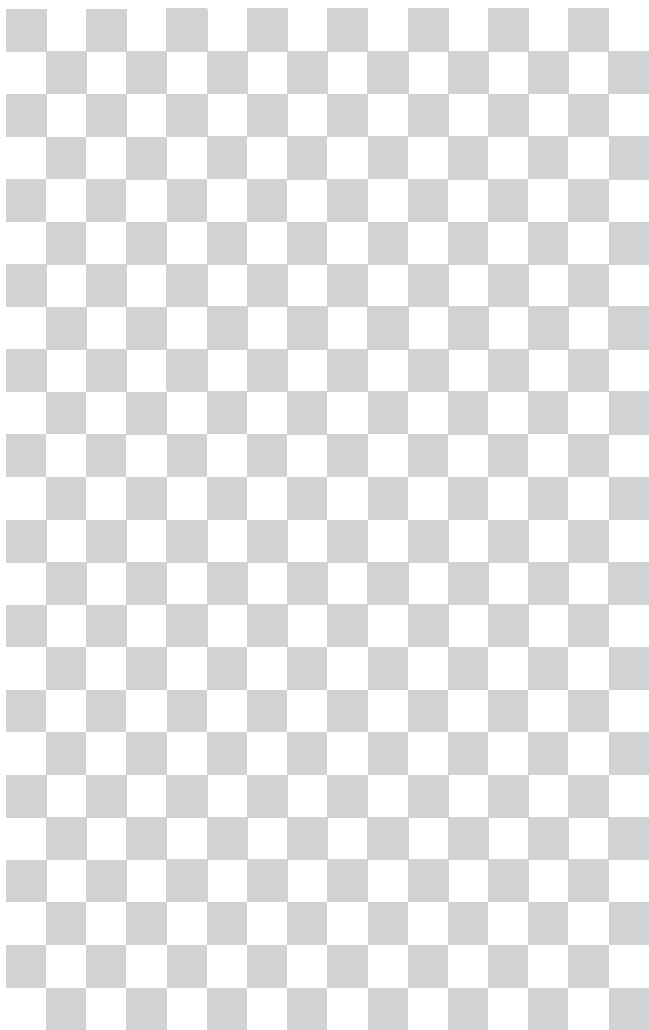


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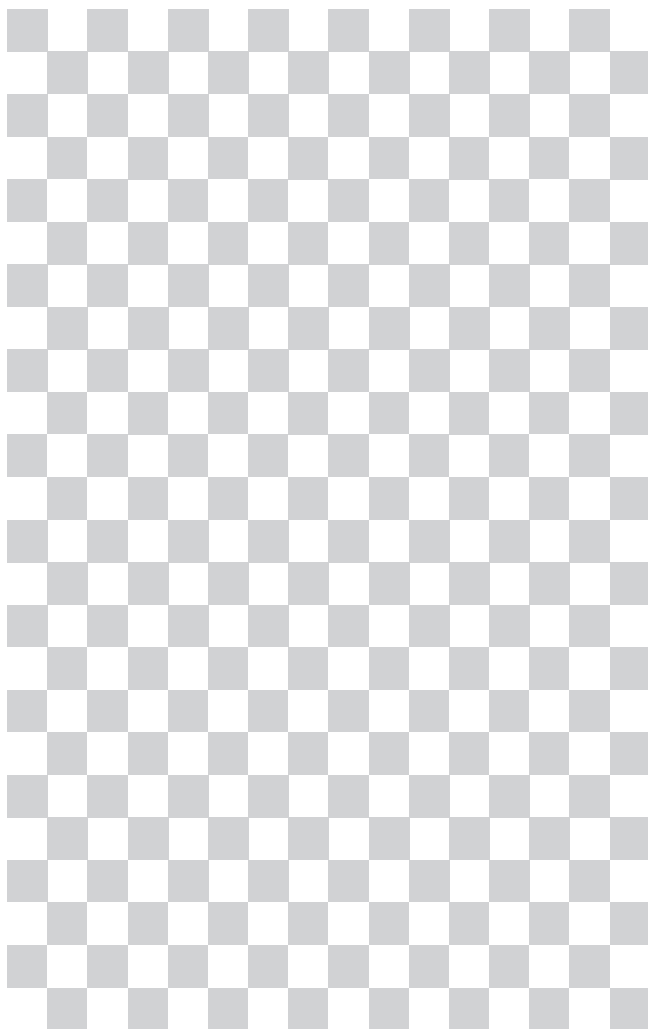


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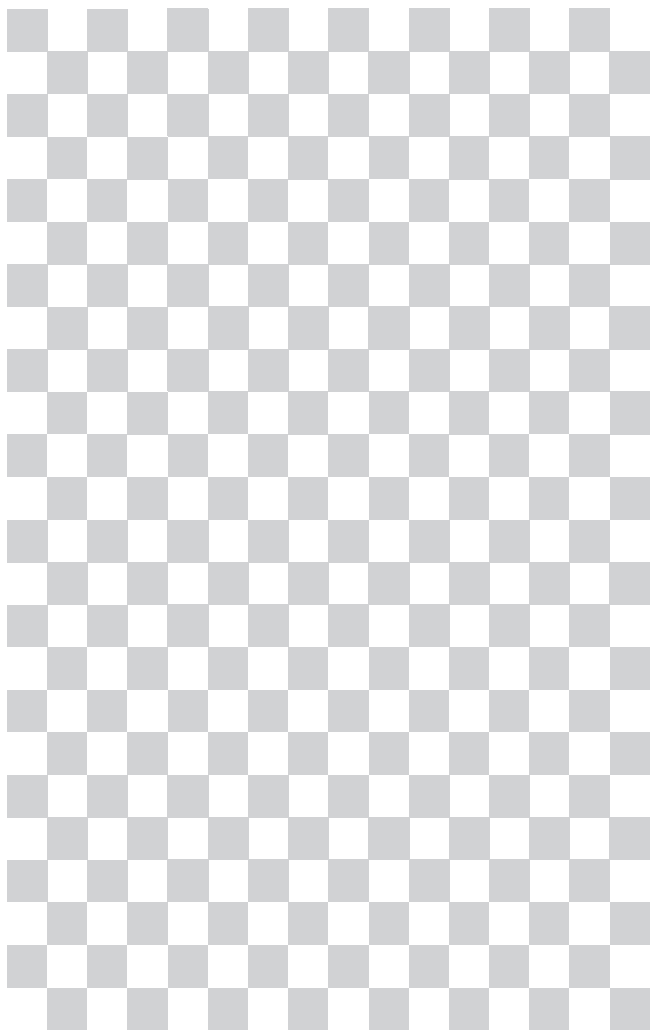


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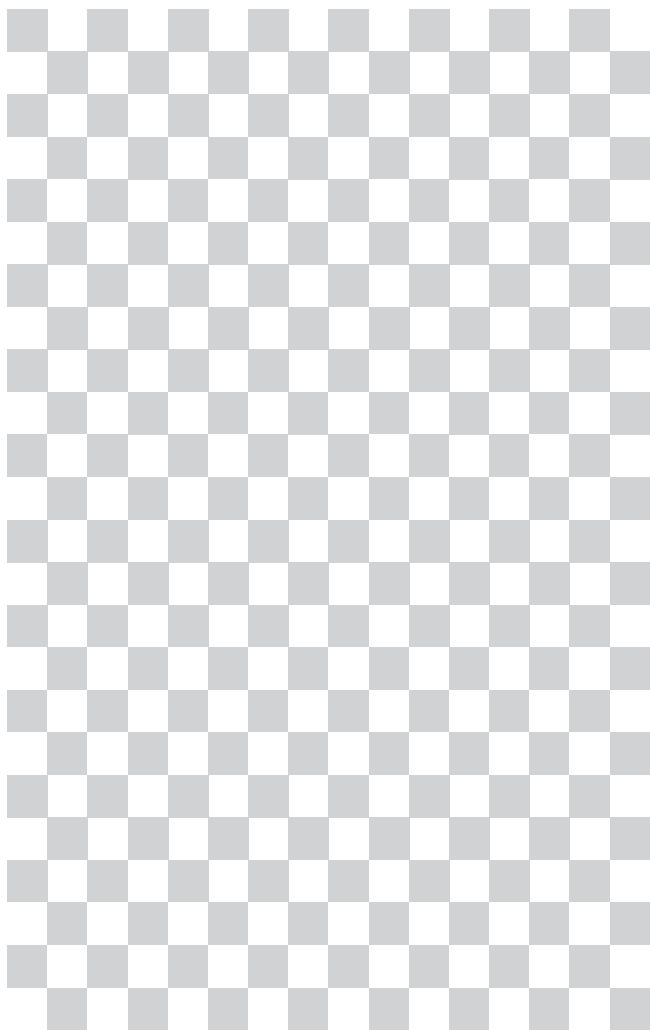


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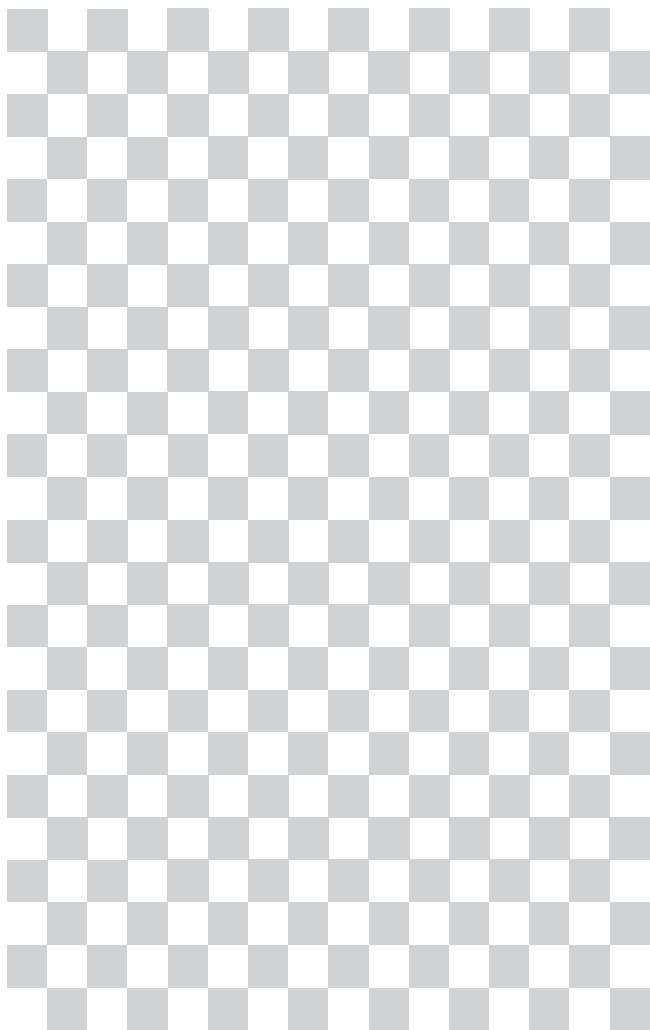


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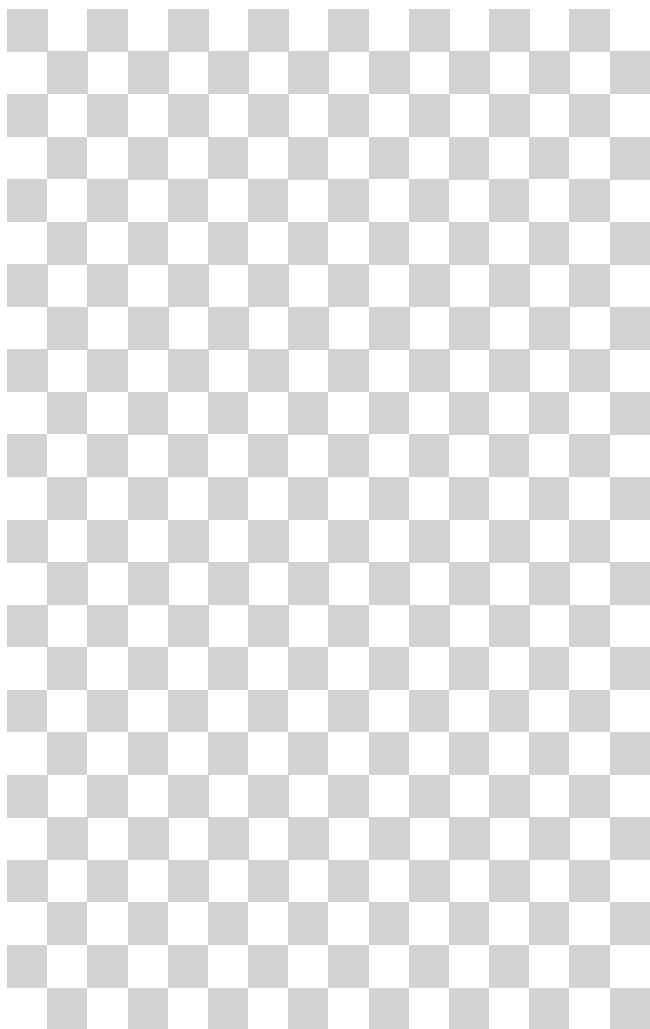


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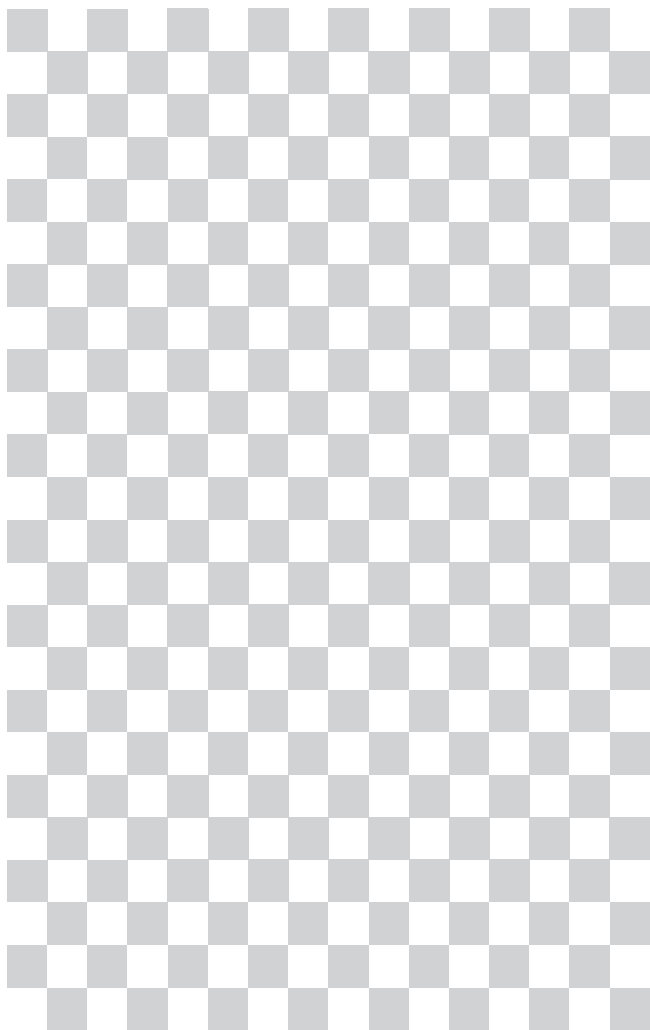


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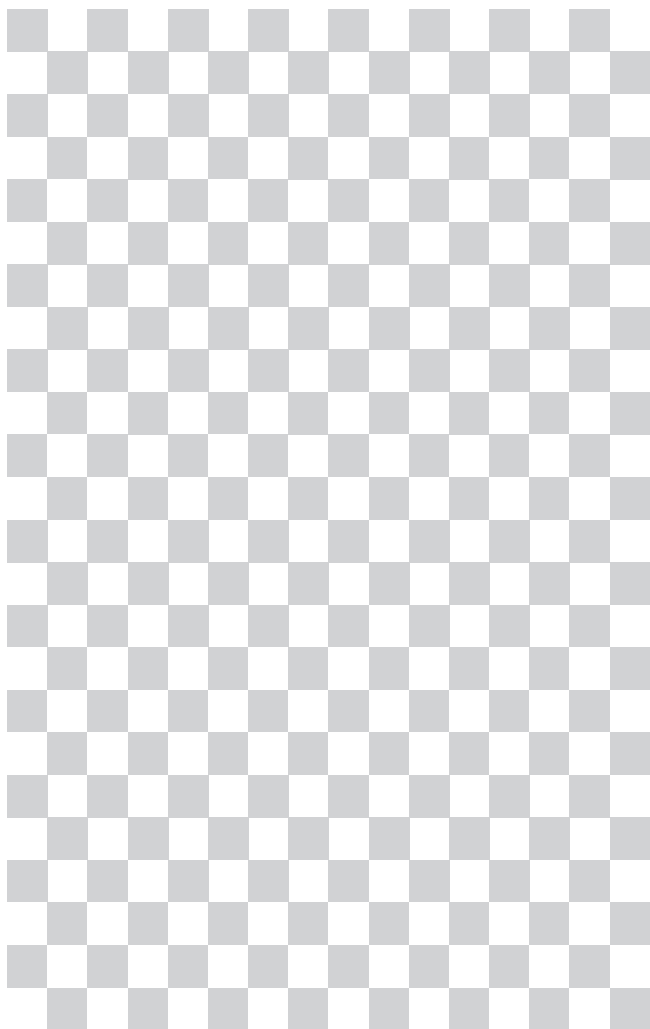


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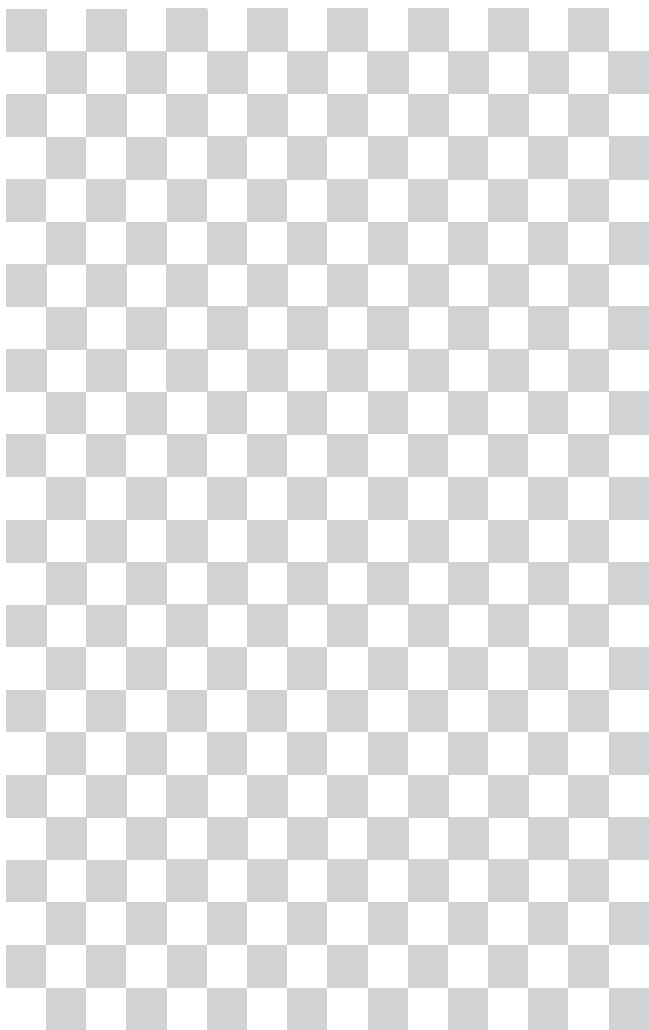


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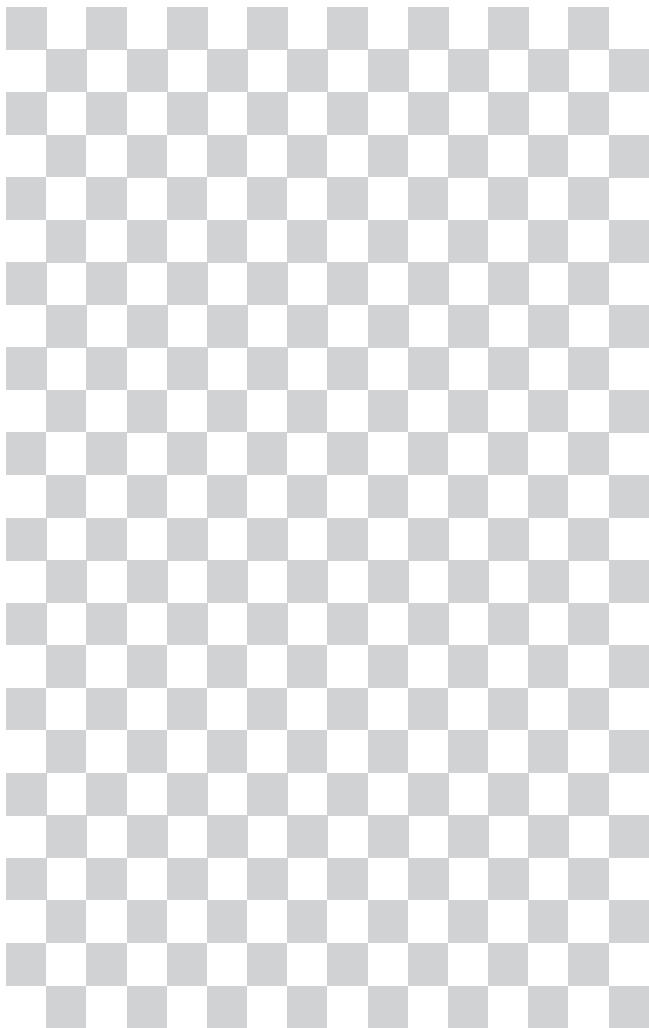


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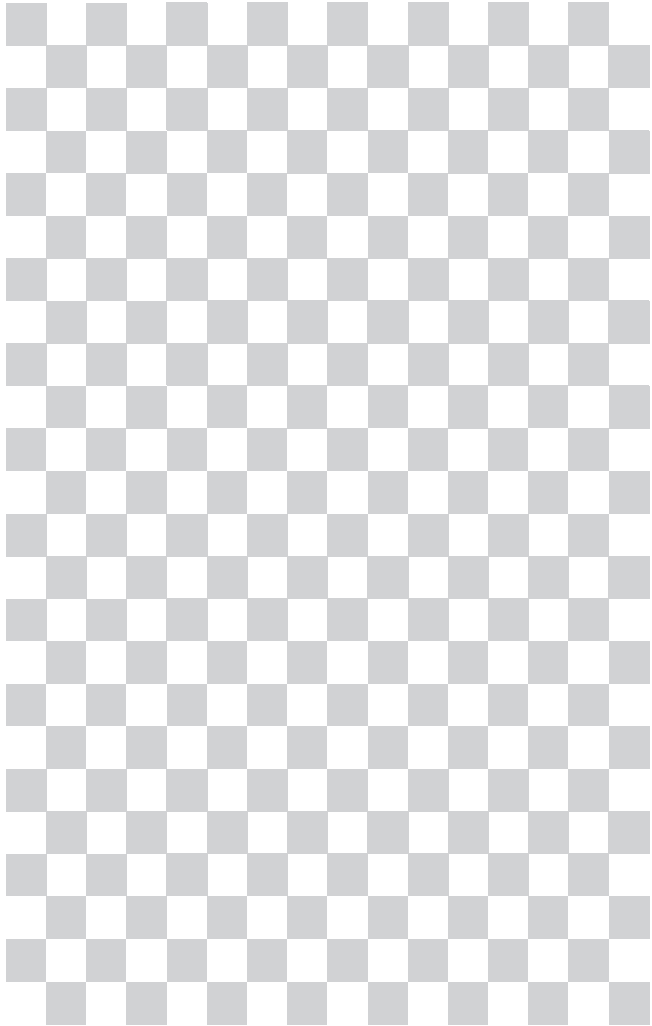


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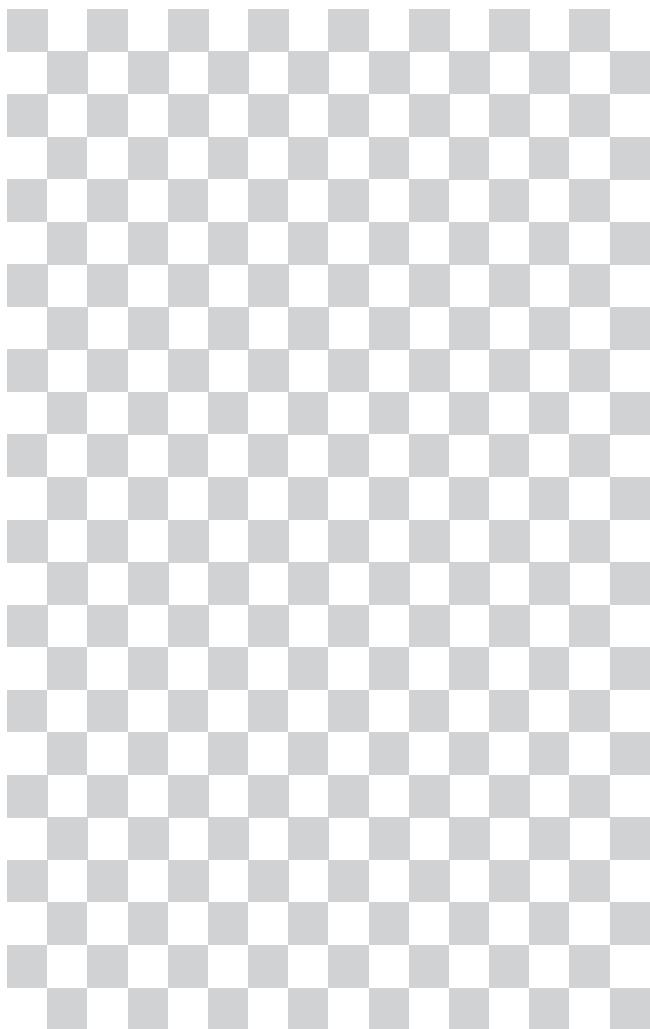
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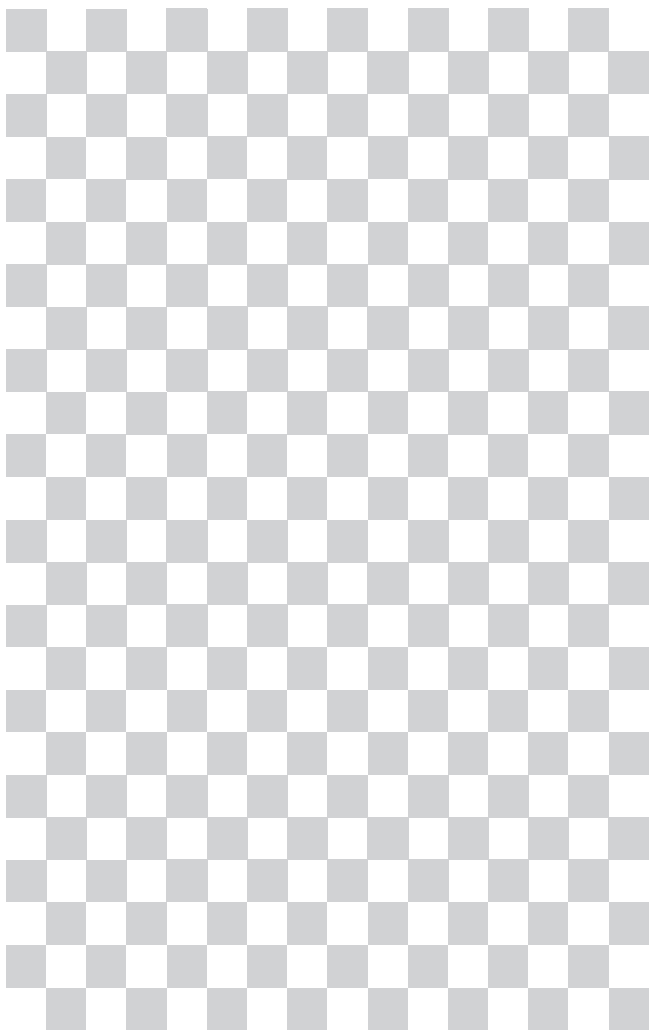


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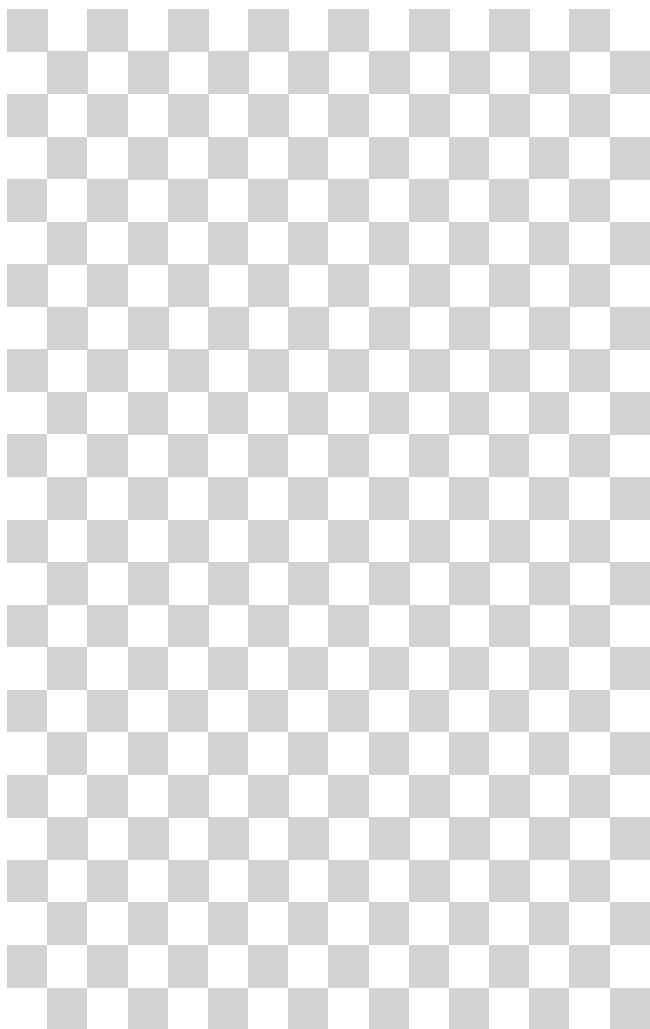


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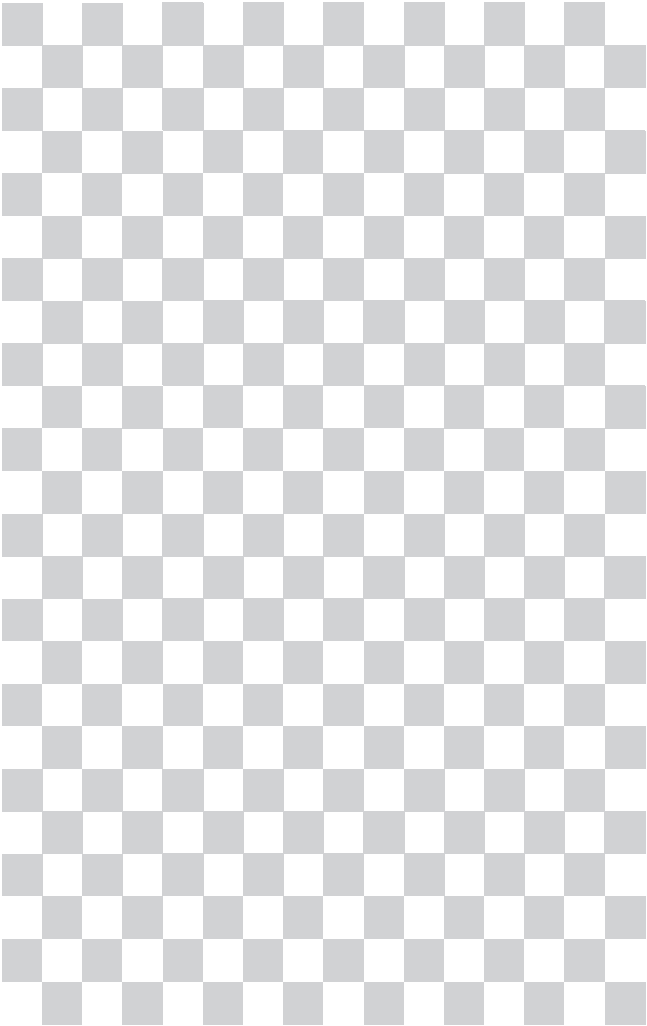


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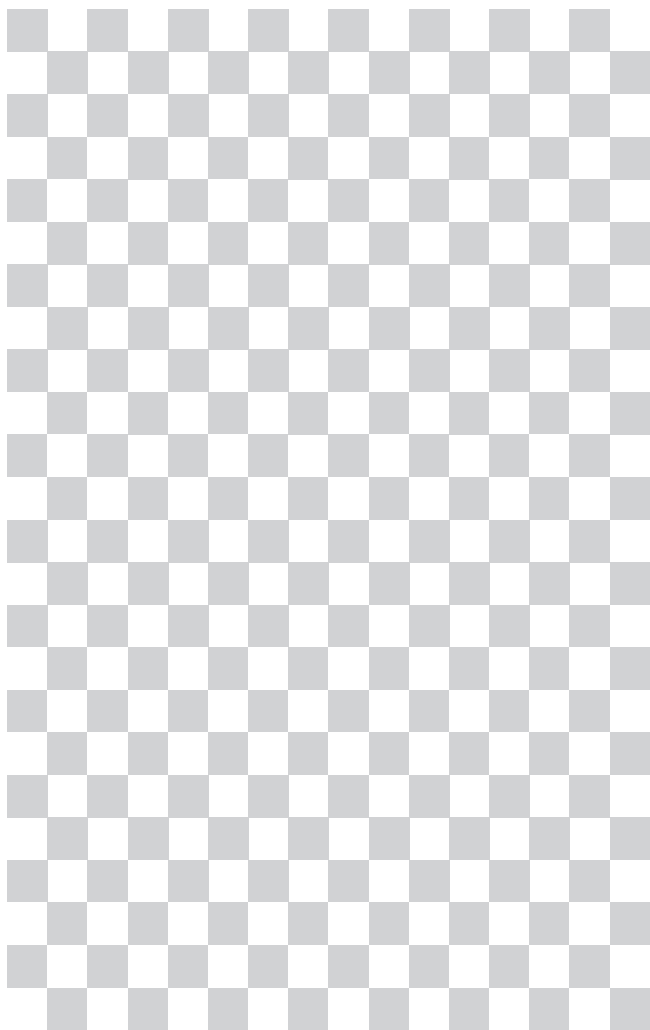


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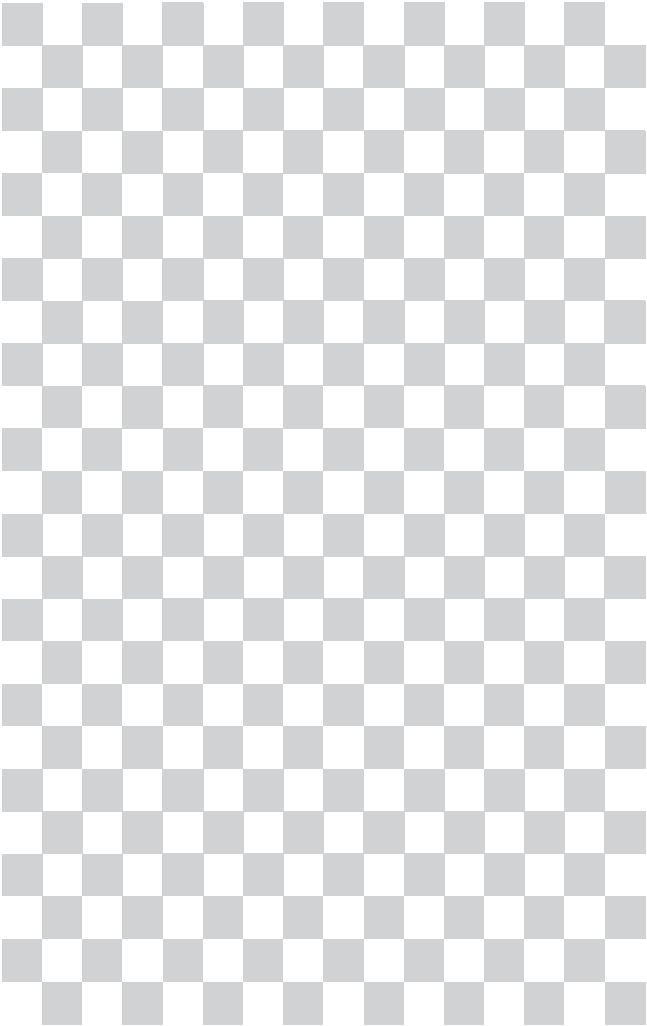


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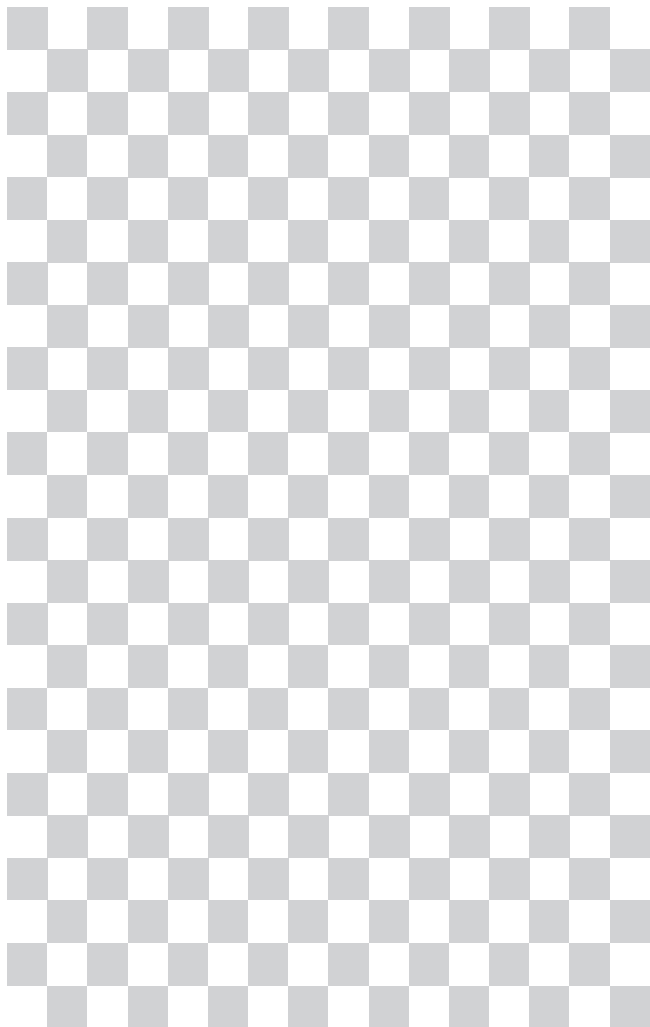
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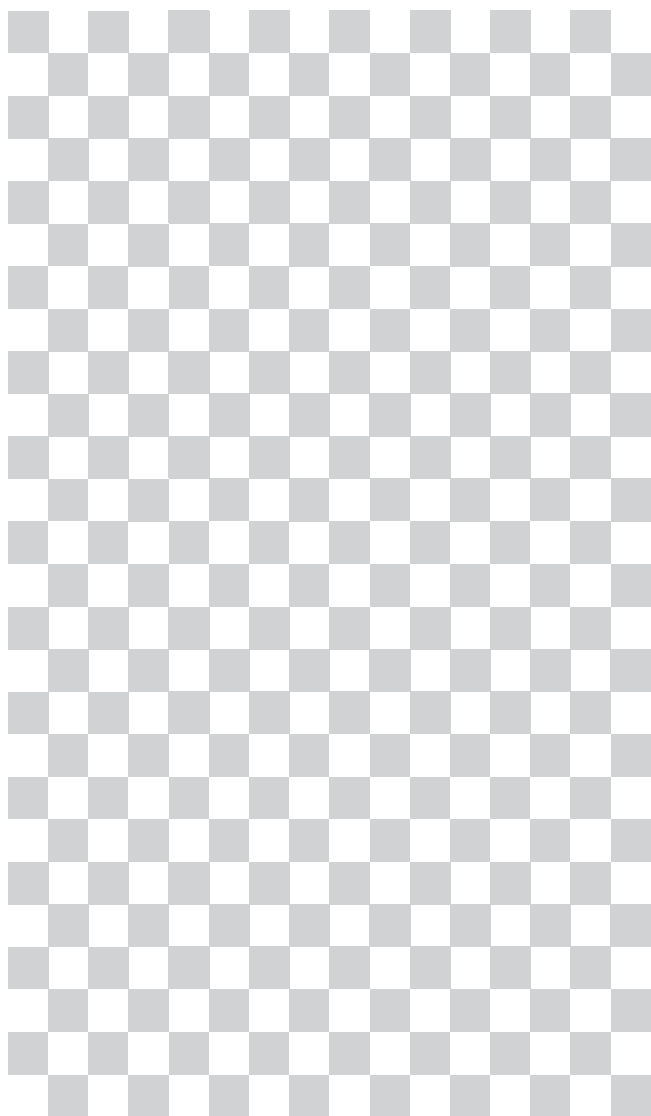
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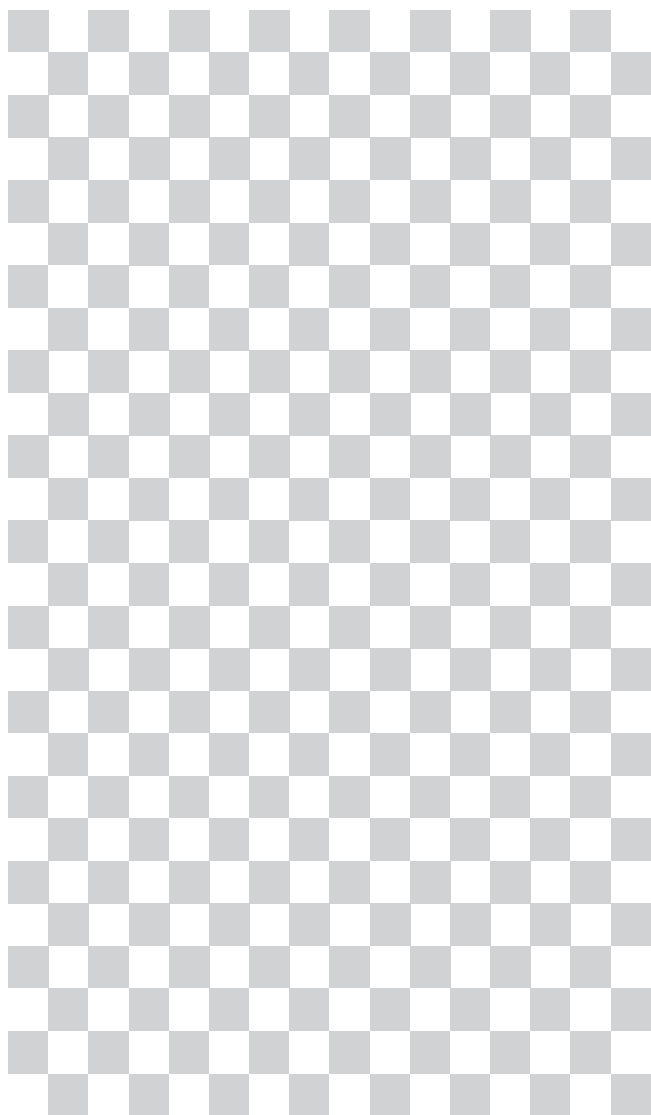


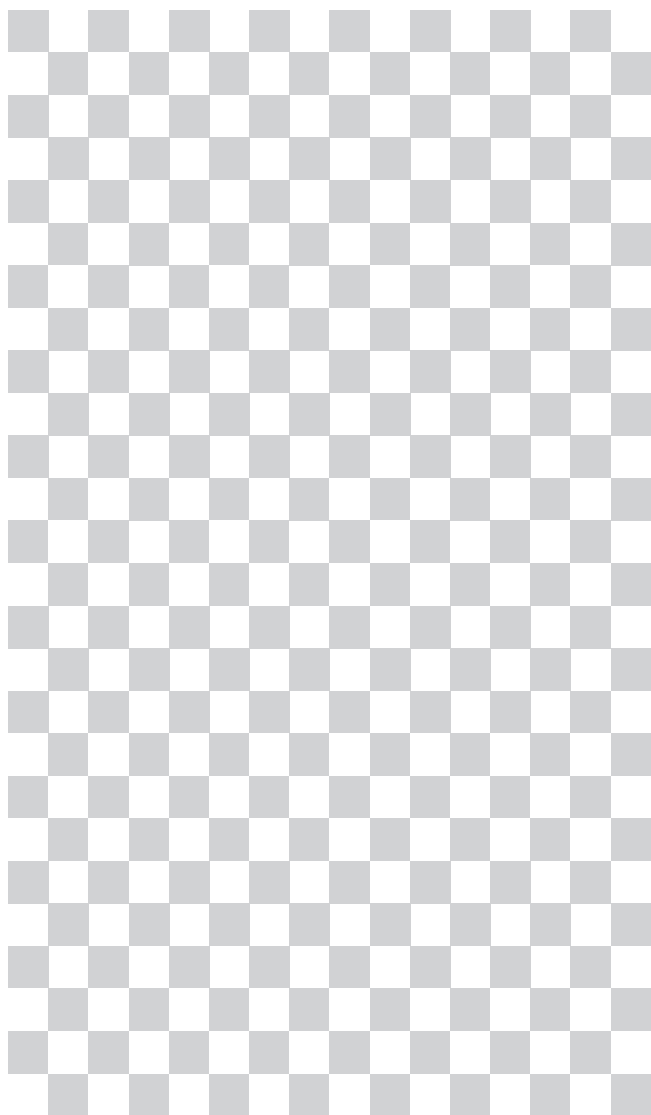
OBJETIVOS

METAS e VONTADES









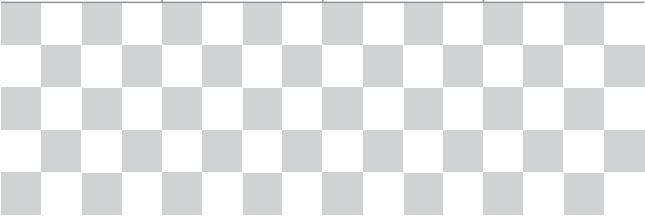
JANEIRO

JANEIRO

ANOTAÇÕES
MENSAIS

Seg 01	Ter 02	Qua 03
Seg 08	Ter 09	Qua 10
Seg 15	Ter 16	Qua 17
Seg 22	Ter 23	Qua 24
Seg 29	Ter 30	Qua 31

Qui 04	Sex 05	Sáb 06	Dom 07
Qui 11	Sex 12	Sáb 13	Dom 14
Qui 18	Sex 19	Sáb 20	Dom 21
Qui 25	Sex 26	Sáb 27	Dom 28



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OBJETIVOS,
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CONTROLE 1



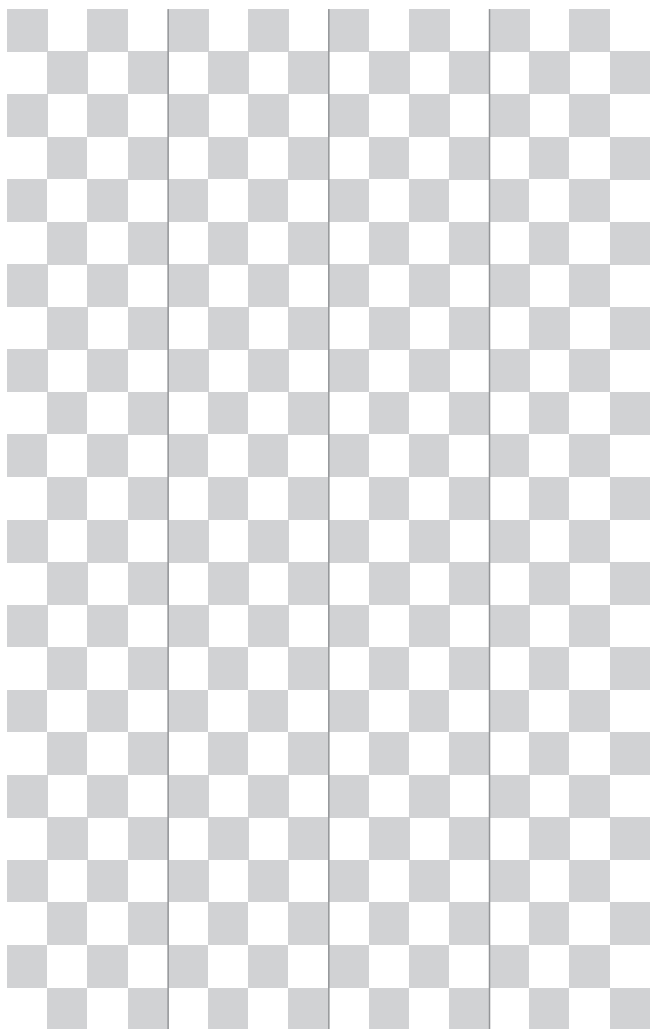
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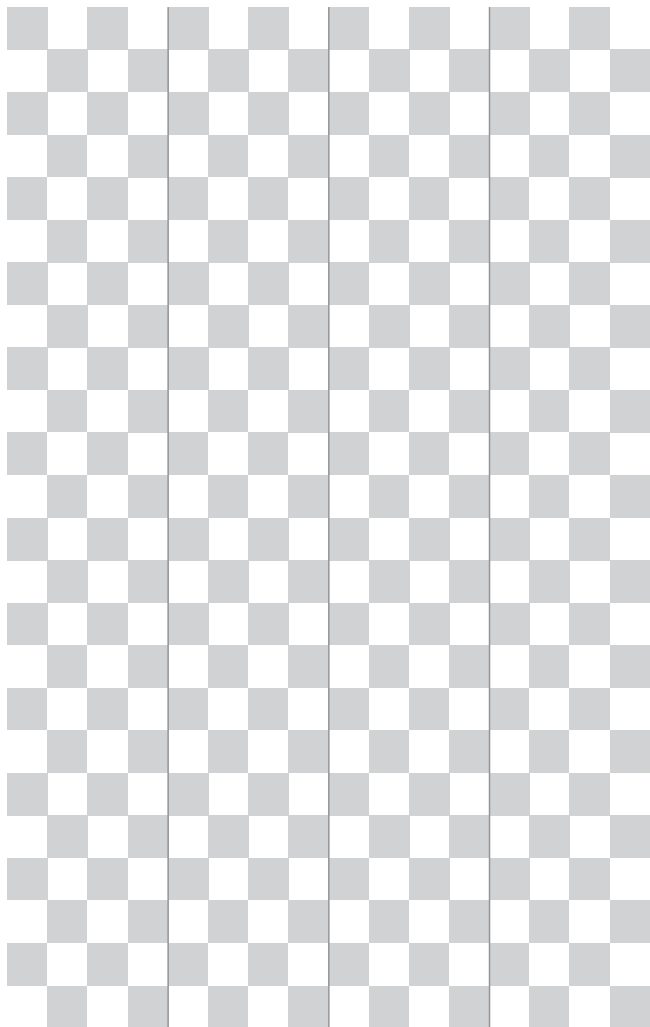
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CONTROLE 1

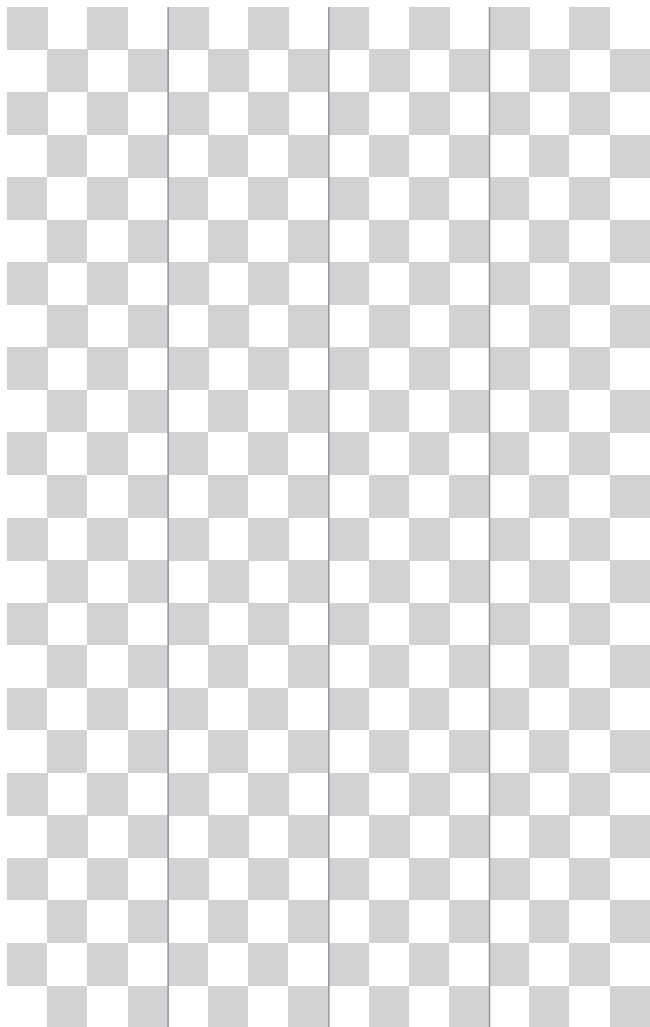
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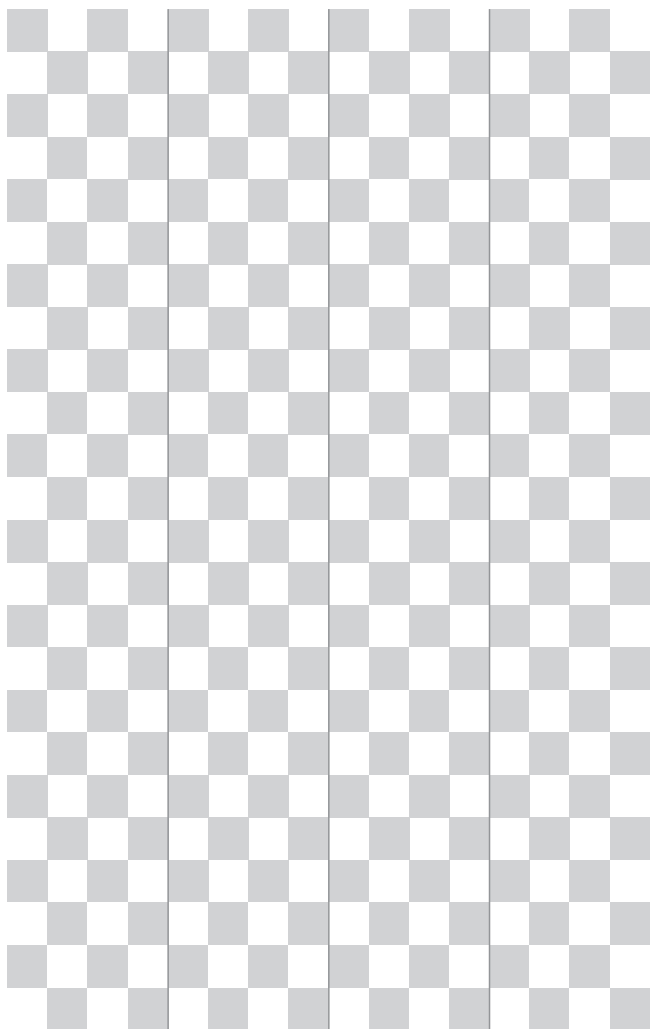
Page 10

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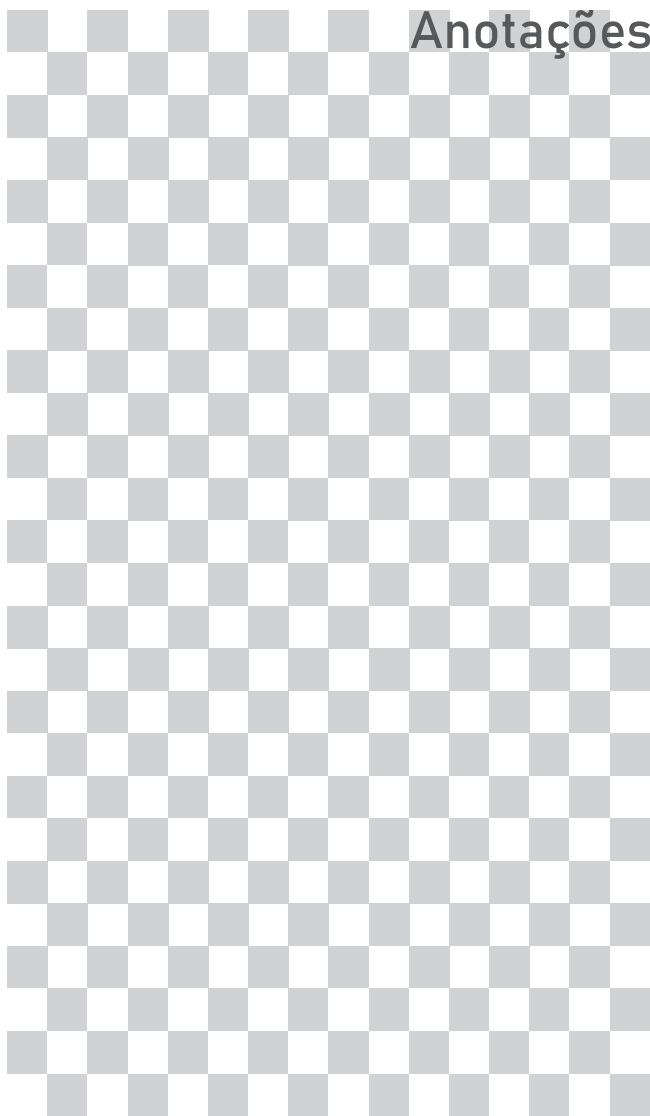
OBJETIVOS,
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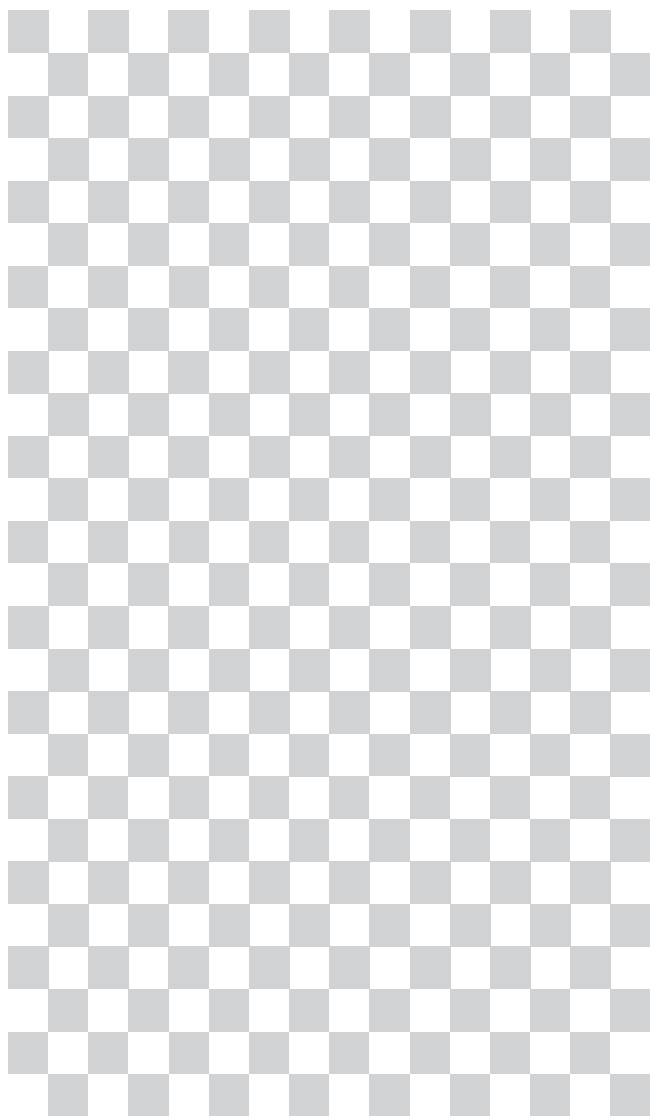
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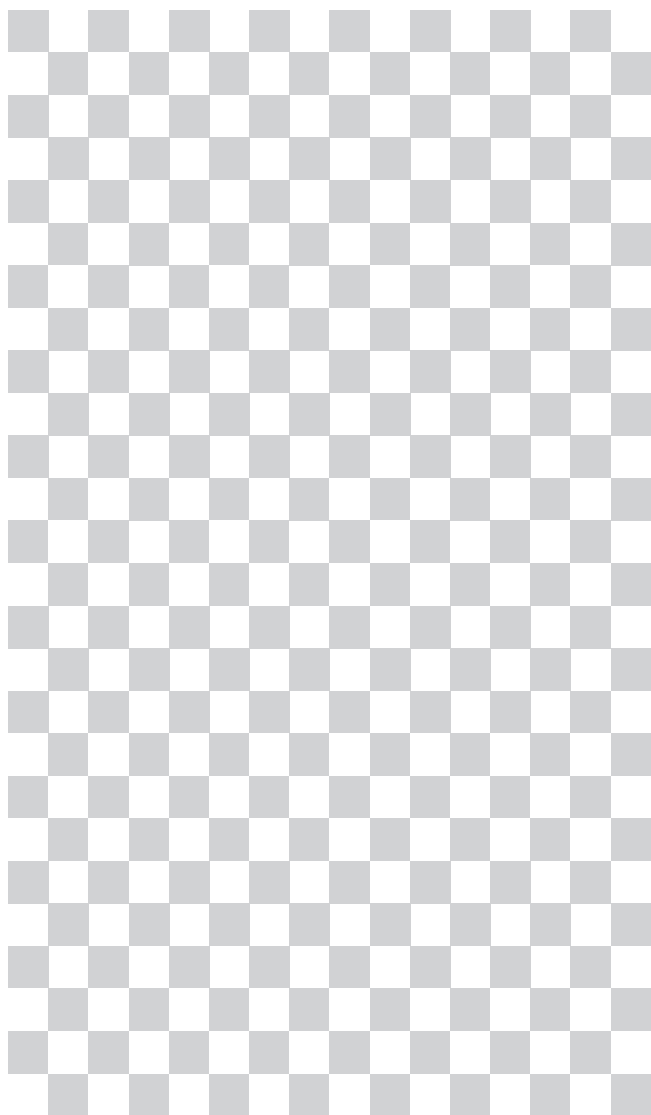
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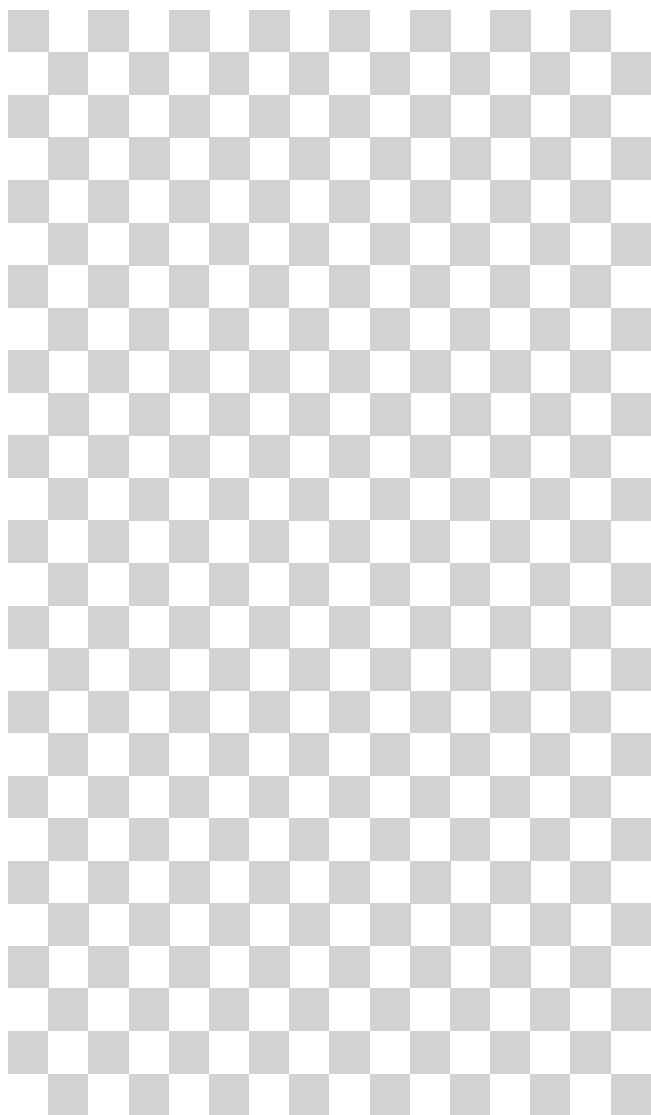
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Anotações









FEVEREIRO

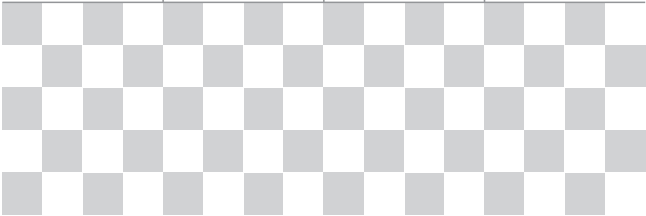
FEVEREIRO

ANOTAÇÕES
MENS AIS

Qui 01	Sex 02	Sáb 03
Qui 08	Sex 09	Sáb 10
Qui 15	Sex 16	Sáb 17
Qui 22	Sex 23	Sáb 24



Dom 04	Seg 05	Ter 06	Qua 07
Dom 11	Seg 12	Ter 13	Qua 14
Dom 18	Seg 19	Ter 20	Qua 21
Dom 25	Seg 26	Ter 27	Qua 28



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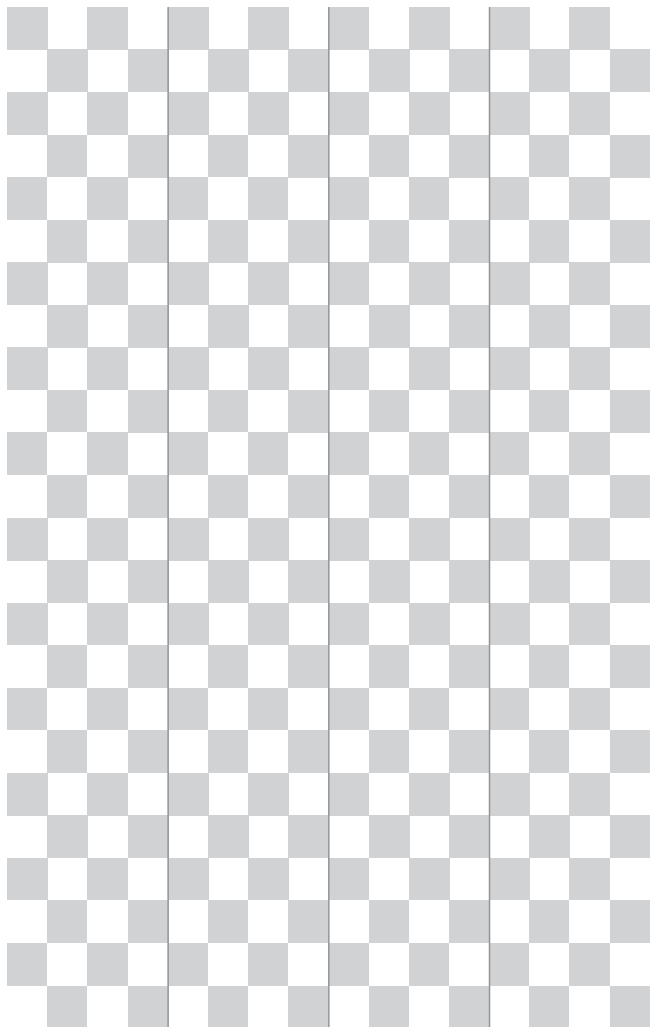
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OBJETIVOS,
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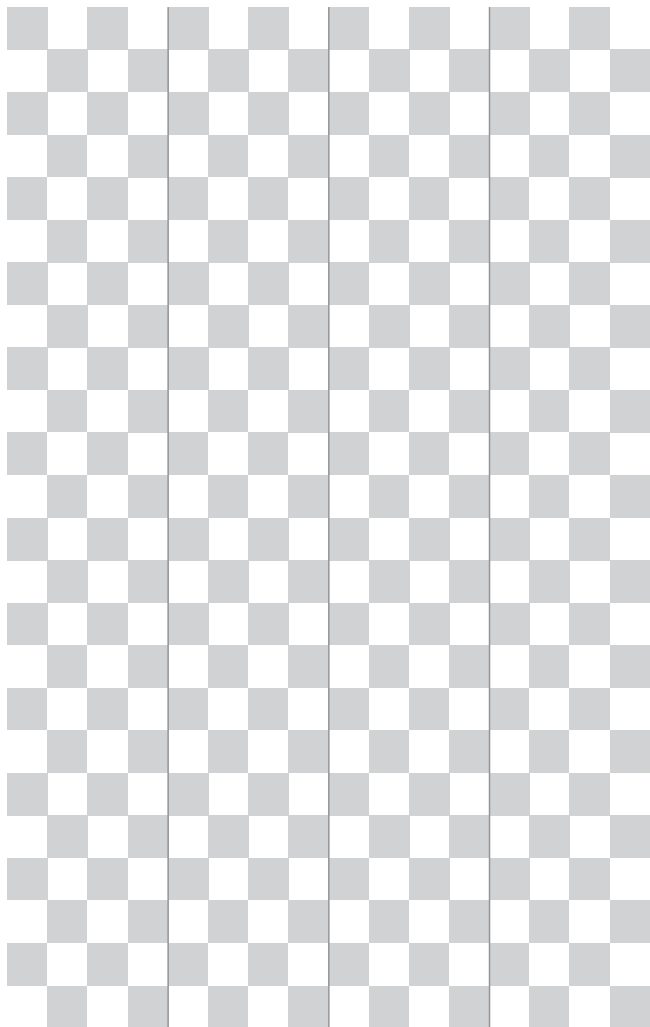
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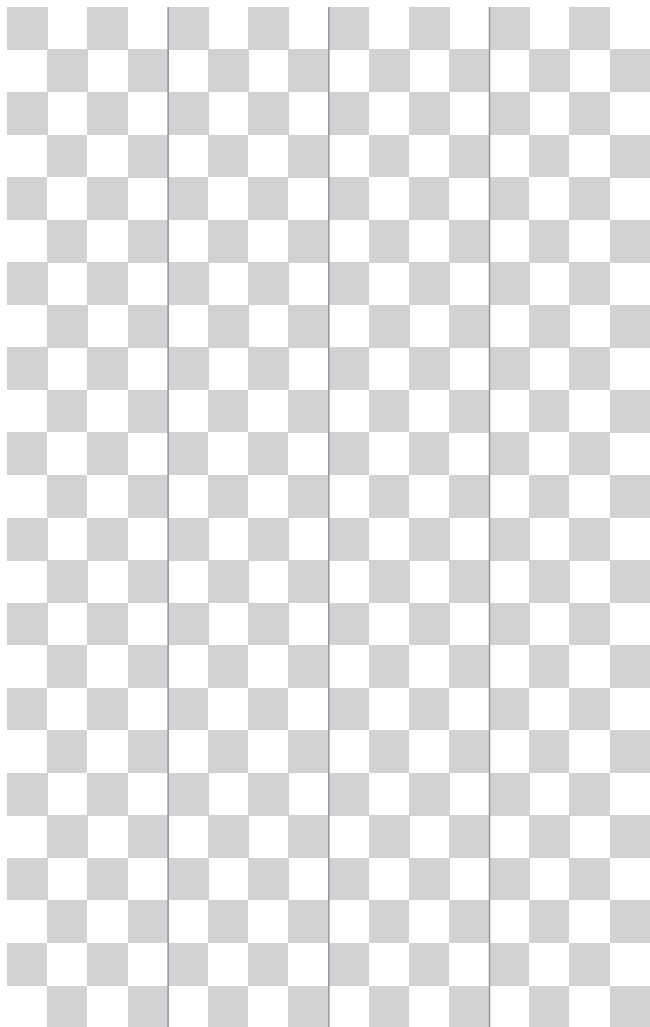
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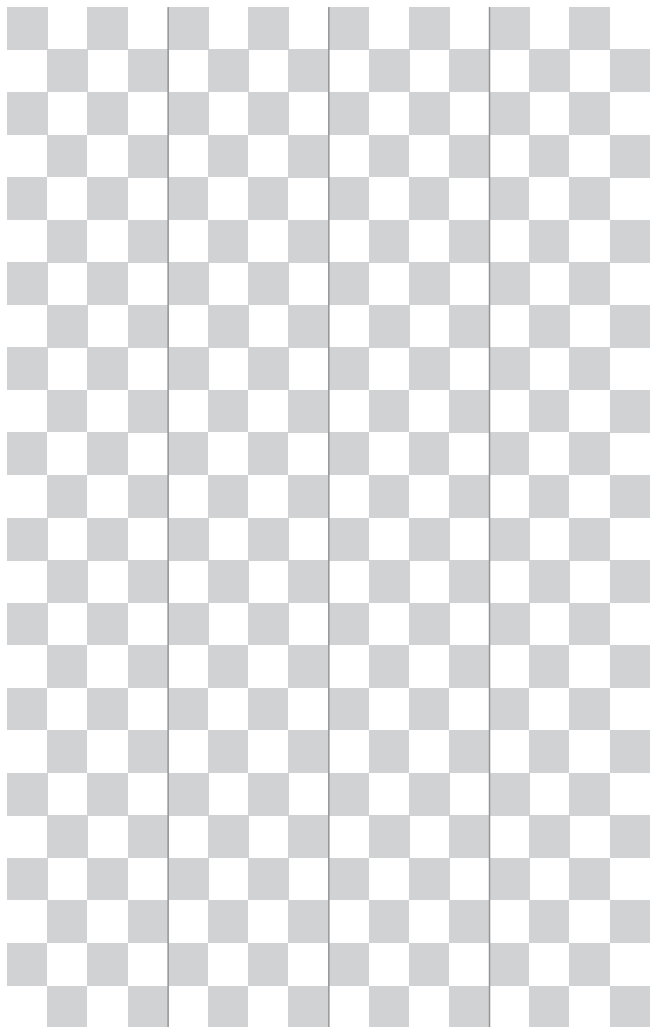
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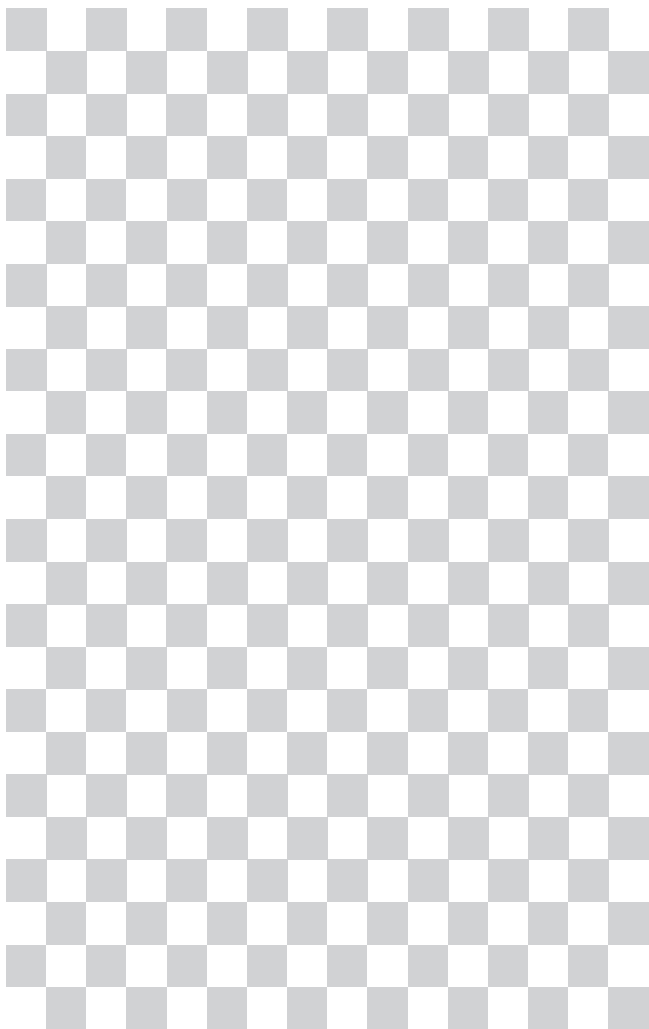
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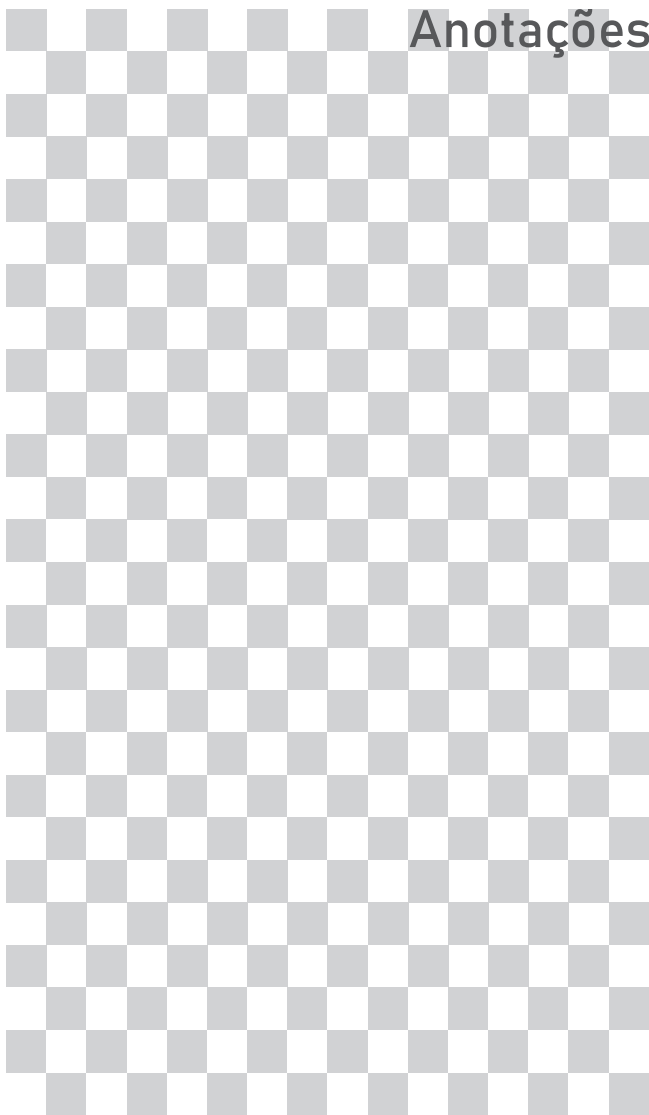
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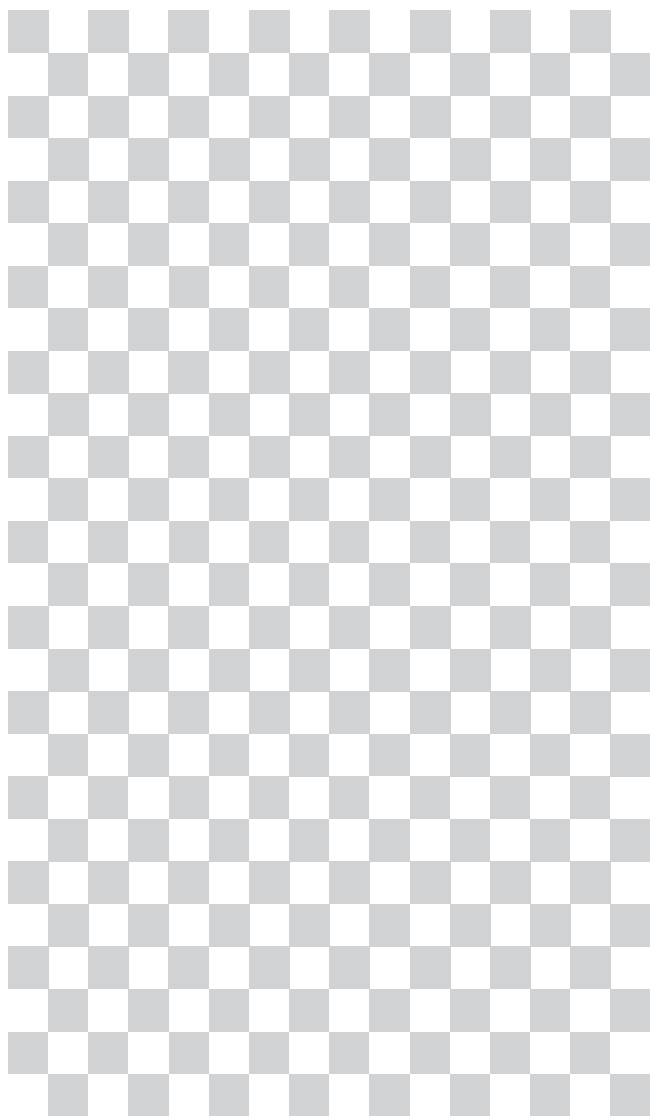


É CARNAVAL!

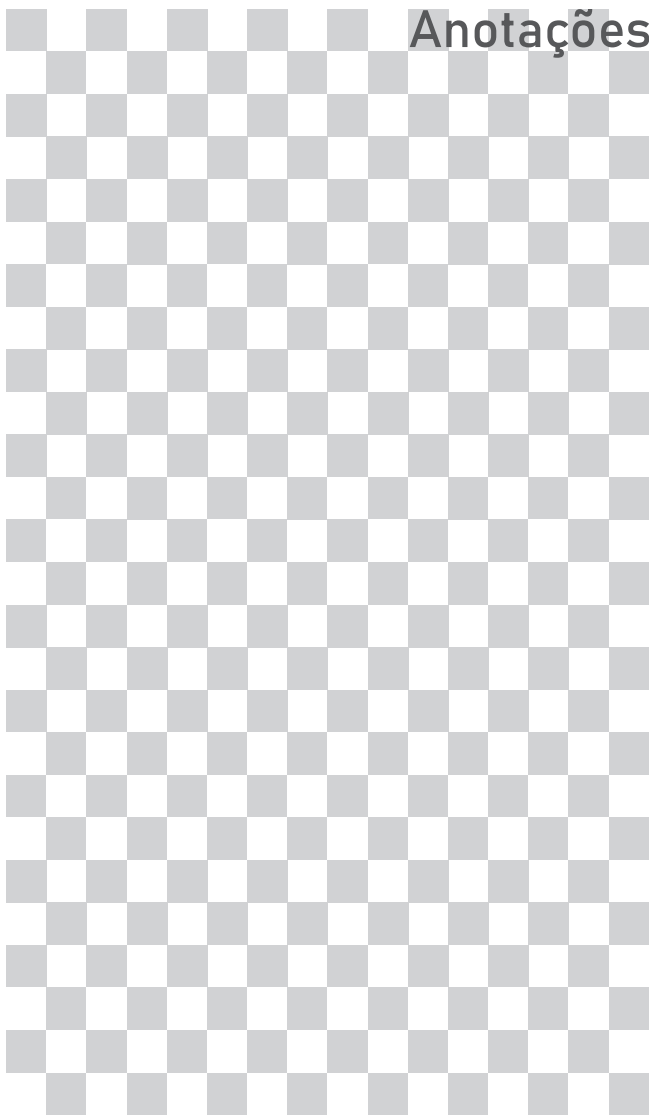


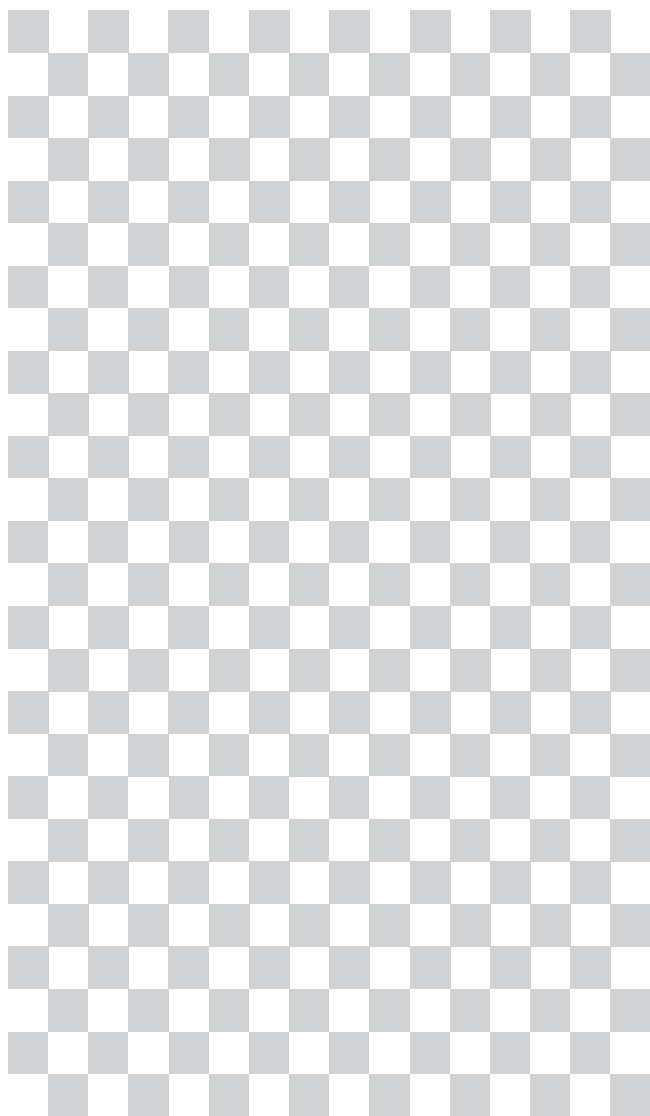
Anotações





Anotações



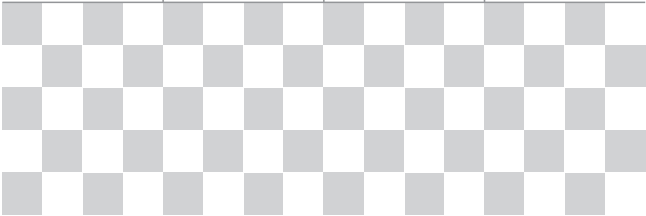


MARÇO

MARÇO

ANOTAÇÕES MENSAIS	Qui 01	Sex 02	Sáb 03
	Qui 08	Sex 09	Sáb 10
	Qui 15	Sex 16	Sáb 17
	Qui 22	Sex 23	Sáb 24
	Qui 29	Sex 30	Sáb 31

Dom 04	Seg 05	Ter 06	Qua 07
Dom 11	Seg 12	Ter 13	Qua 14
Dom 18	Seg 19	Ter 20	Qua 21
Dom 25	Seg 26	Ter 27	Qua 28



março

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OBJETIVOS,
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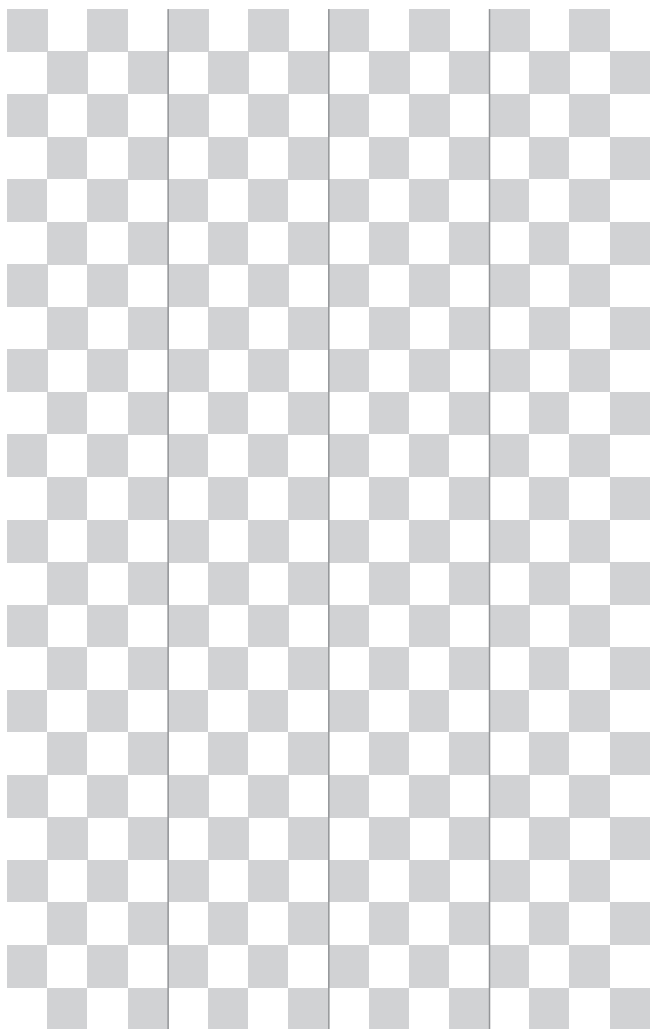
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OBJETIVOS,
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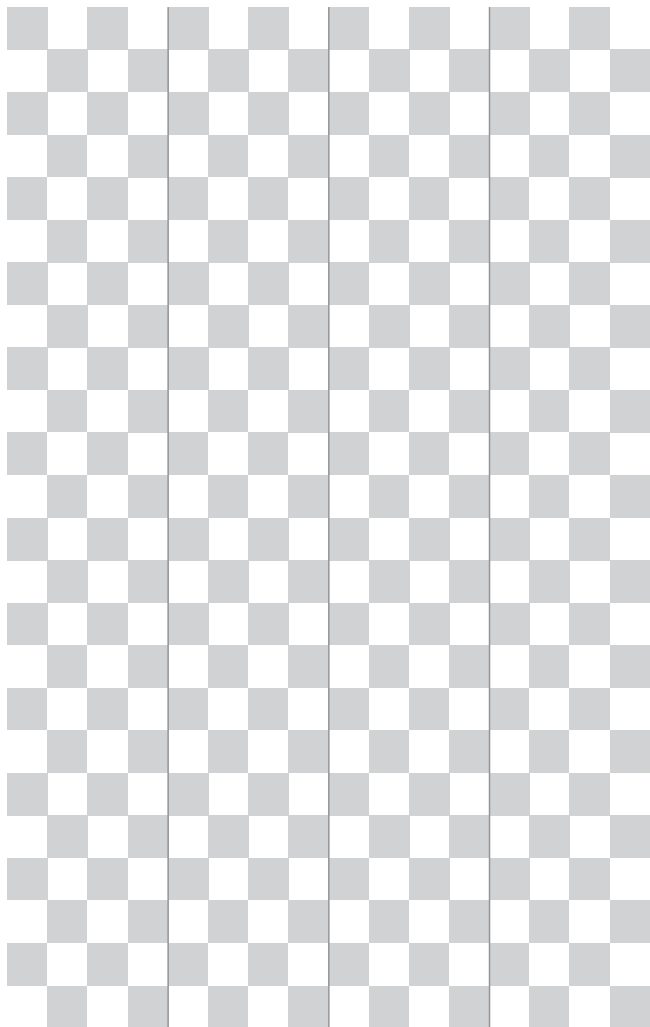
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OBJETIVOS,
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CONTROLE 1

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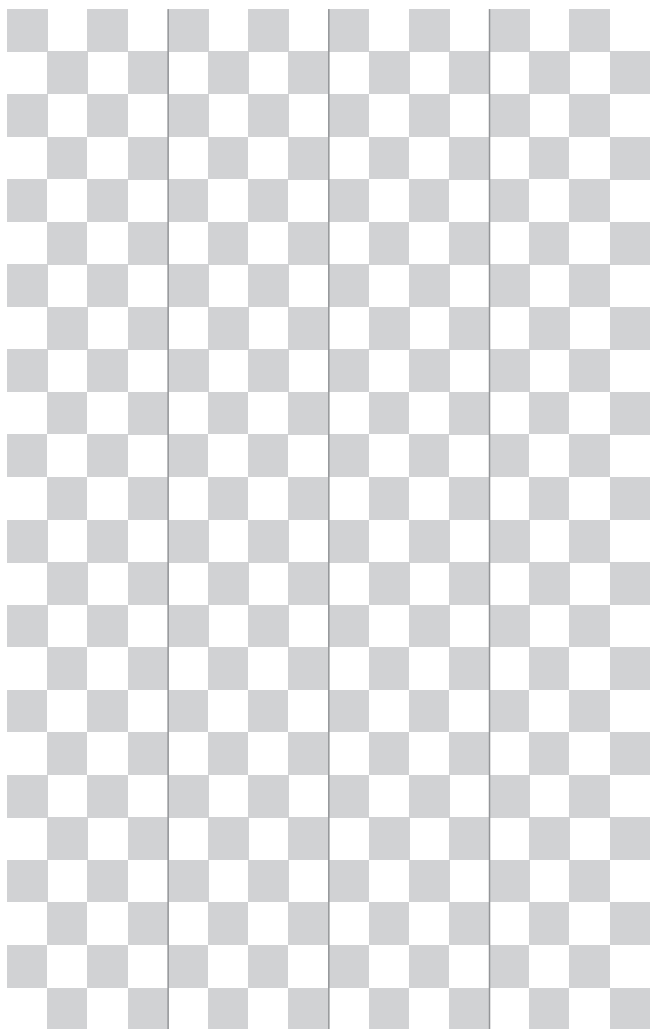
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OBJETIVOS,
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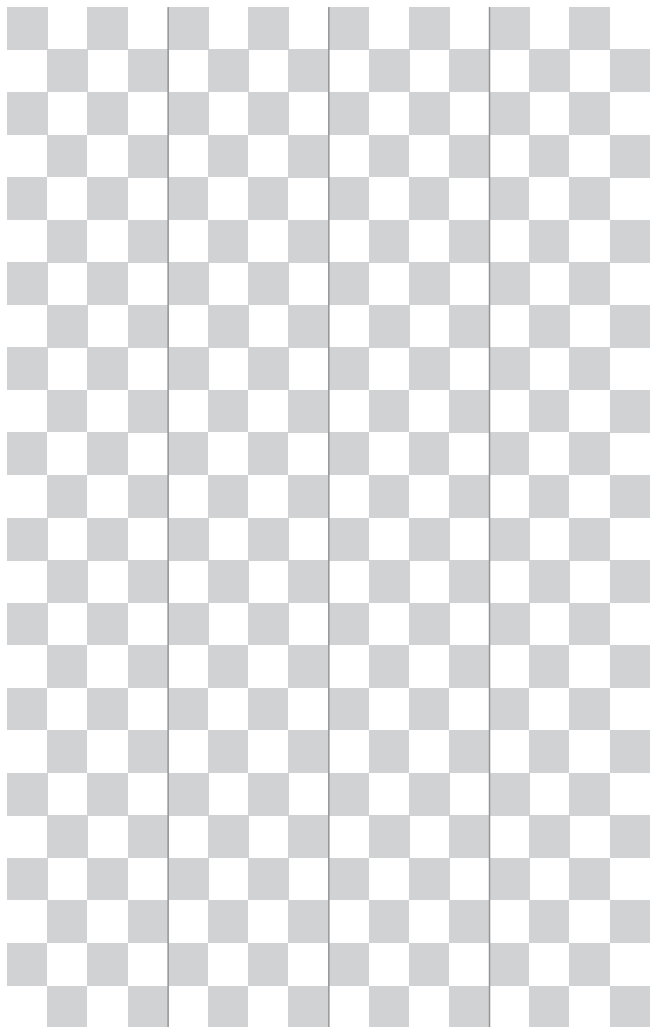
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OBJETIVOS,
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& ETC

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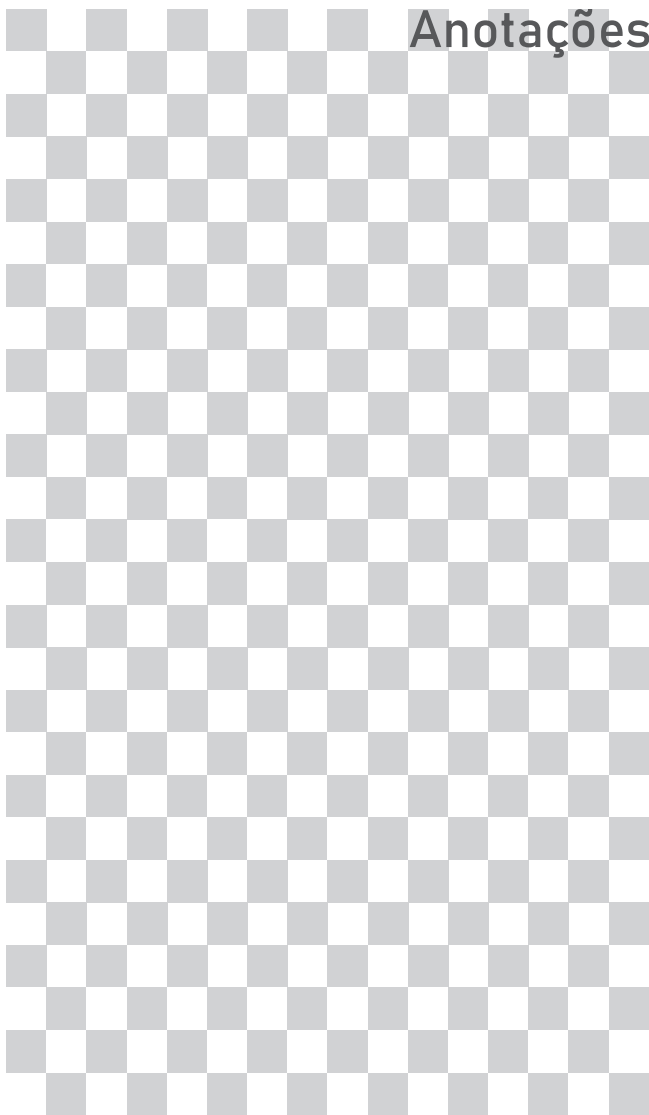
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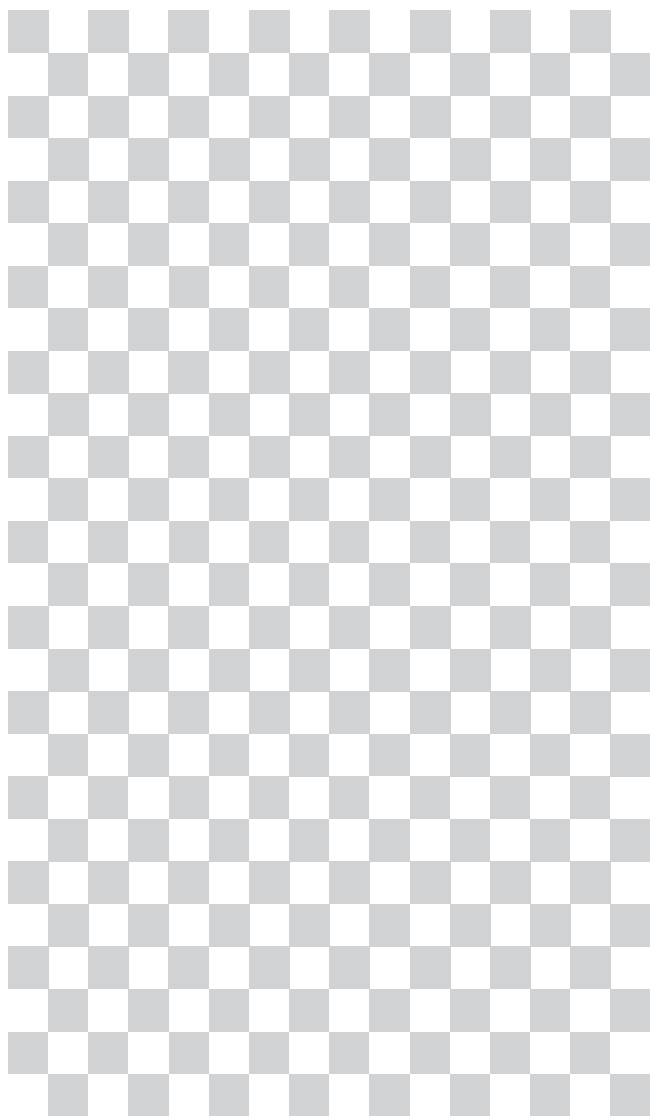
CONTROLE 2

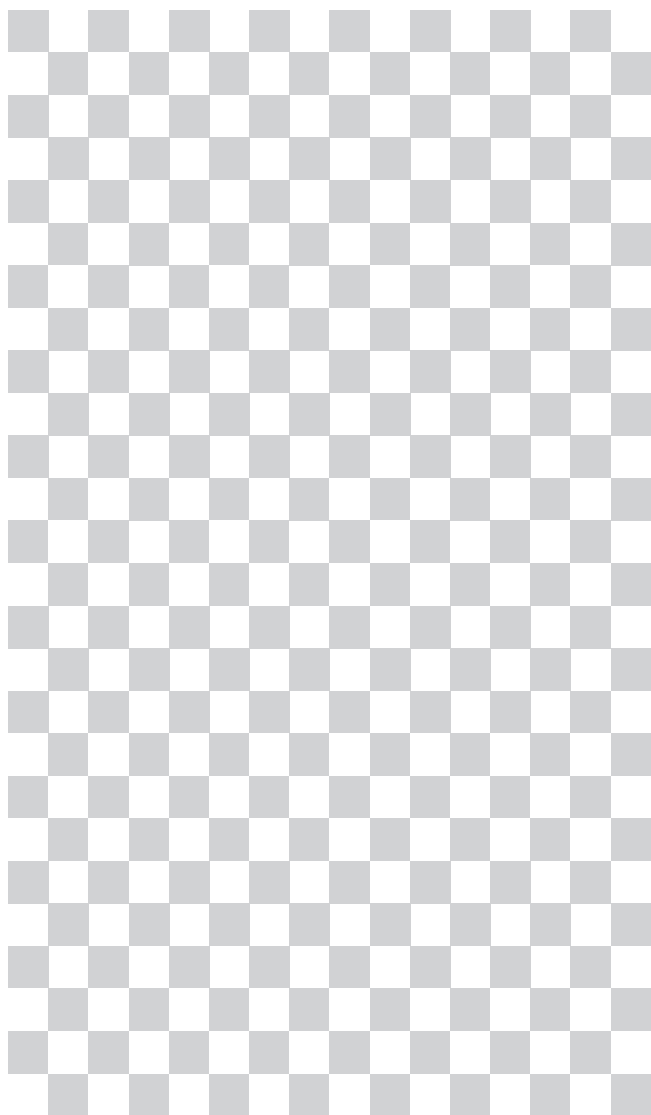
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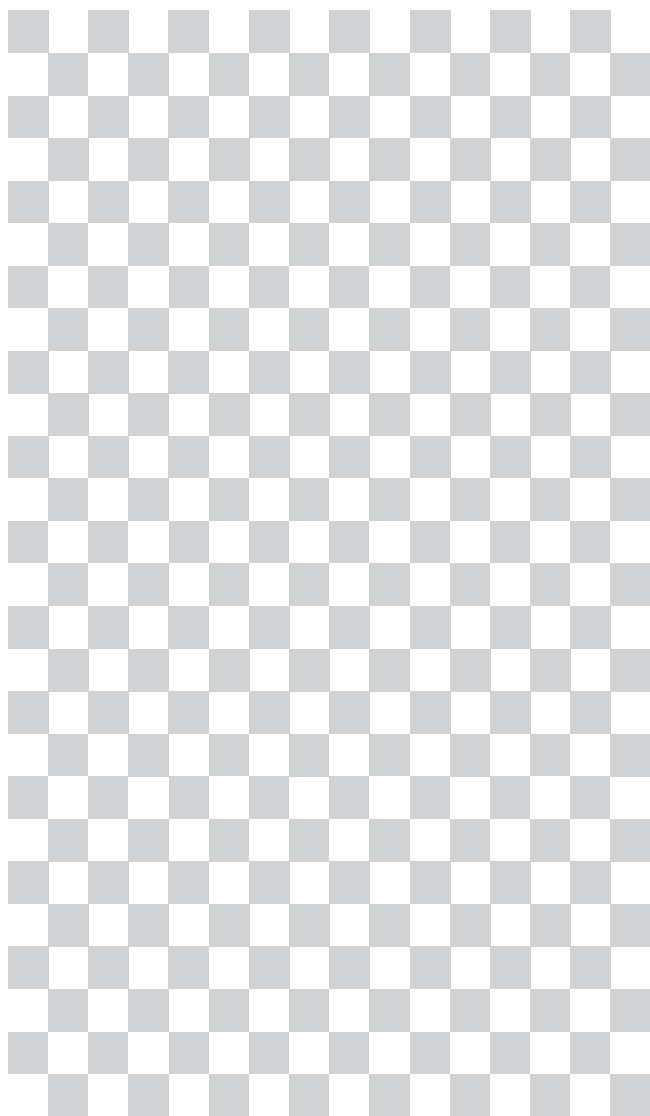
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Anotações









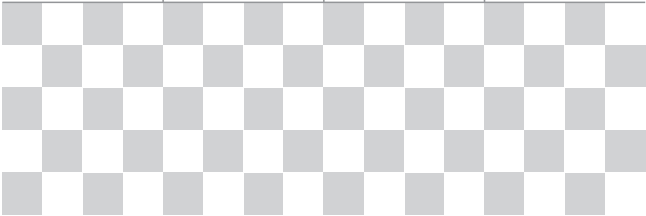
ABRIL

ABRIL

ANOTAÇÕES
MENSAIS

Dom 01	Seg 02	Ter 03
Dom 08	Seg 09	Ter 10
Dom 15	Seg 16	Ter 17
Dom 22	Seg 23	Ter 24
Dom 29	Seg 30	

Qua 04	Qui 05	Sex 06	Sáb 07
Qua 11	Qui 12	Sex 13	Sáb 14
Qua 18	Qui 19	Sex 20	Sáb 21
Qua 25	Qui 26	Sex 27	Sáb 28



abril

1
D O M

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S E G

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T E R

OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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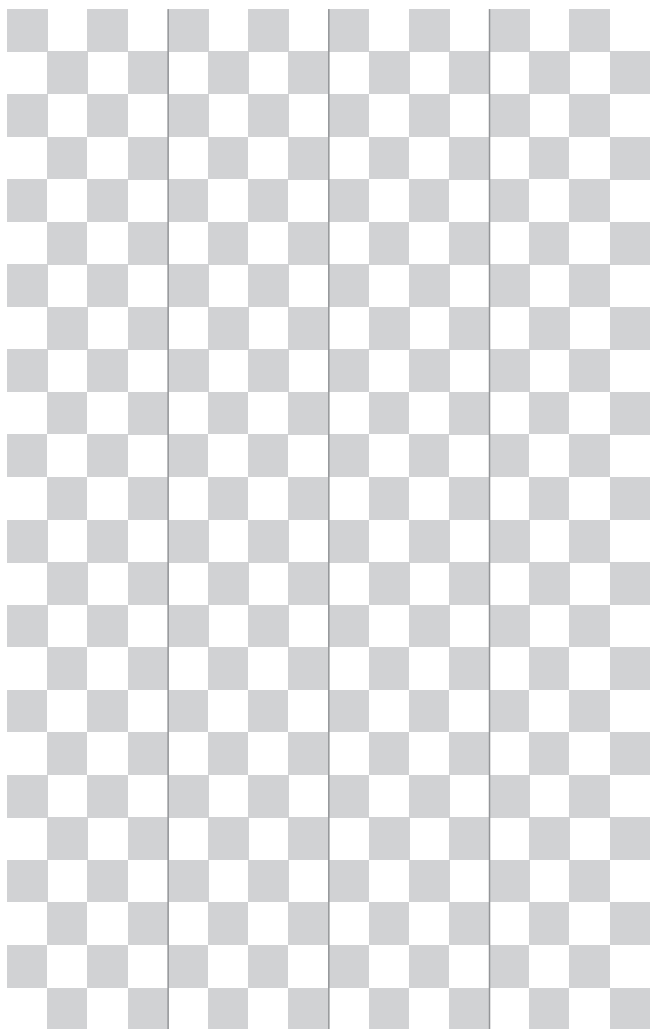
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abril

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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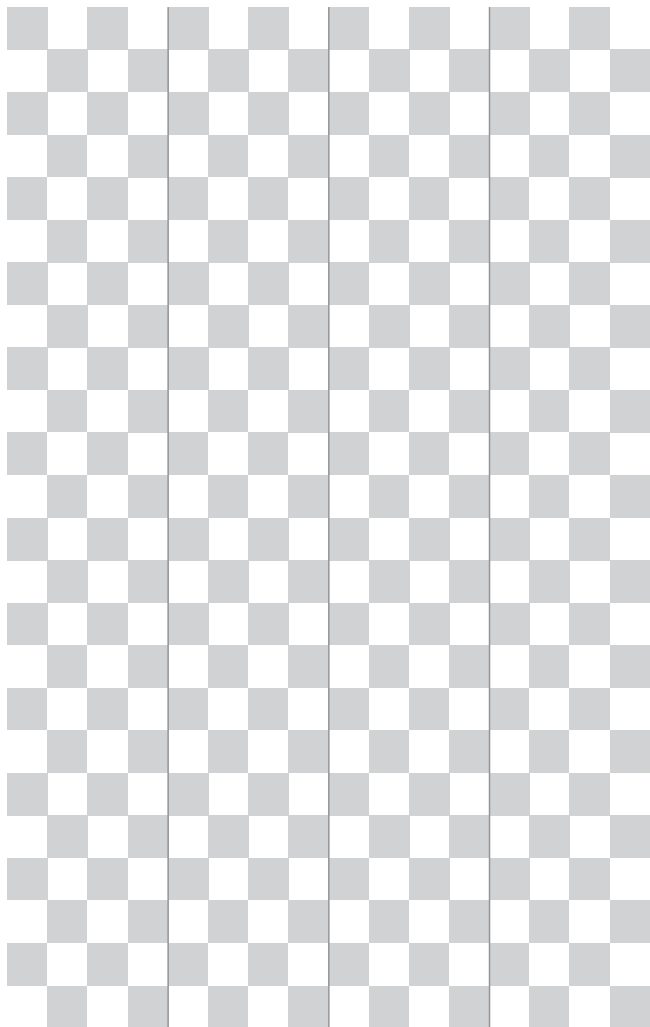
QUI

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abril

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DOM

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SEG

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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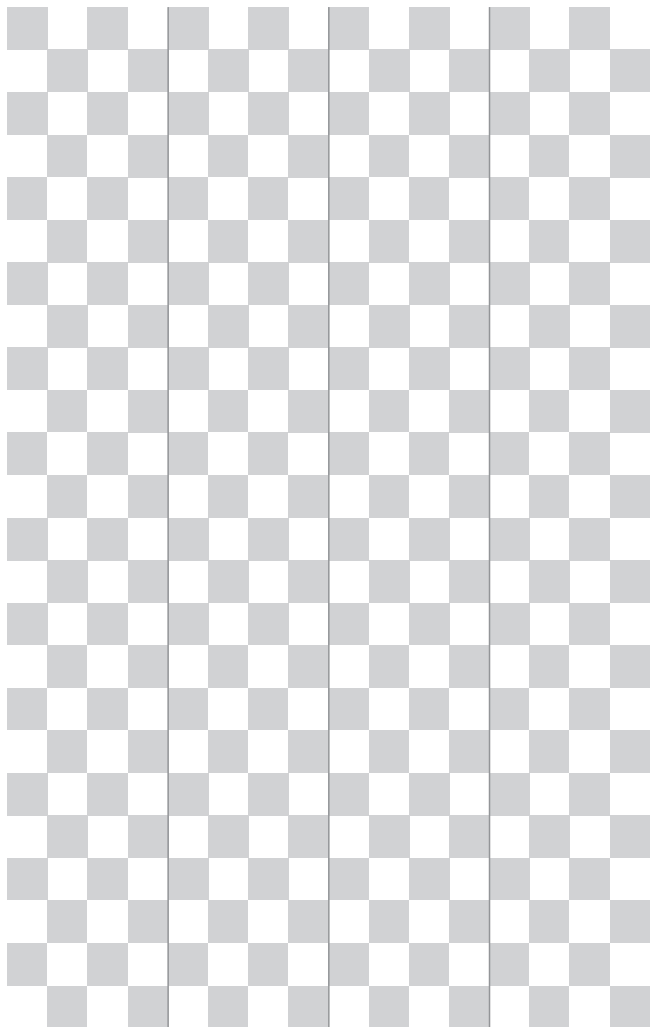
QUI

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abril

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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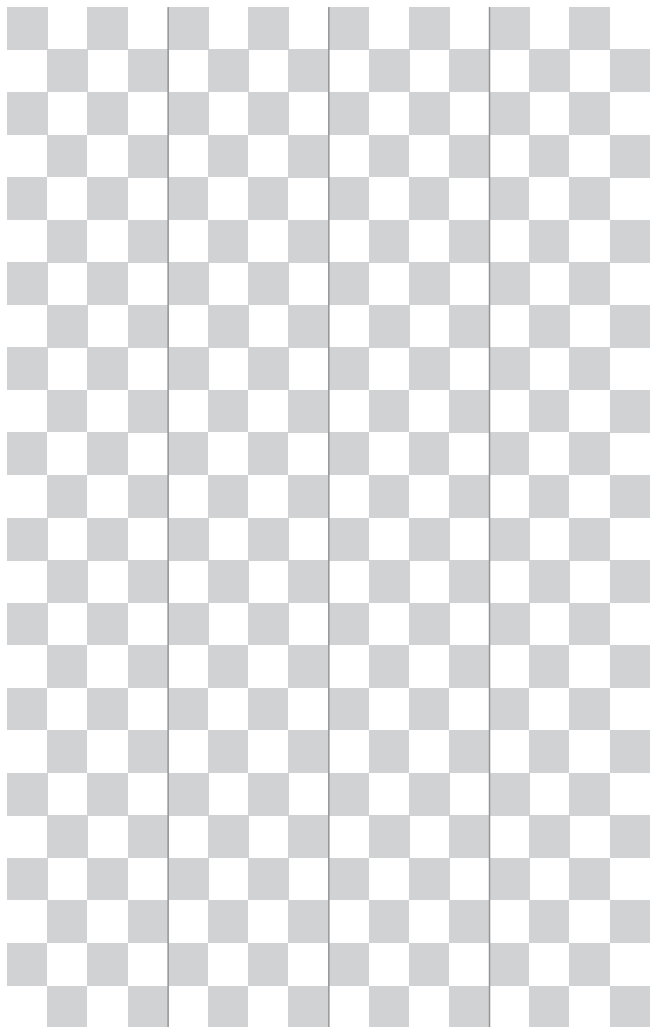
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QUA

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SÁB



abril

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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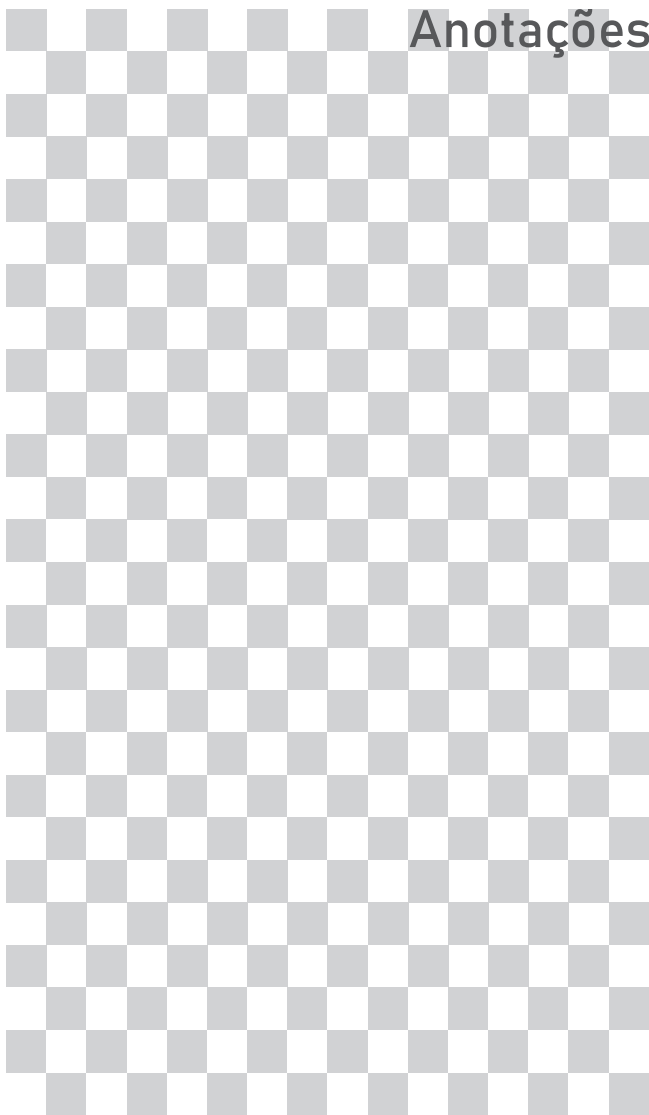
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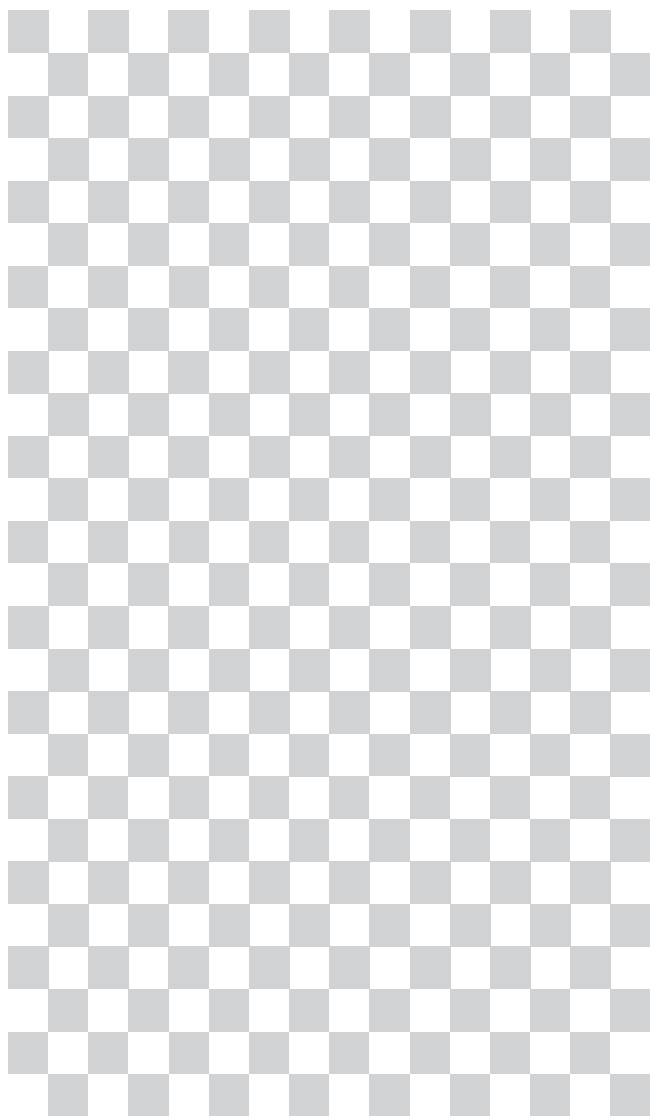
CONTROLE 2

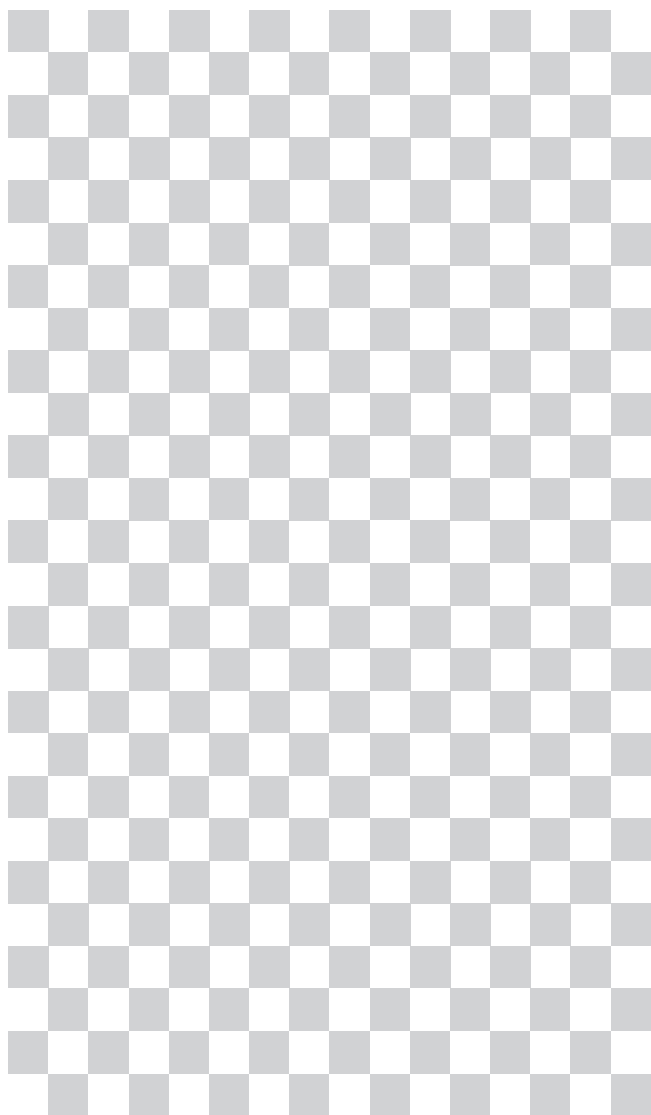
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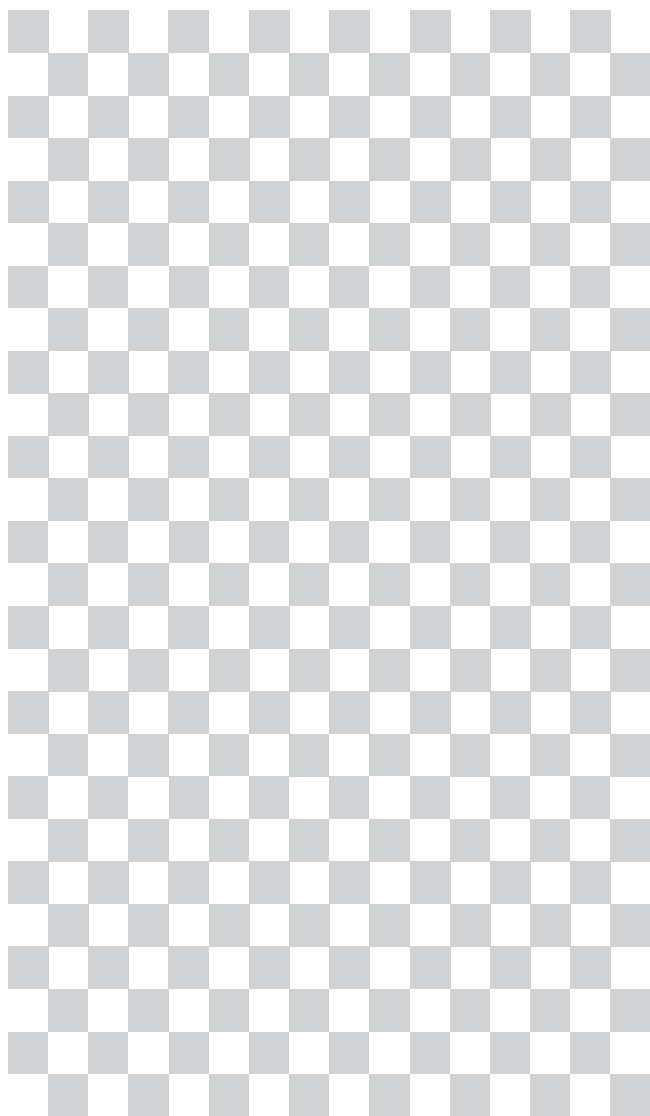
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Anotações









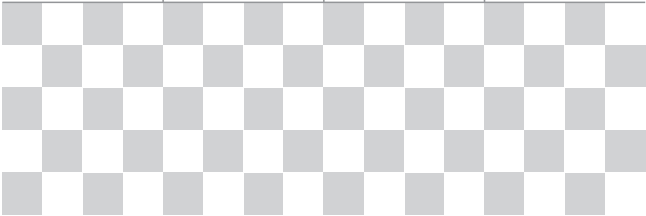
MAIO

MAIO

ANOTAÇÕES
MENSAIS

Qui 01	Sex 02	Sáb 03
Qui 08	Sex 09	Sáb 10
Qui 15	Sex 16	Sáb 17
Qui 22	Sex 23	Sáb 24
Qui 29	Sex 30	Sáb 31

Dom 04	Seg 05	Ter 06	Qua 07
Dom 11	Seg 12	Ter 13	Qua 14
Dom 18	Seg 19	Ter 20	Qua 21
Dom 25	Seg 26	Ter 27	Qua 28



maio

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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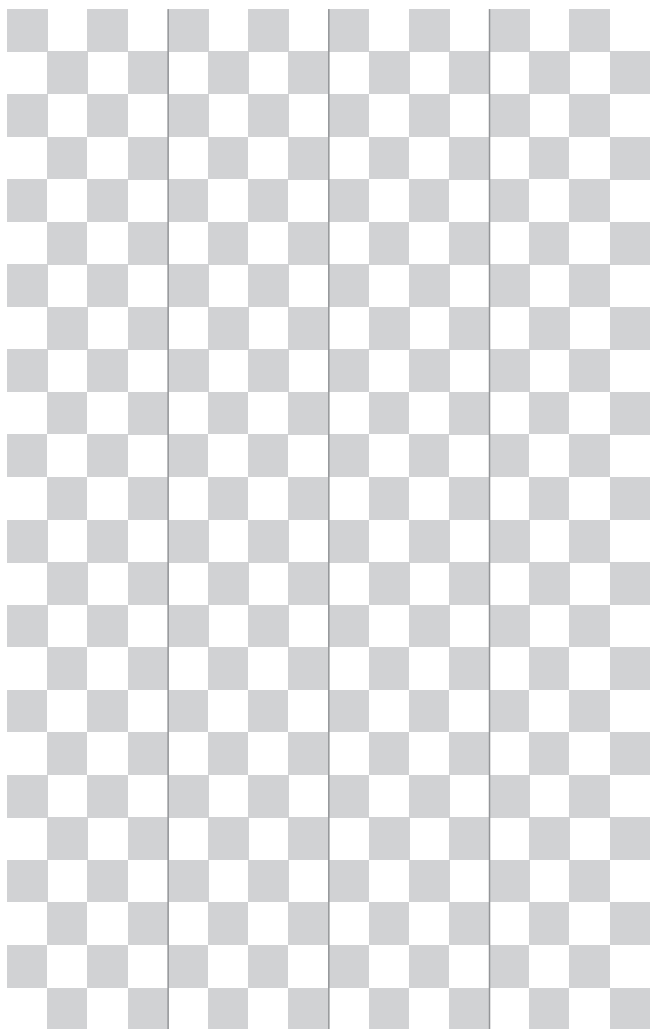
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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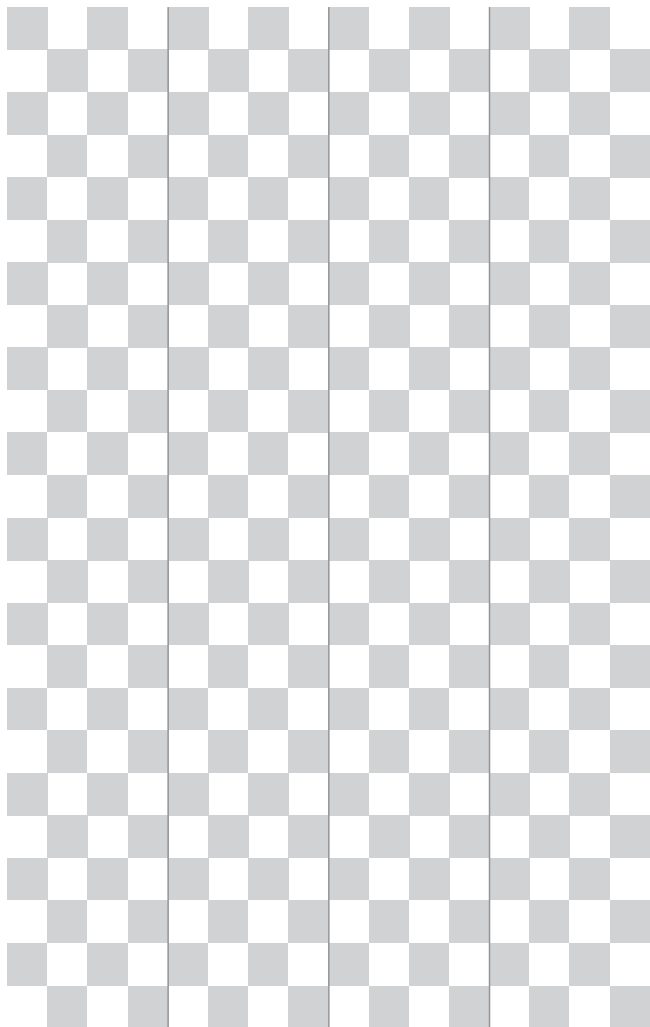
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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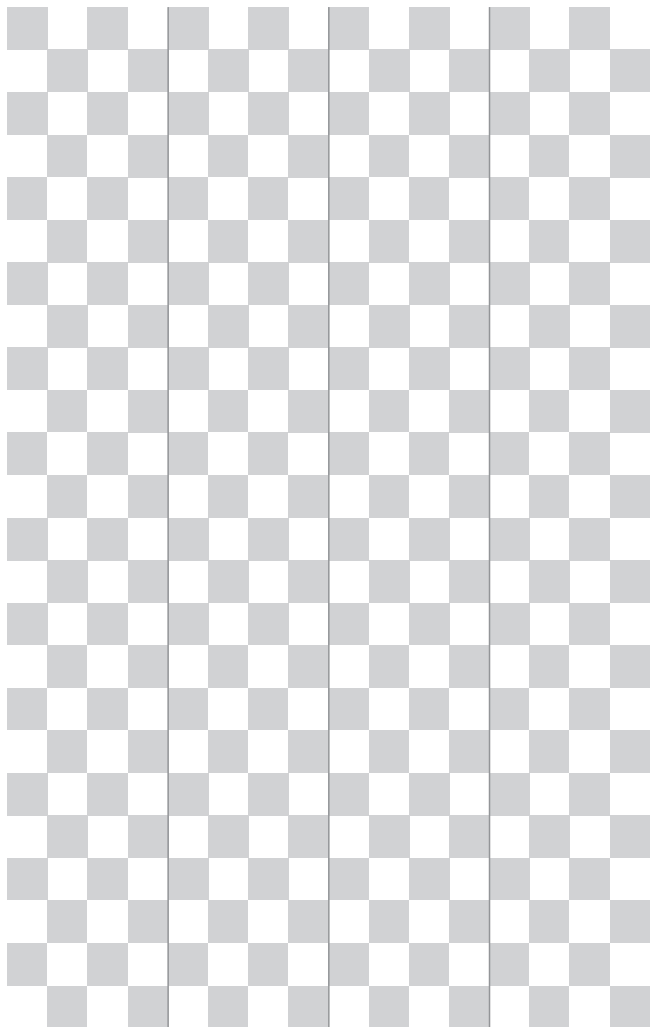
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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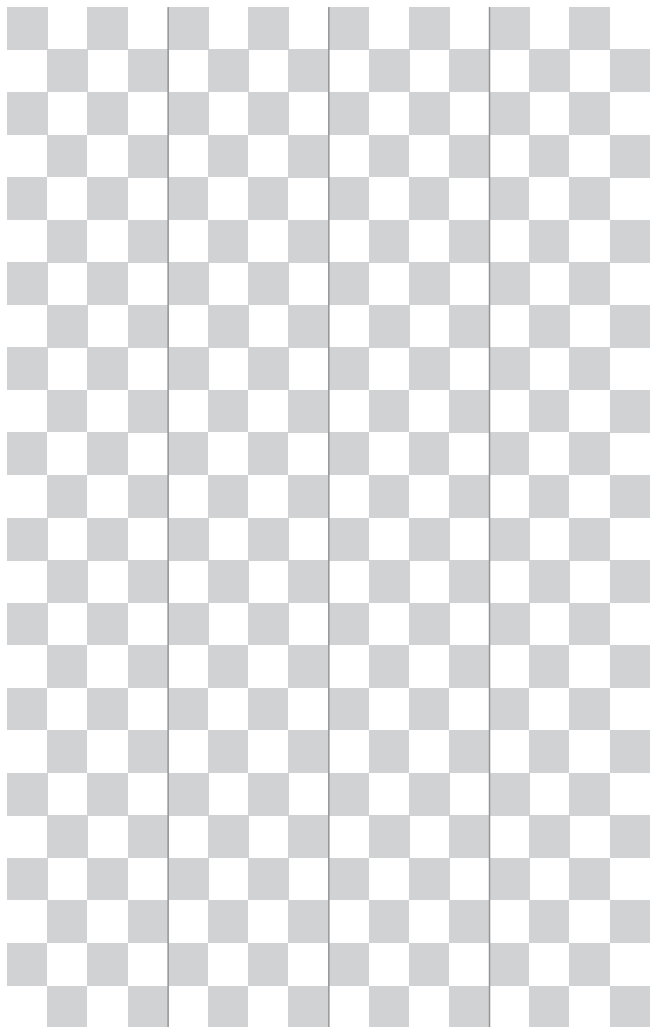
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maio

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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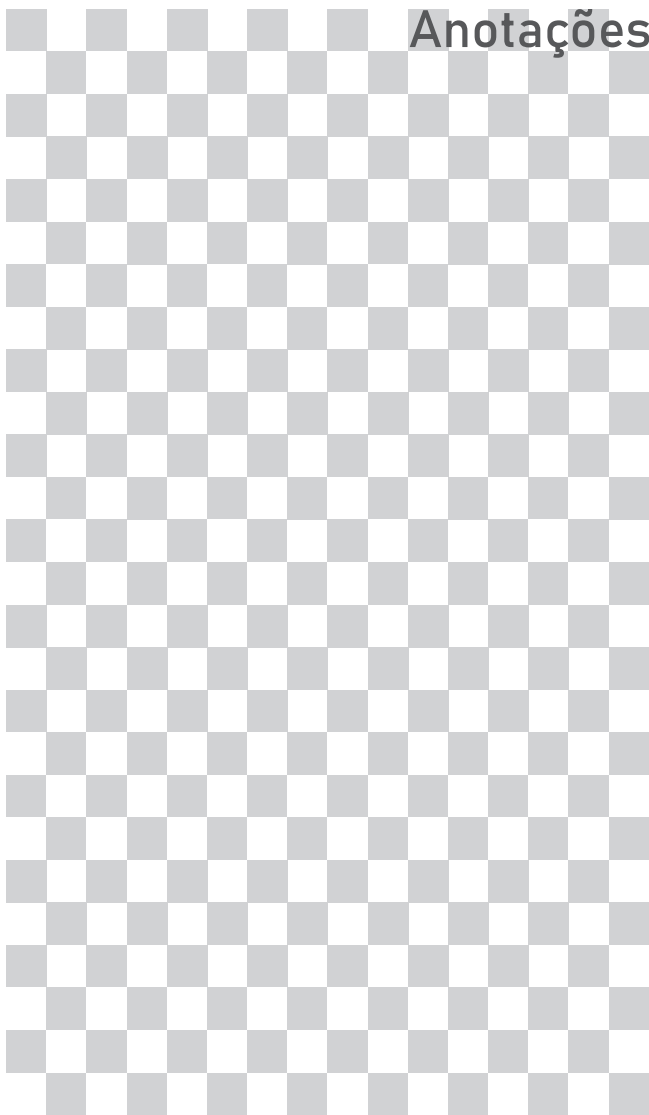
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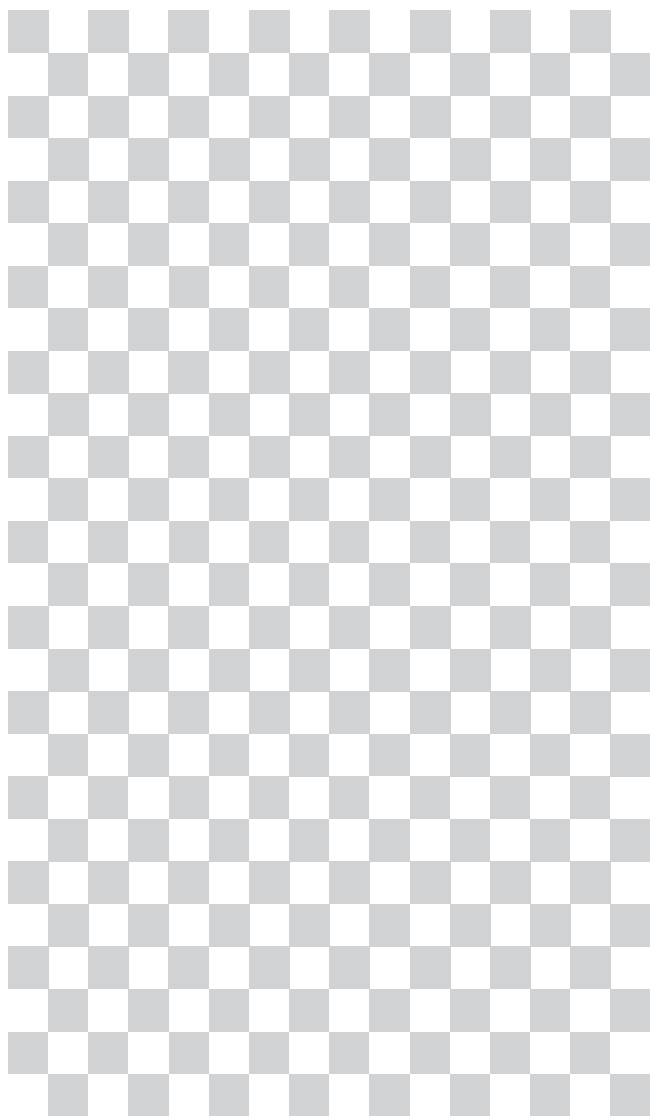
CONTROLE 2

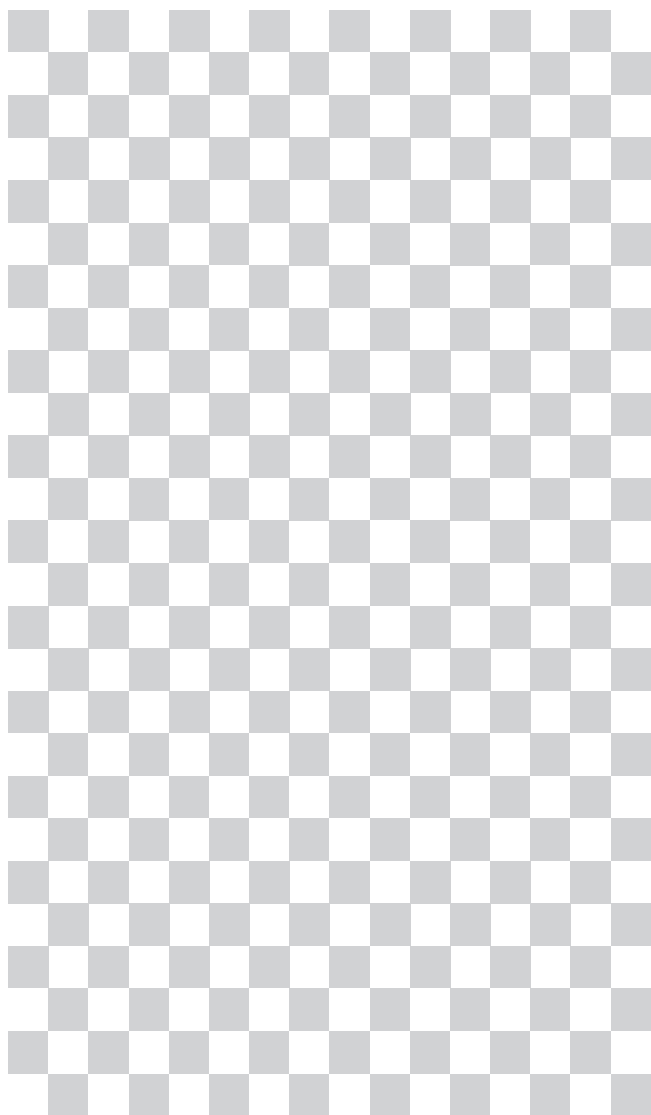
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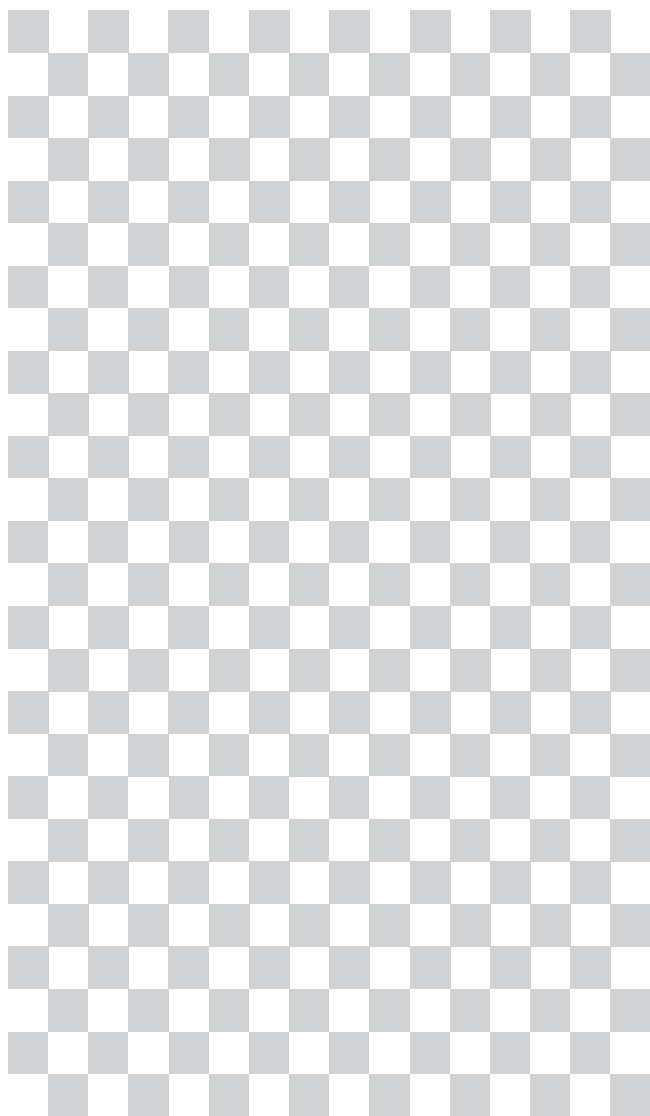
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Anotações









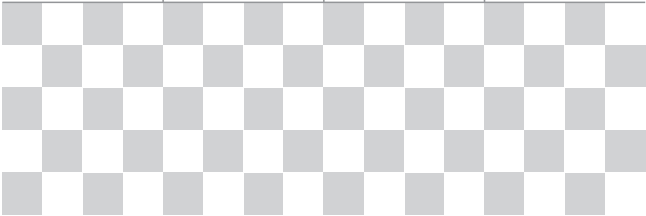
JUNHO

JUNHO

ANOTAÇÕES MENSAIS	Sex 01	Sáb 02	Dom 03
	Sex 08	Sáb 09	Dom 10
	Sex 15	Sáb 16	Dom 17
	Sex 22	Sáb 23	Dom 24
	Sex 29	Sáb 30	

ANOTAÇÕES
MENS AIS

Seg 04	Ter 05	Qua 06	Qui 07
Seg 11	Ter 12	Qua 13	Qui 14
Seg 18	Ter 19	Qua 20	Qui 21
Seg 25	Ter 26	Qua 27	Qui 28



junho

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DOM

OBJETIVOS,
NOTAS,
DIETAS
& ETC

[illegible]

CONTROLE 1



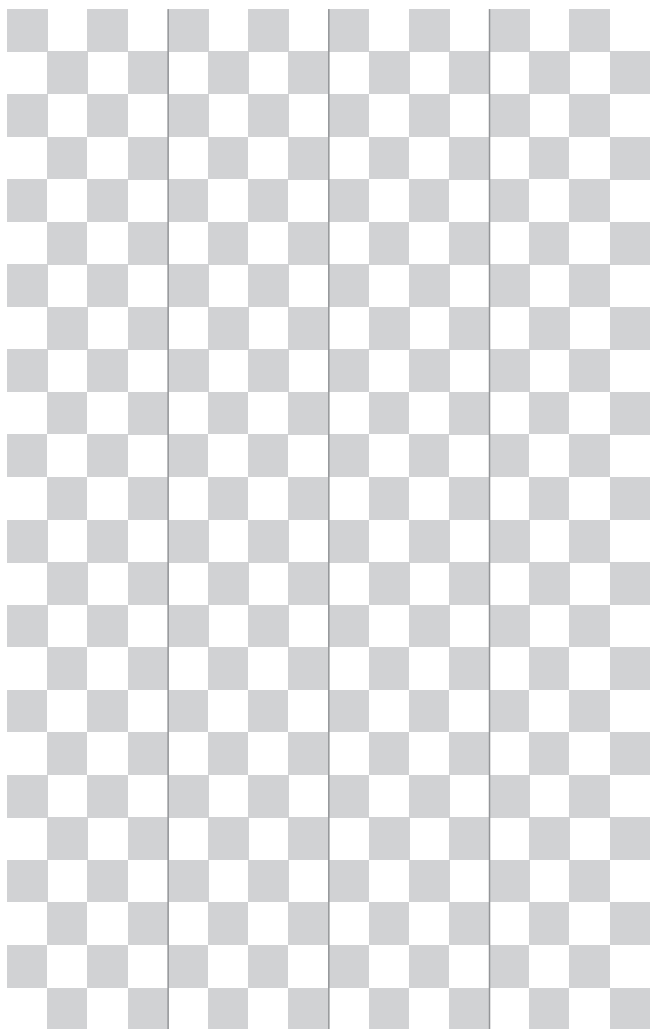
CONTROLE 2

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junho

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

CONTROLE 2

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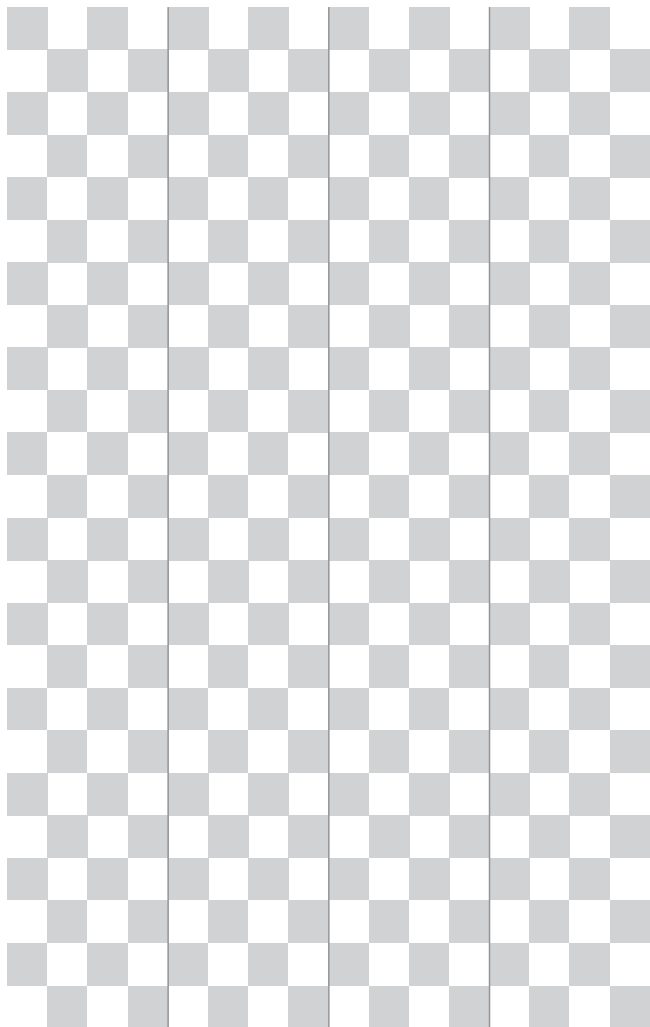
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junho

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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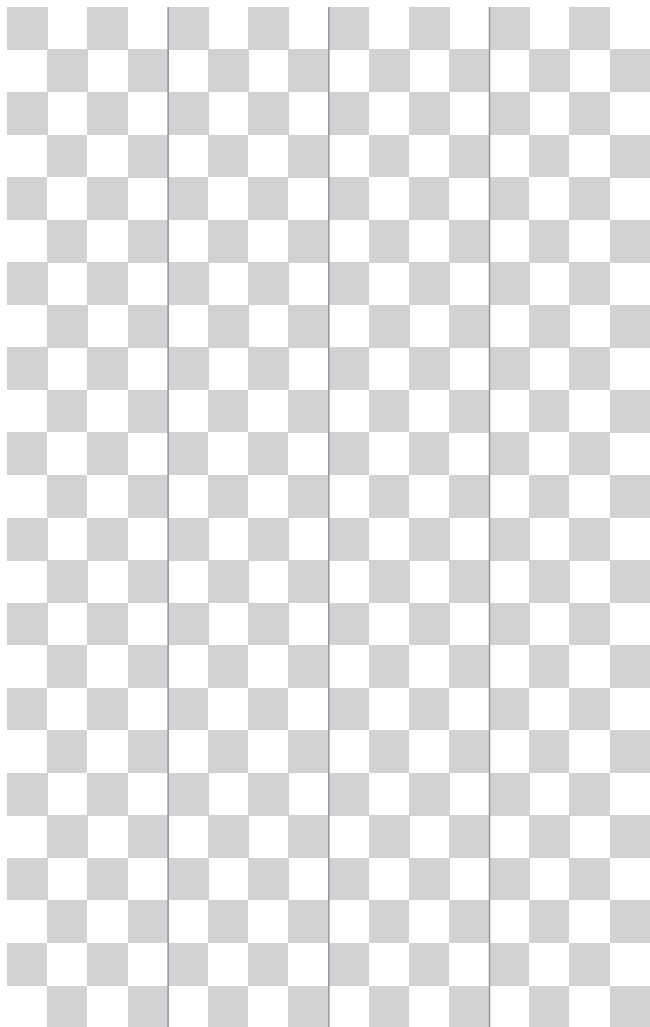
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

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CONTROLE 1

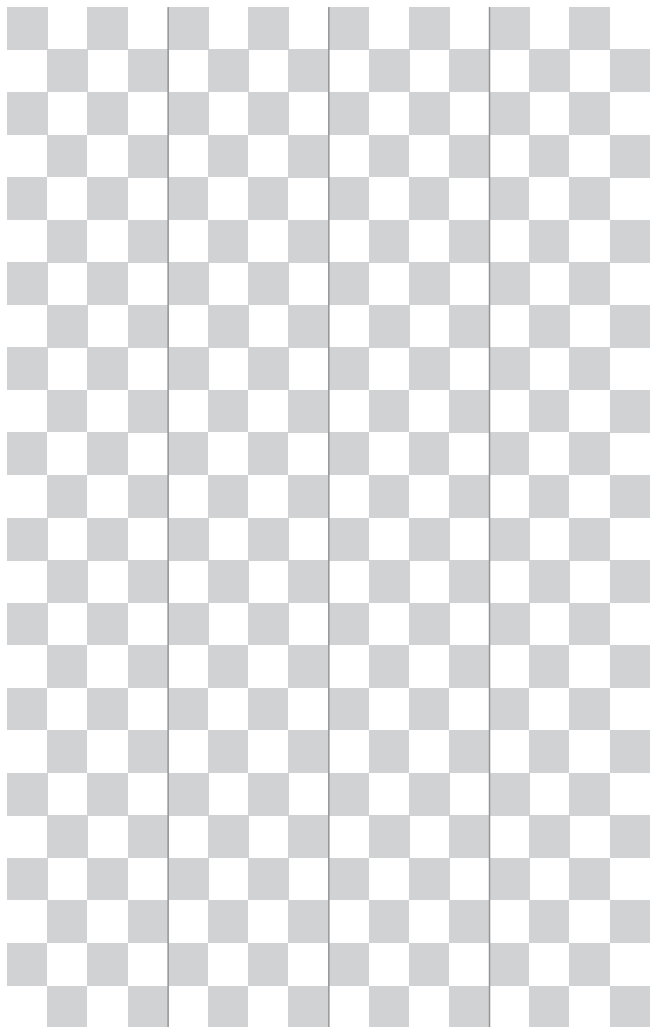
CONTROLE 2

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junho

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DOM

OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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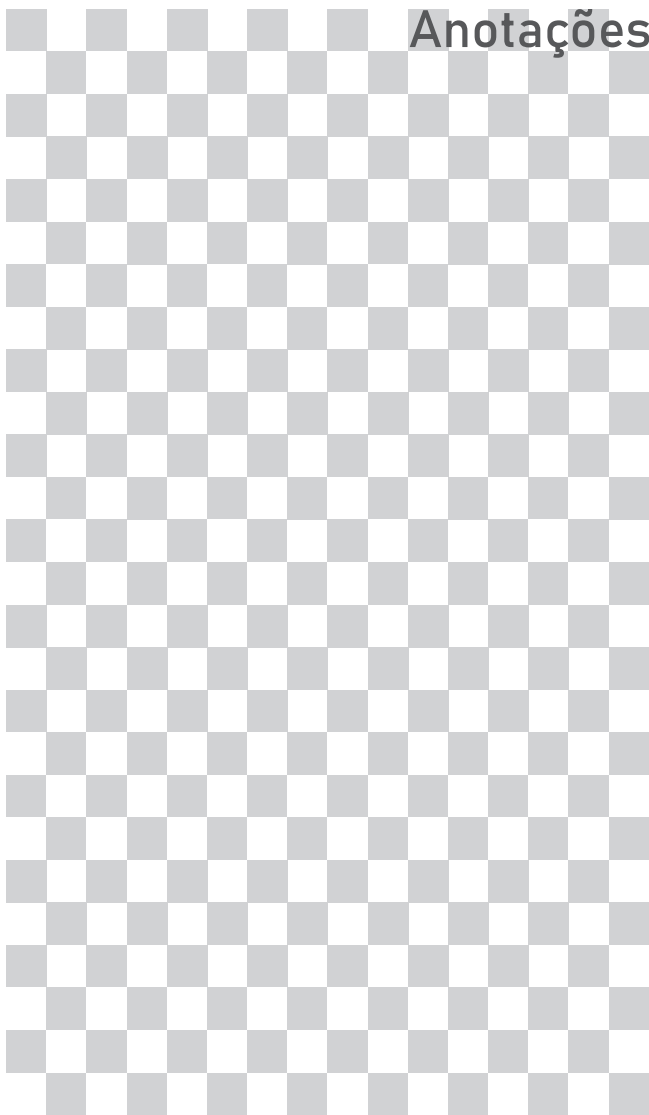
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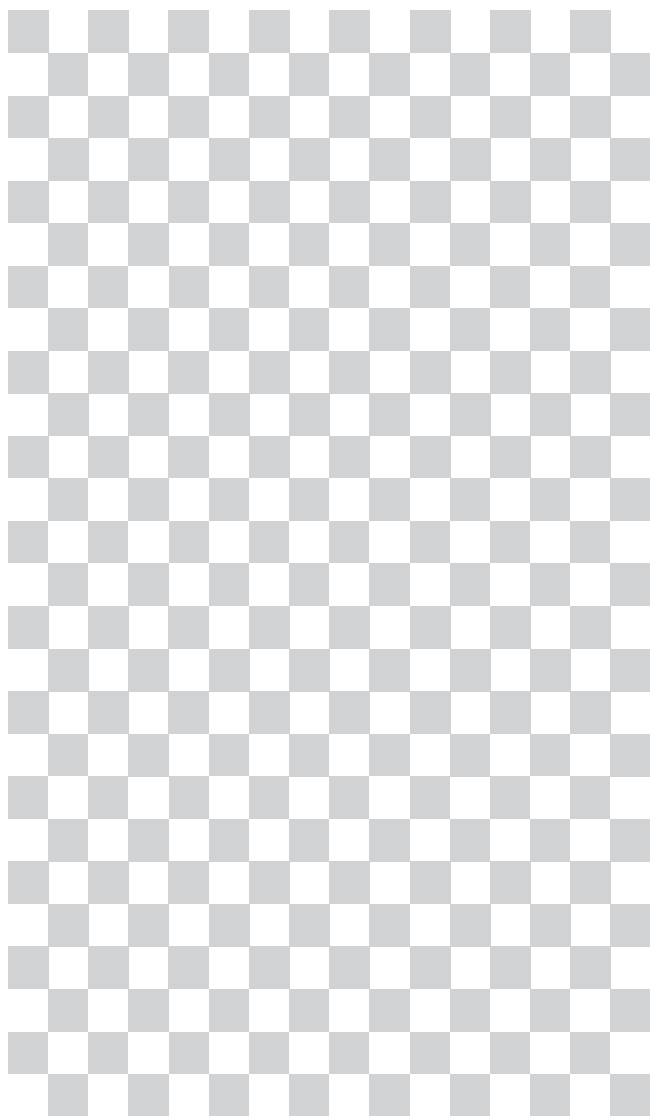
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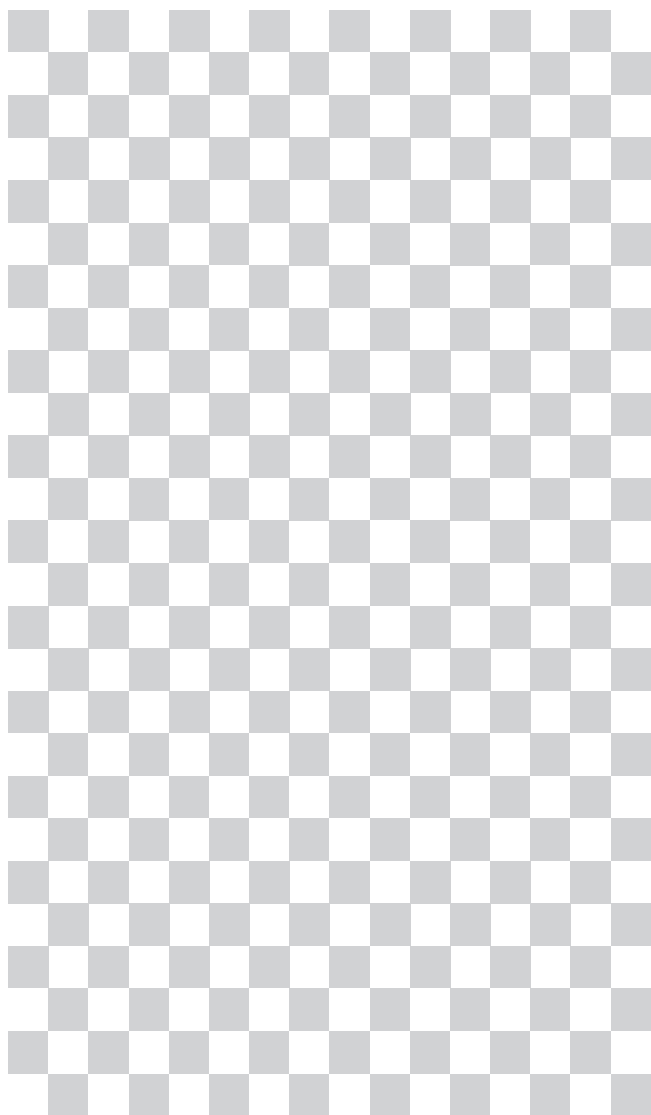
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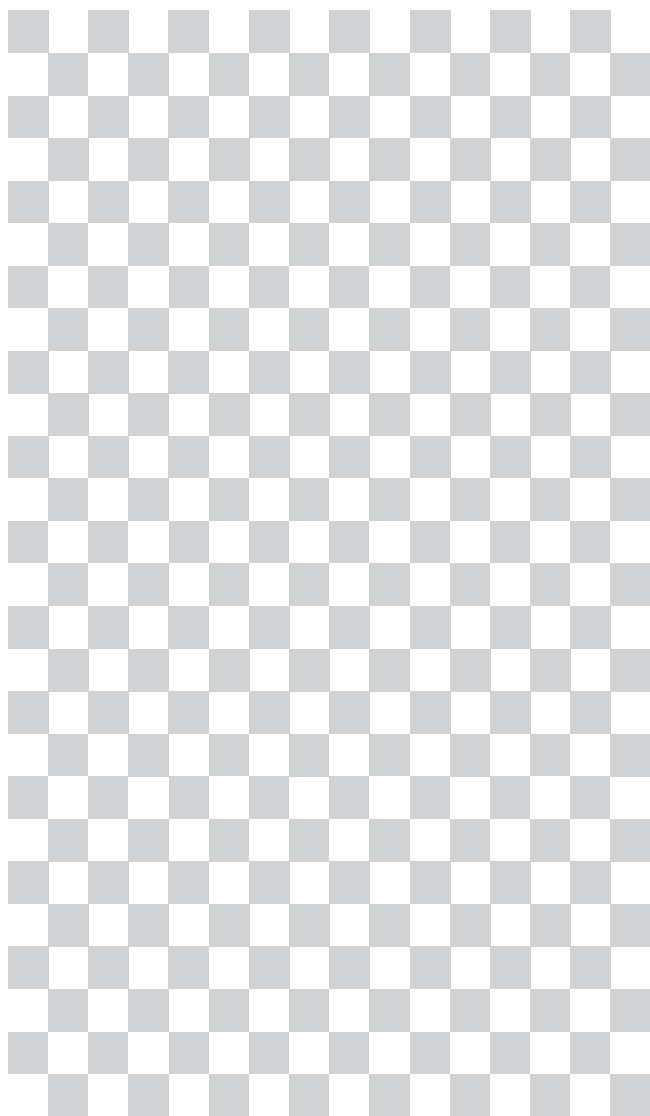
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Anotações









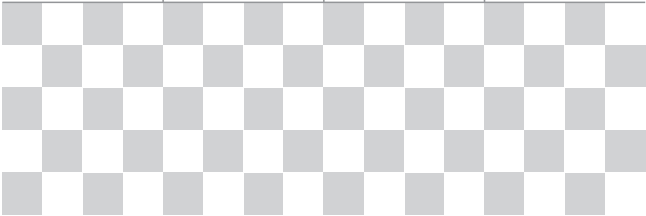
JULHO

JULHO

ANOTAÇÕES
MENSAIS

Dom 01	Seg 02	Ter 03
Dom 08	Seg 09	Ter 10
Dom 15	Seg 16	Ter 17
Dom 22	Seg 23	Ter 24
Dom 29	Seg 30	Ter 31

Qua 04	Qui 05	Sex 06	Sáb 07
Qua 11	Qui 12	Sex 13	Sáb 14
Qua 18	Qui 19	Sex 20	Sáb 21
Qua 25	Qui 26	Sex 27	Sáb 28



julho

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

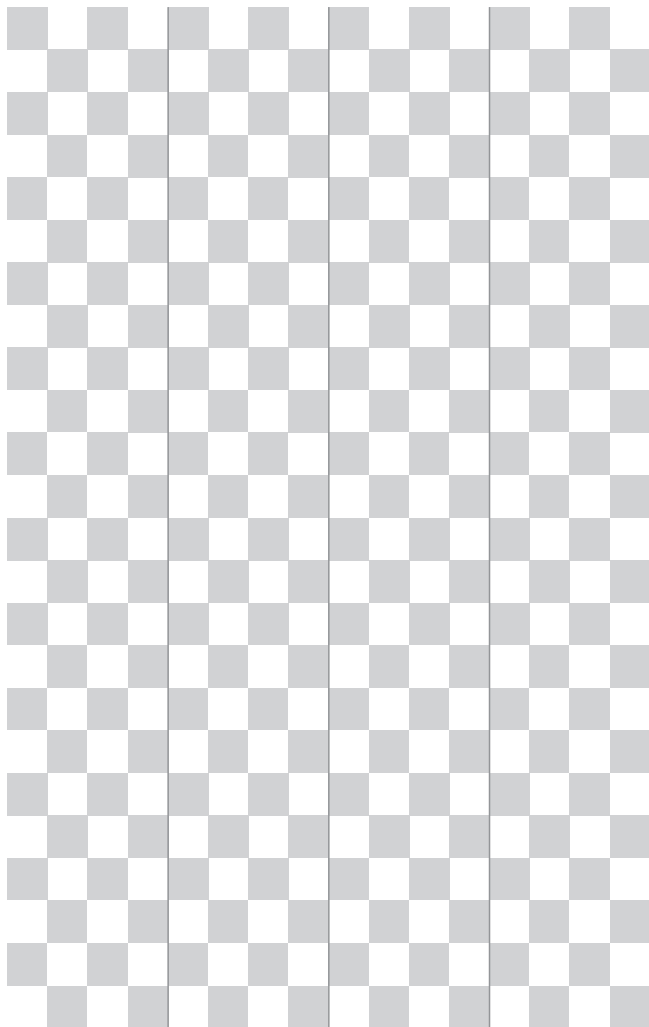
CONTROLE 2

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julho

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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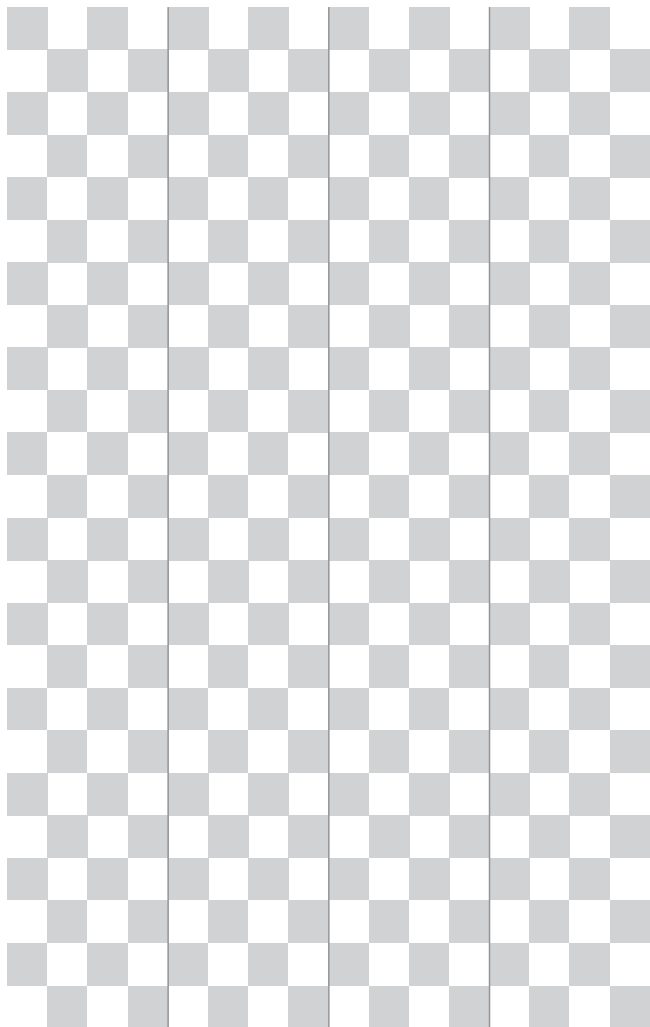
QUI

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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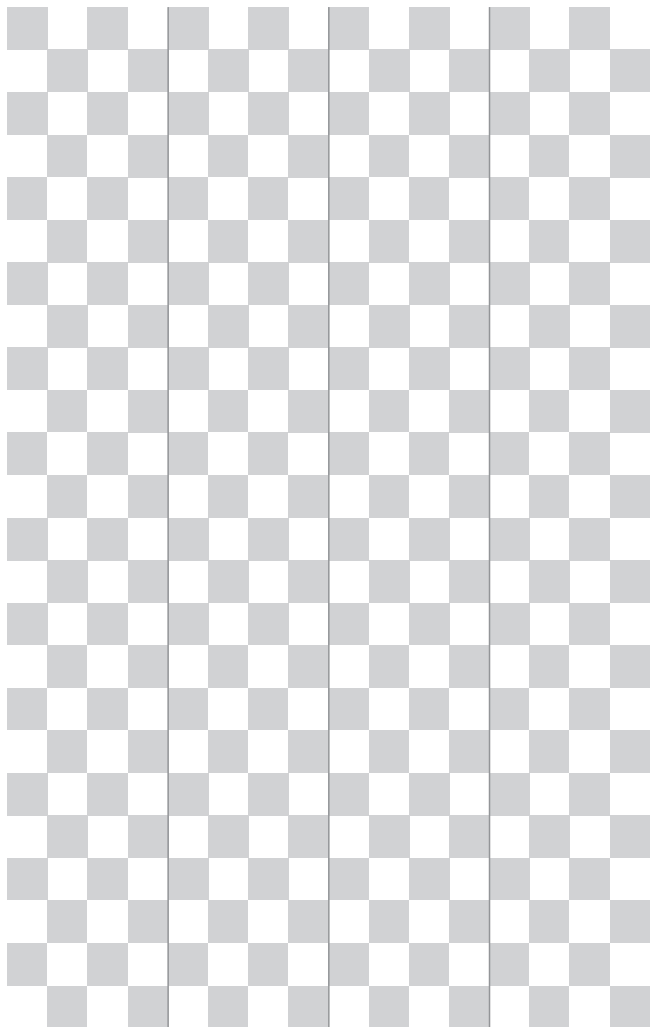
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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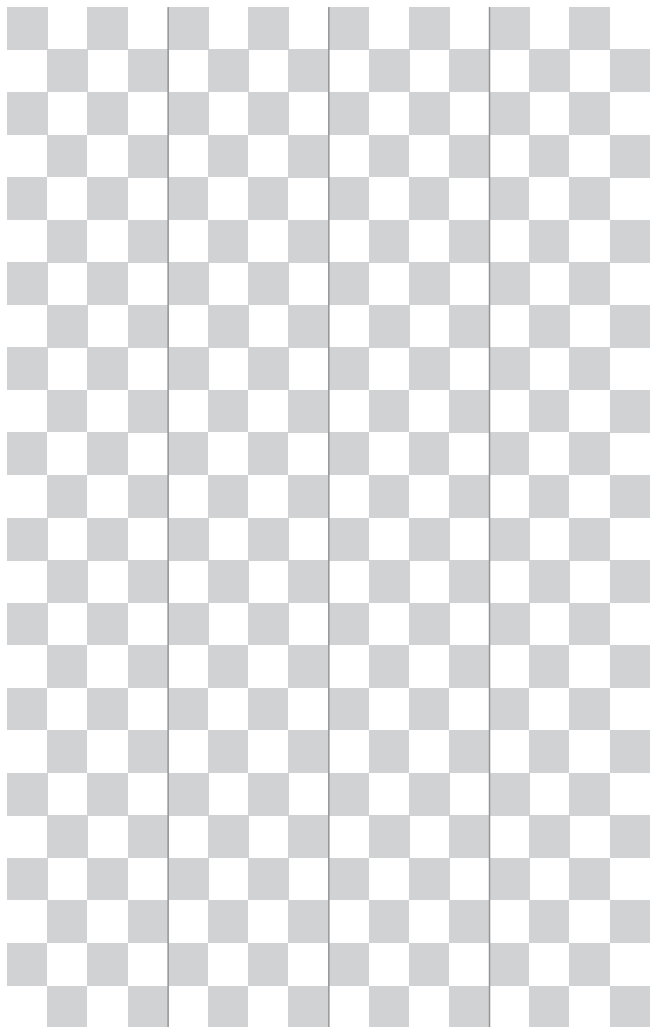
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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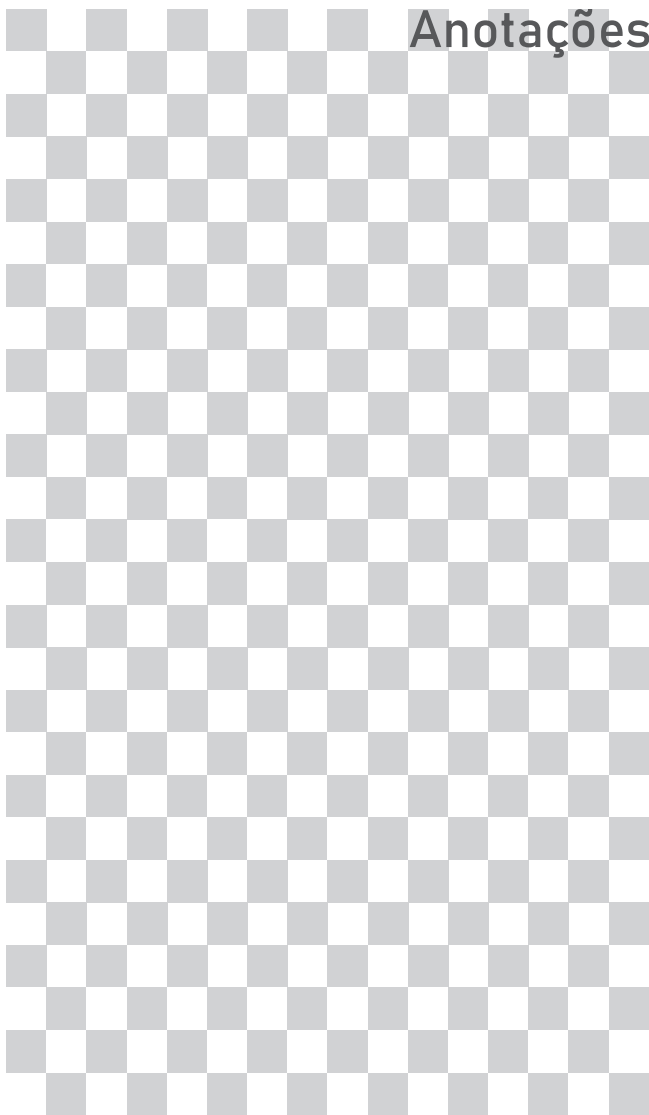
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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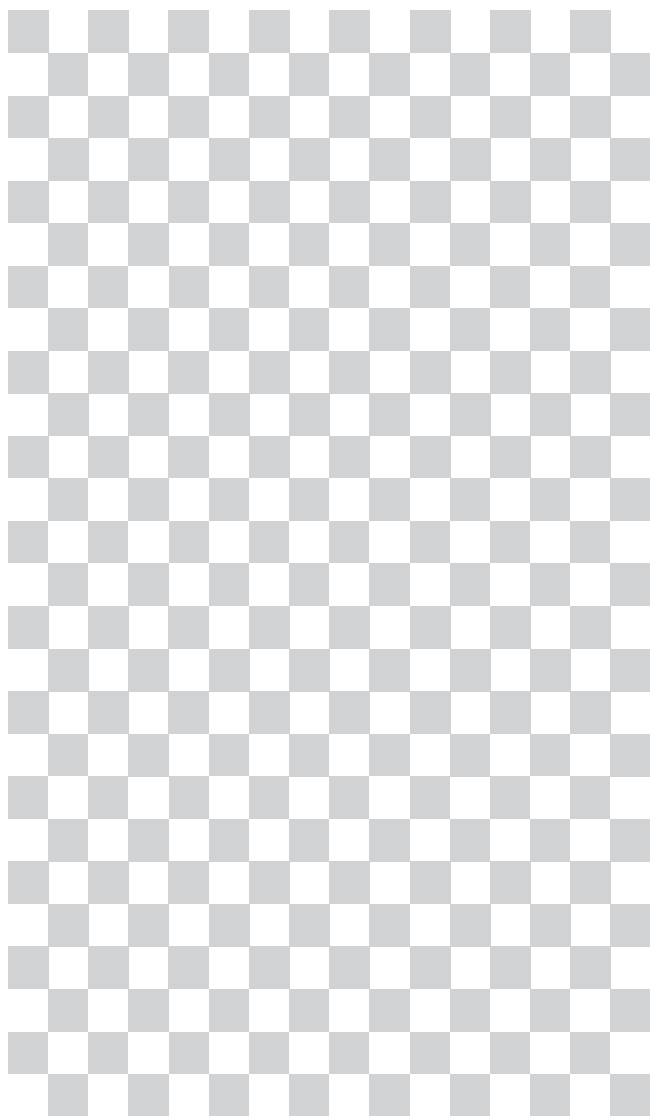
CONTROLE 2

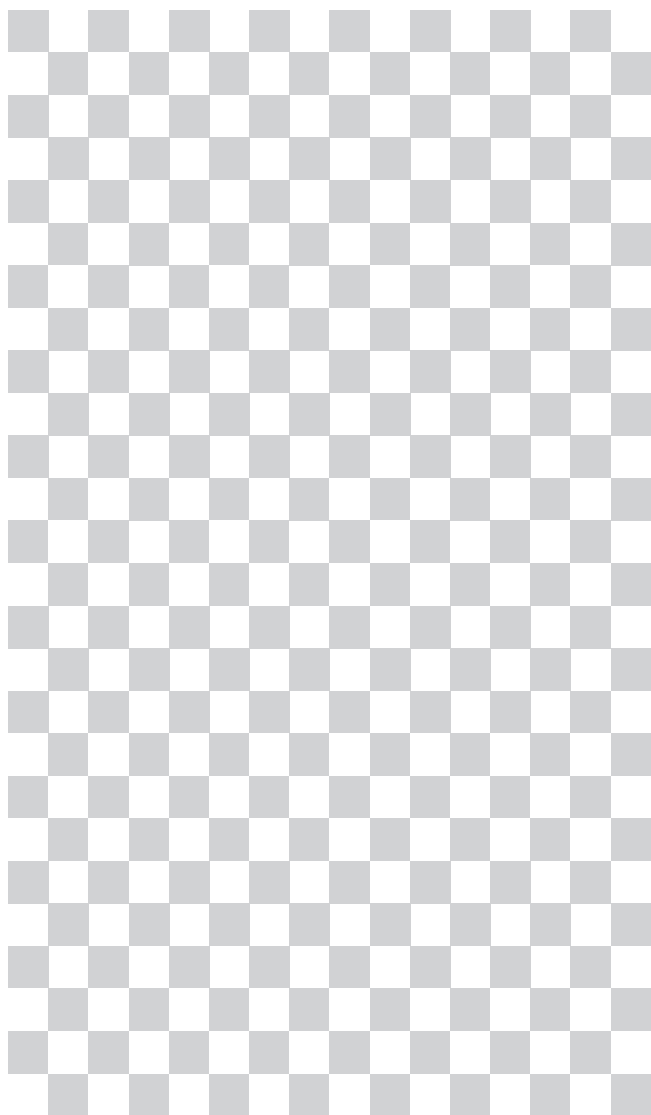
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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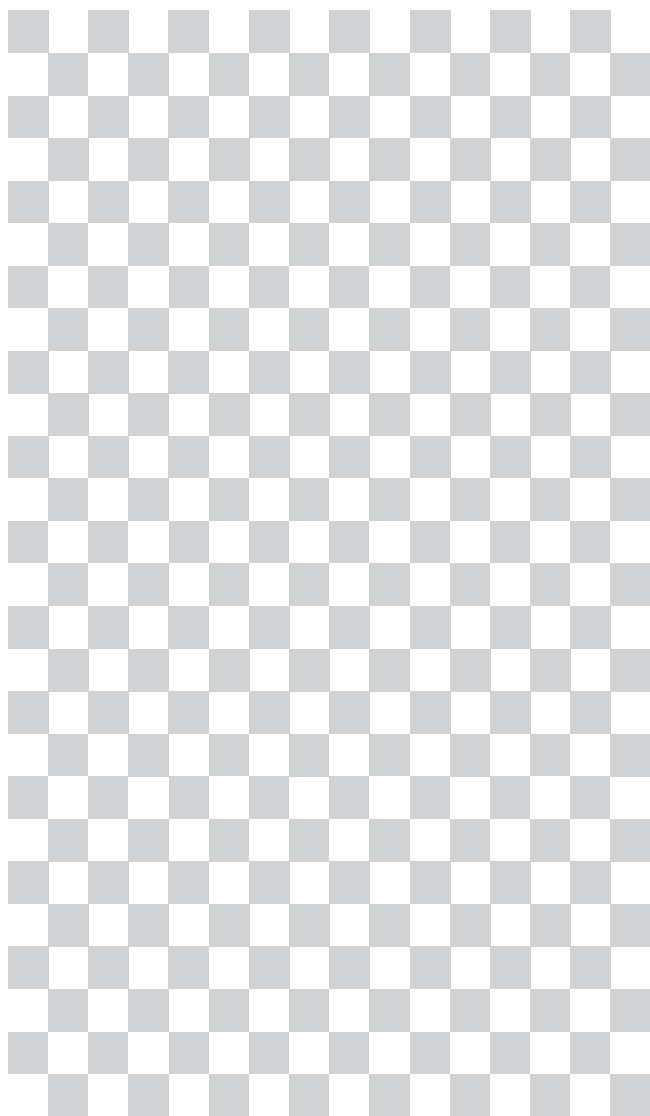
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Anotações







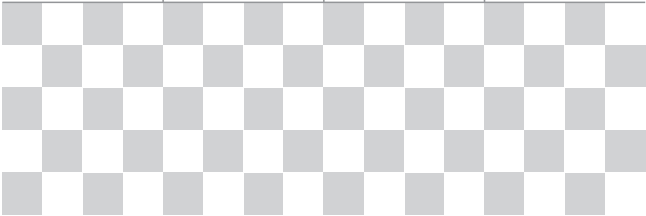


AGOSTO

AGOSTO

ANOTAÇÕES MENSAIS	Qua 01	Qui 02	Sex 03
	Qua 08	Qui 09	Sex 10
	Qua 15	Qui 16	Sex 17
	Qua 22	Qui 23	Sex 24
	Qua 29	Sex 30	Sáb 31

Sáb 04	Dom 05	Seg 06	Ter 07
Sáb 11	Dom 12	Seg 13	Ter 14
Sáb 18	Dom 19	Seg 20	Ter 21
Sáb 25	Dom 26	Seg 27	Ter 28



agosto

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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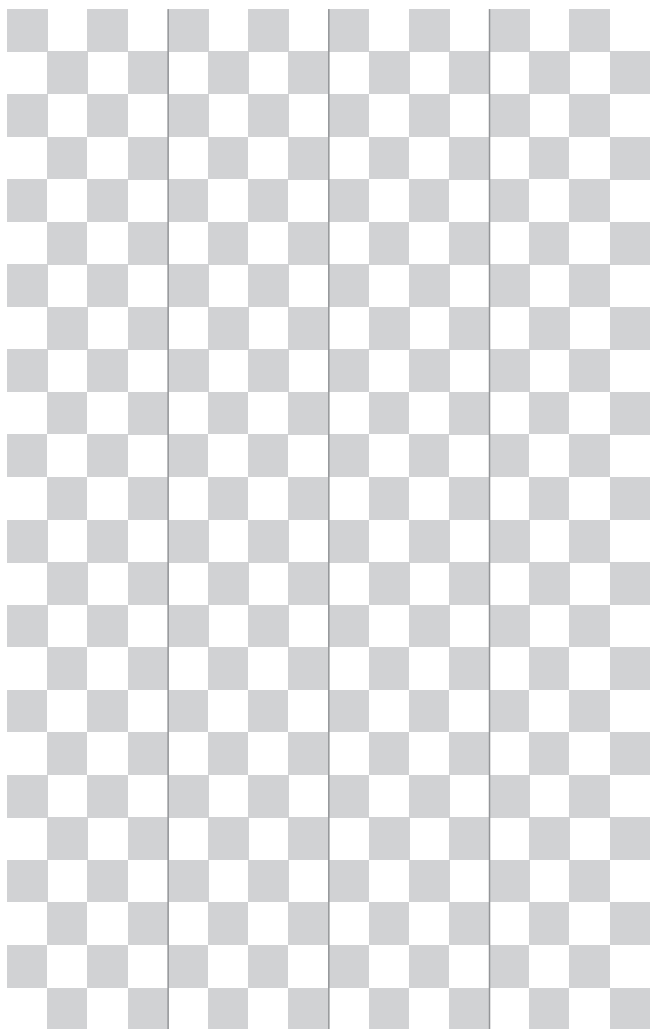
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agosto

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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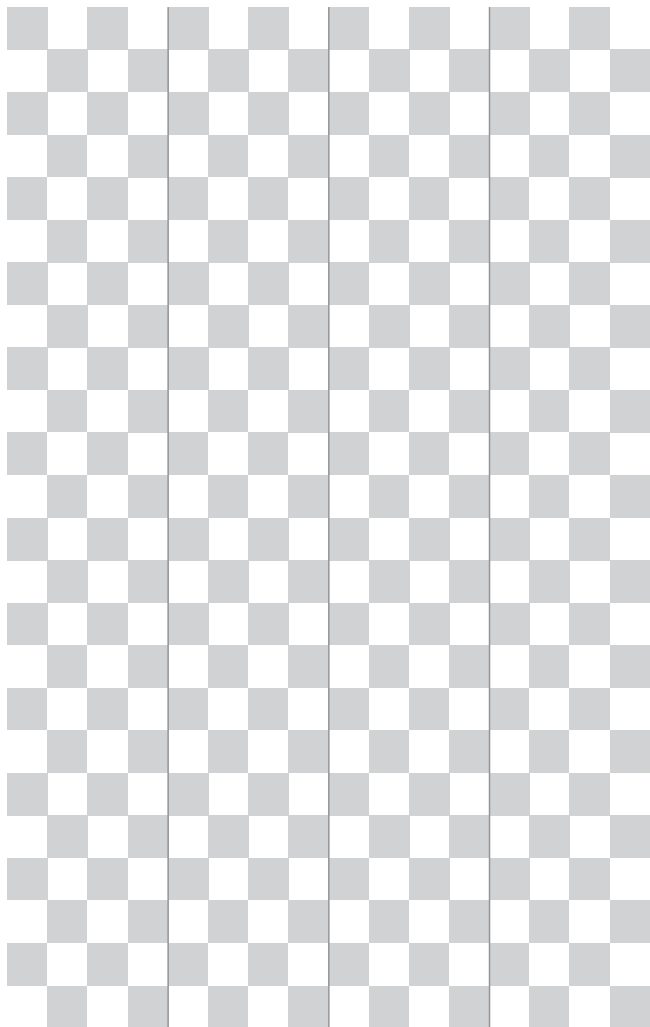
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agosto

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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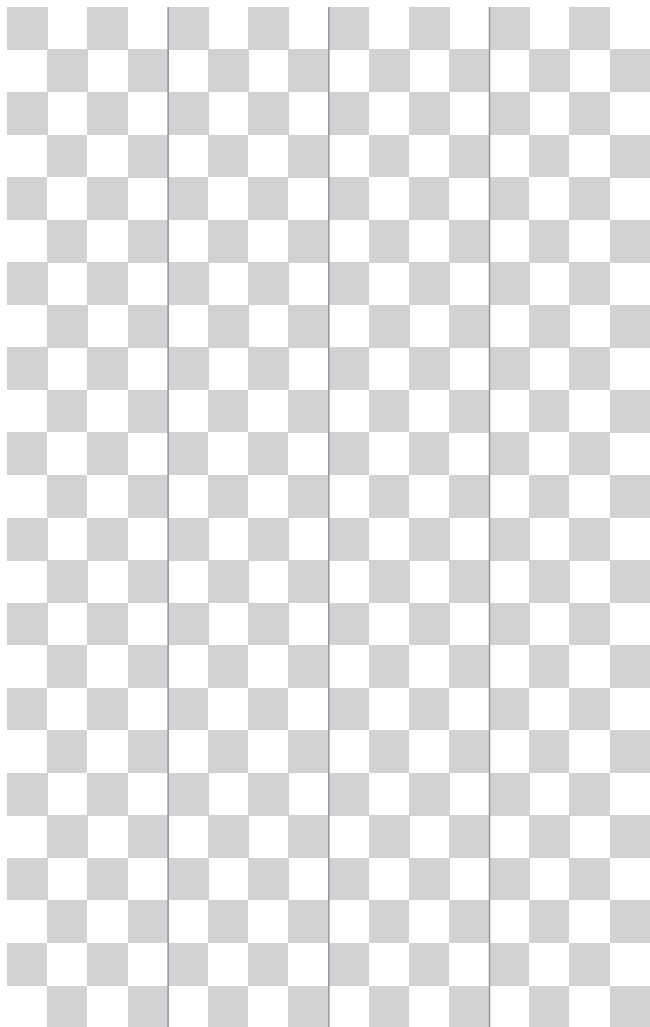
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agosto

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROLE 2

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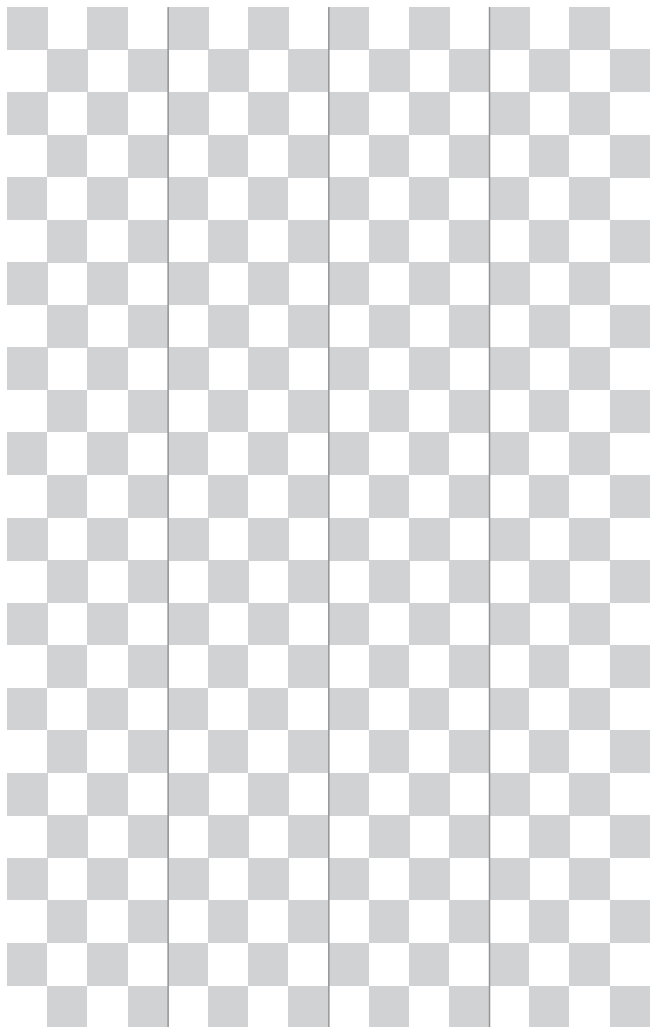
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agosto

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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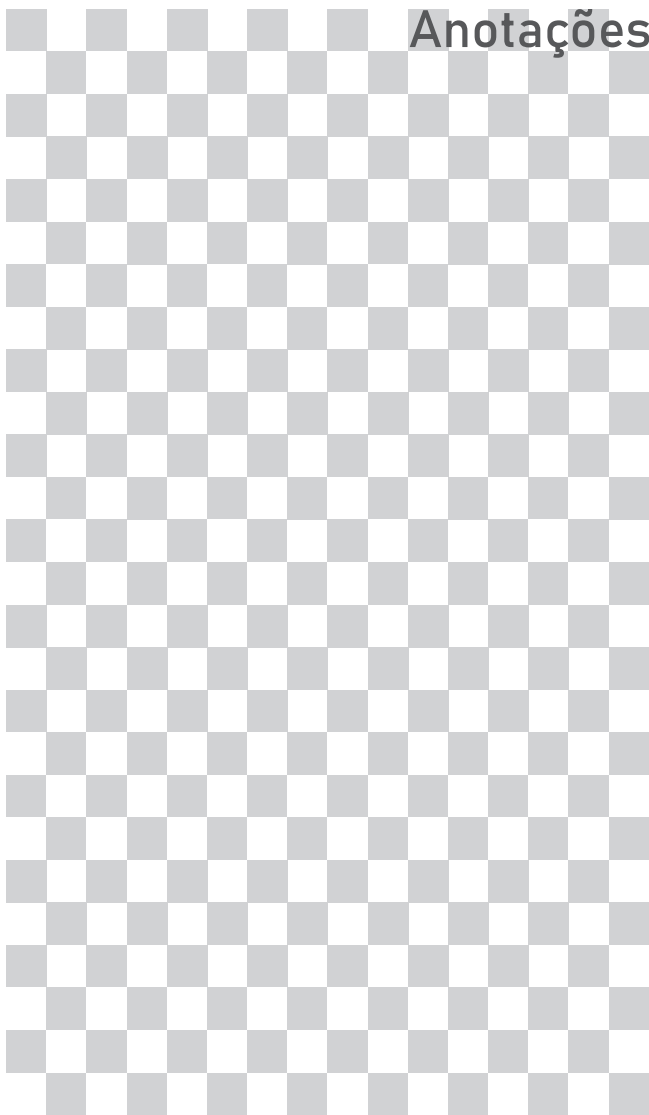
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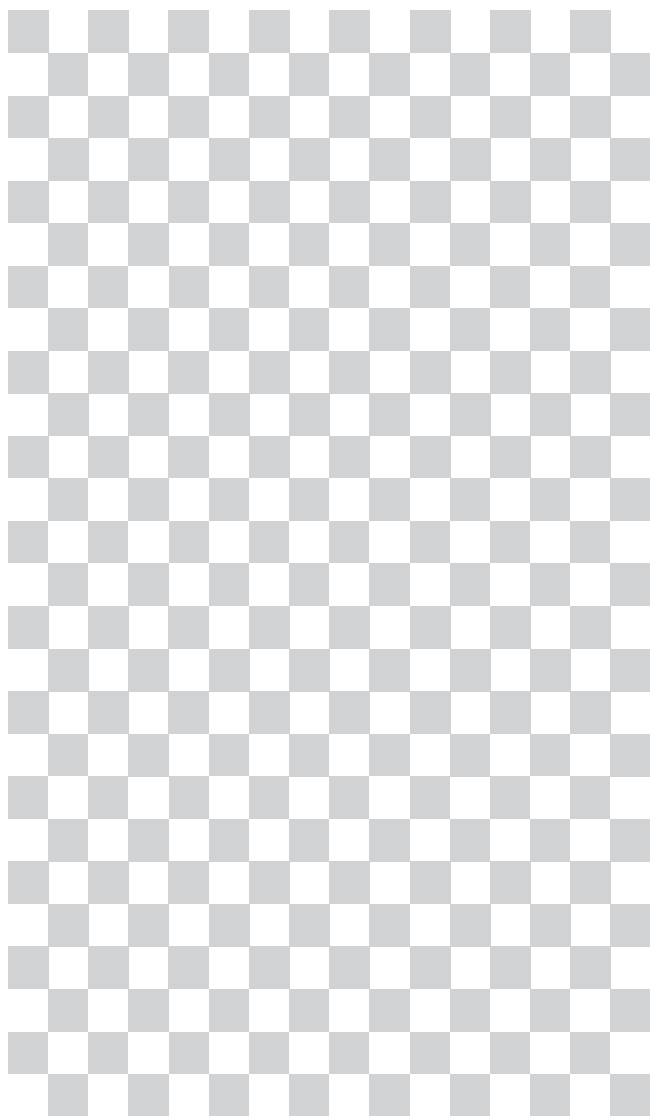
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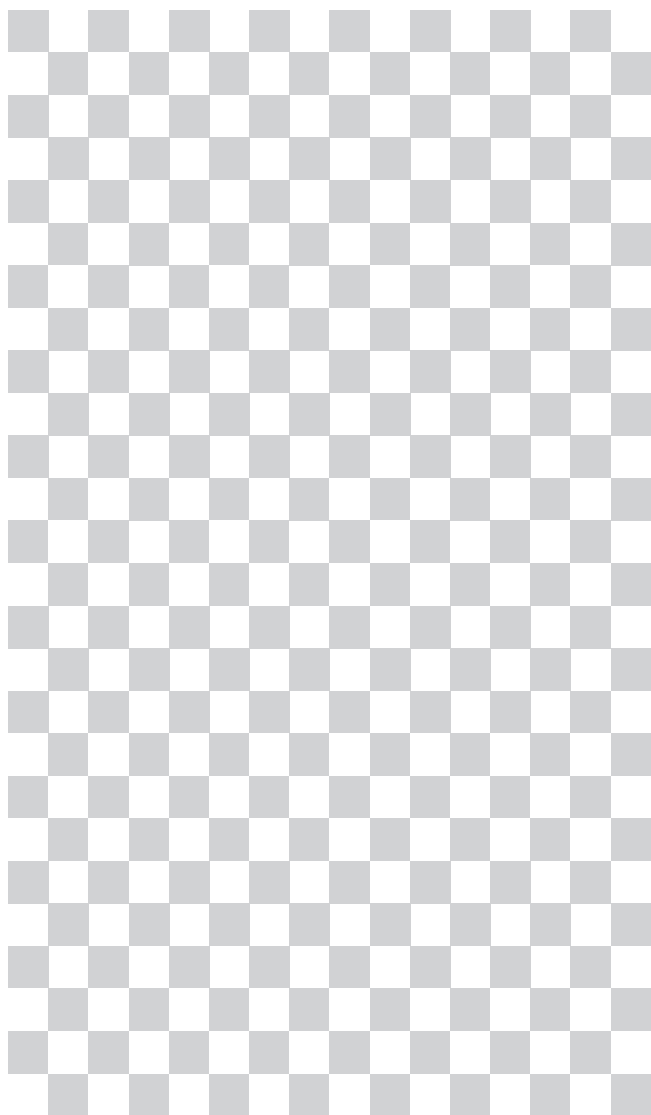
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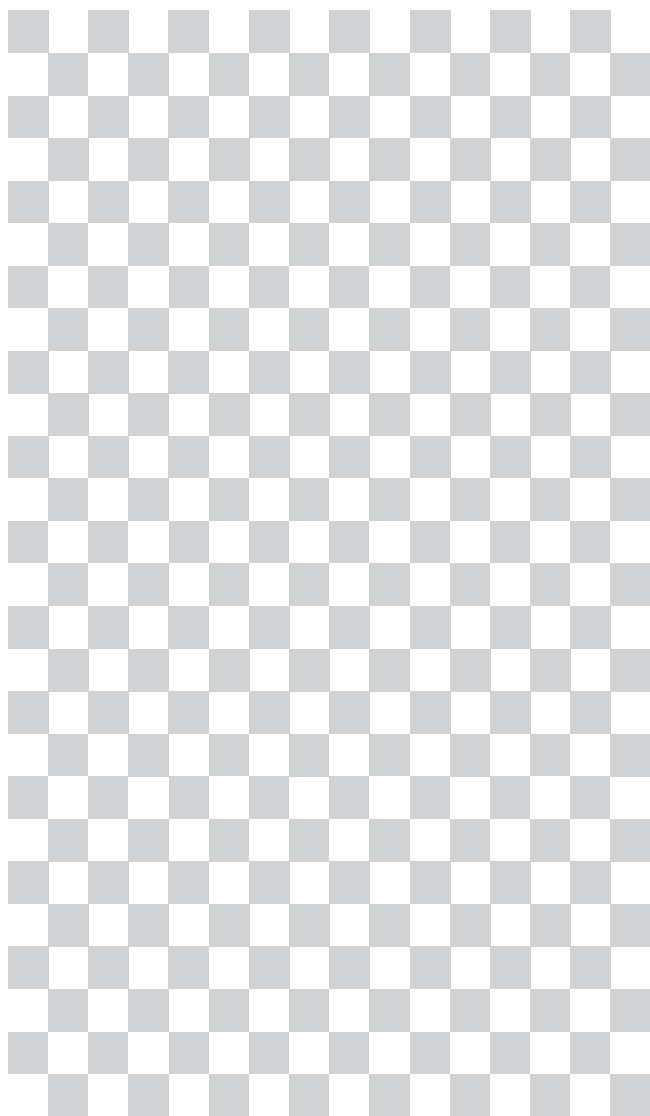
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Anotações







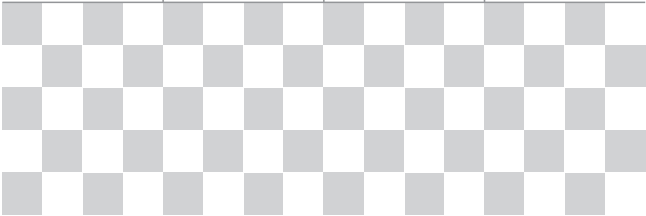


SETEMBRO

SETEMBRO

ANOTAÇÕES MENSAIS	Sáb 01	Dom 02	Seg 03
	Sáb 08	Dom 09	Seg 10
	Sáb 15	Dom 16	Seg 17
	Sáb 22	Dom 23	Seg 24
	Sáb 29	Dom 30	

Ter 04	Qua 05	Qui 06	Sáb 07
Ter 11	Qua 12	Qui 13	Sáb 14
Ter 18	Qua 19	Qui 20	Sáb 21
Ter 25	Qua 26	Qui 27	Sáb 28



setembro |

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OBJETIVOS,
NOTAS,
DIETAS
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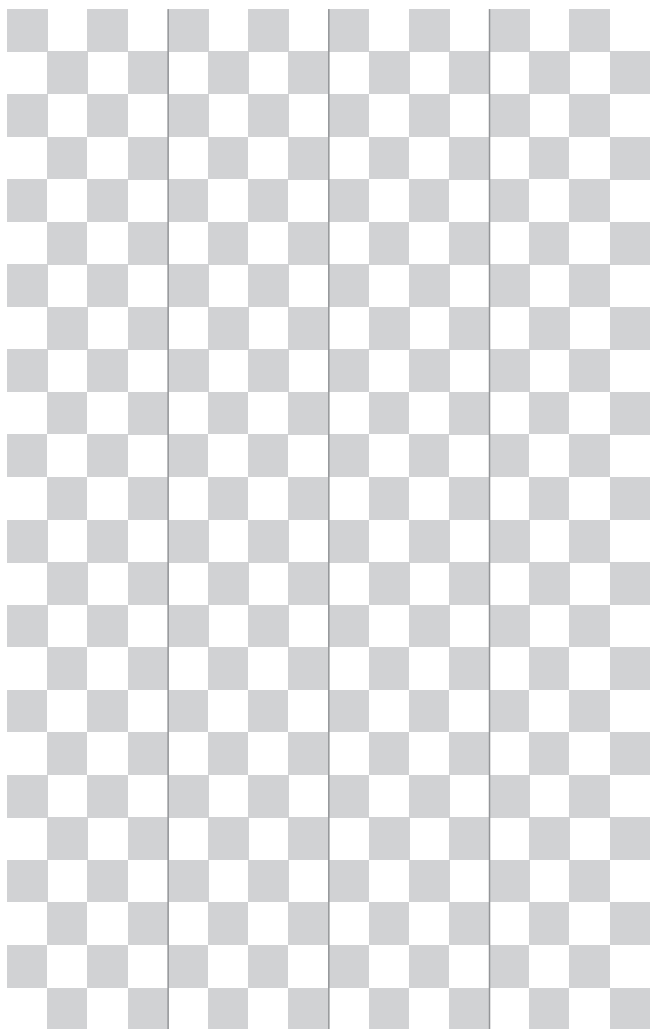


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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

CONTROLE 2

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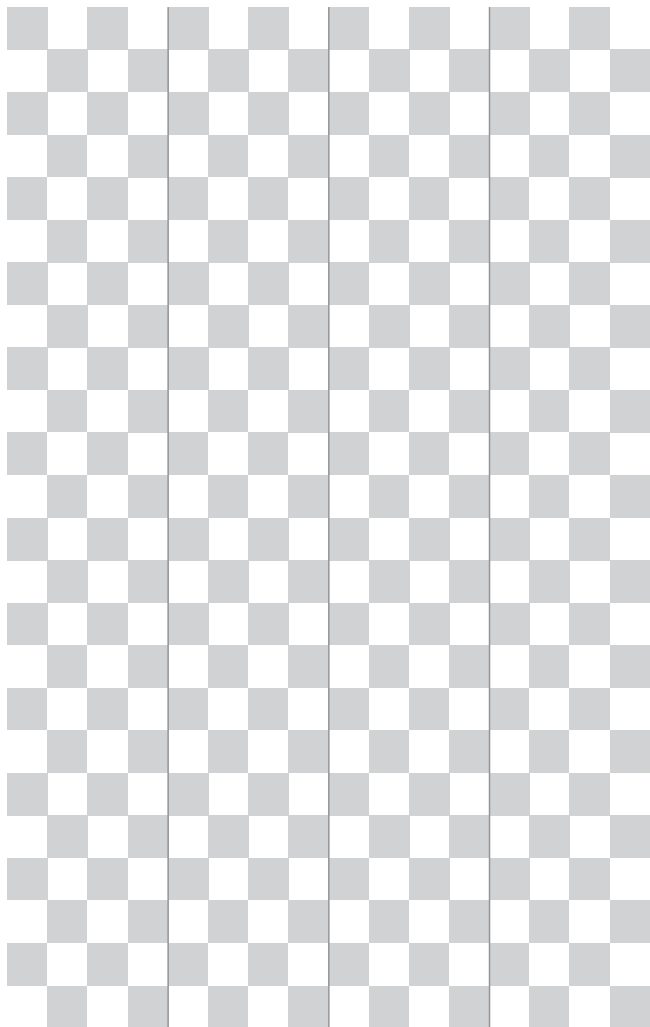
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

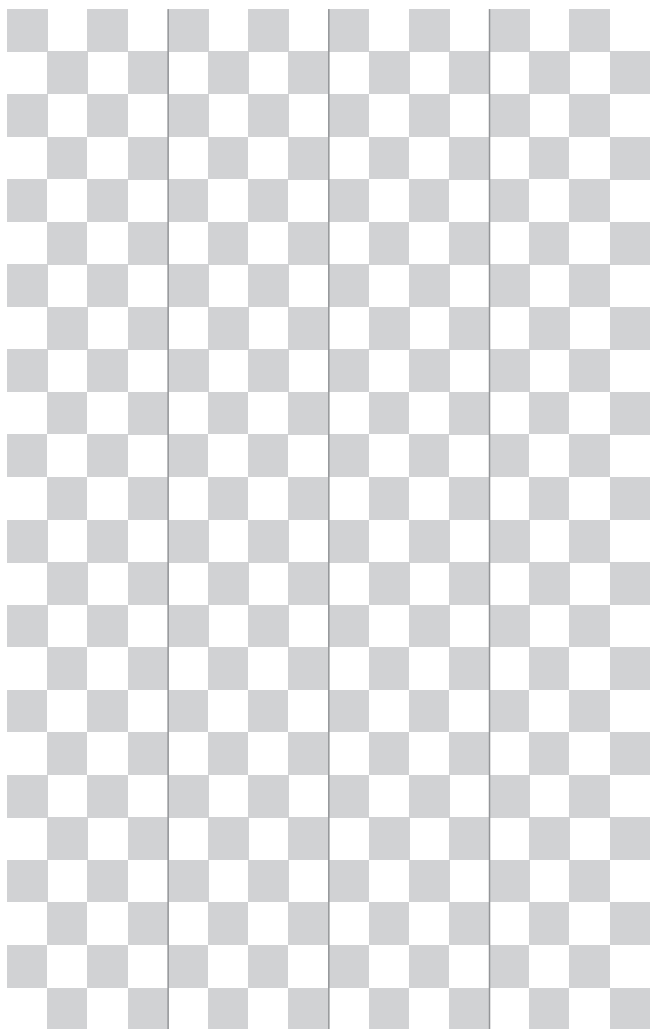
CONTROLE 2

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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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CONTROL 5.2

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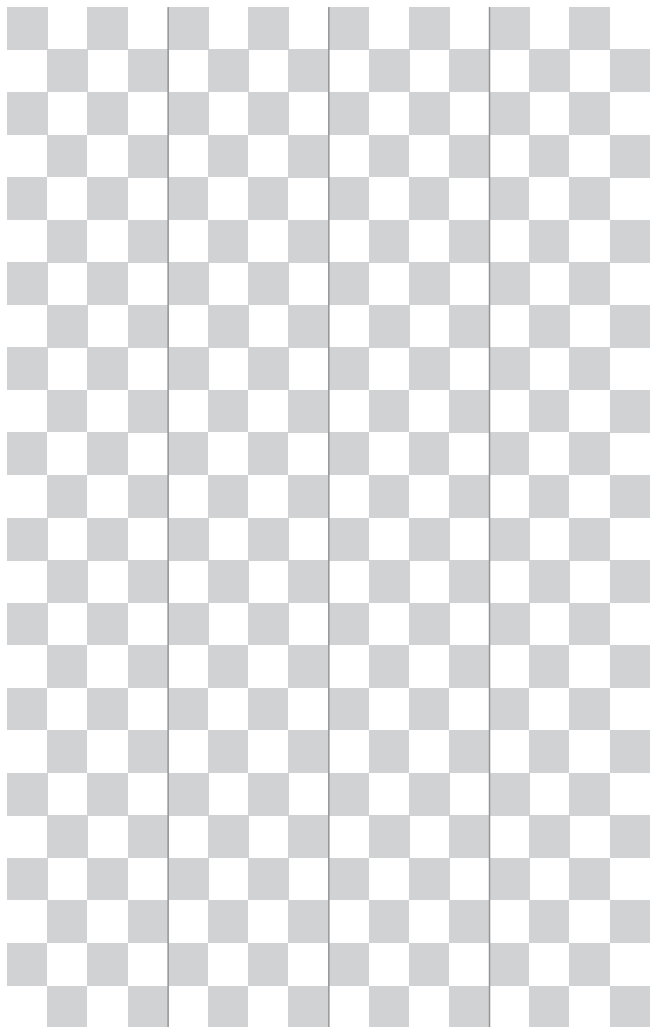
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OBJETIVOS,
NOTAS,
DIETAS
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CONTROLE 1

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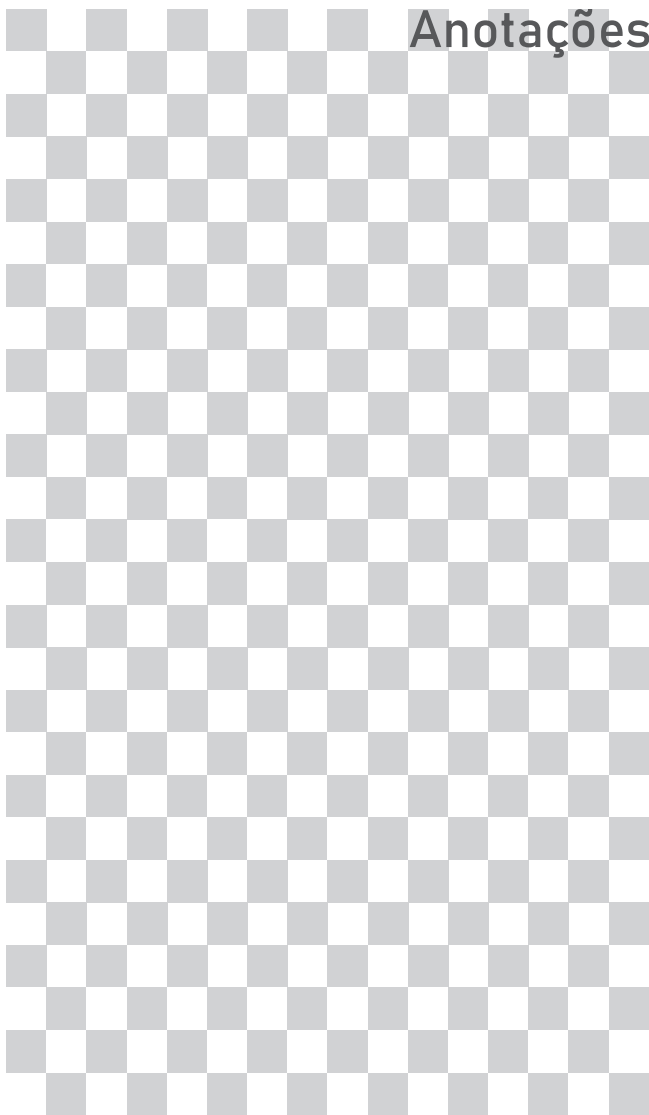
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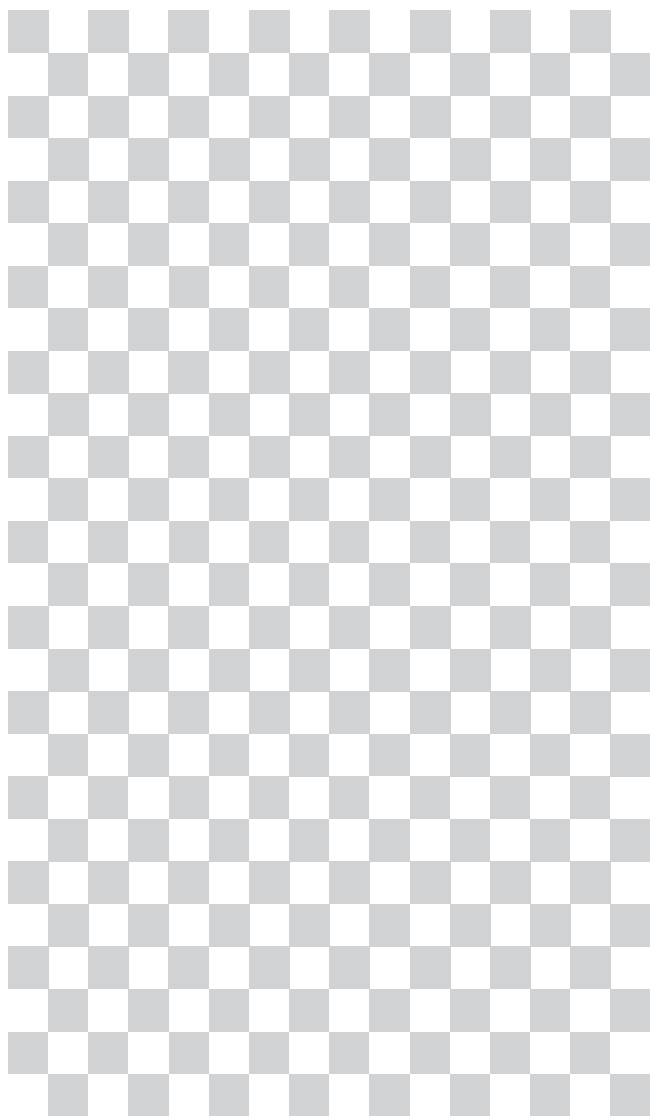
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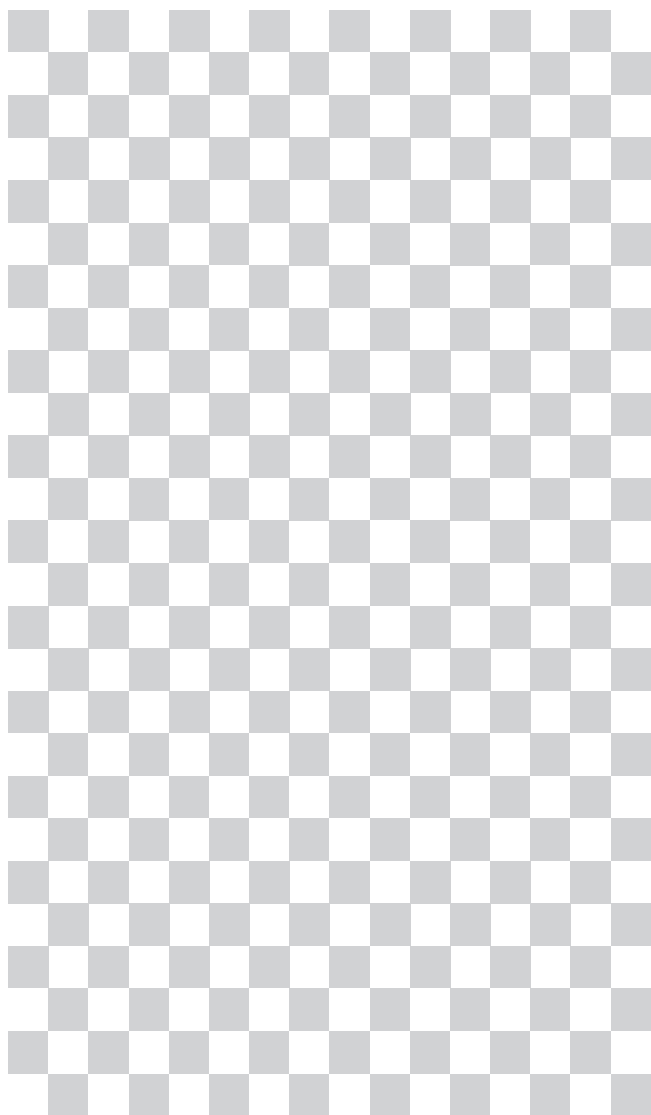
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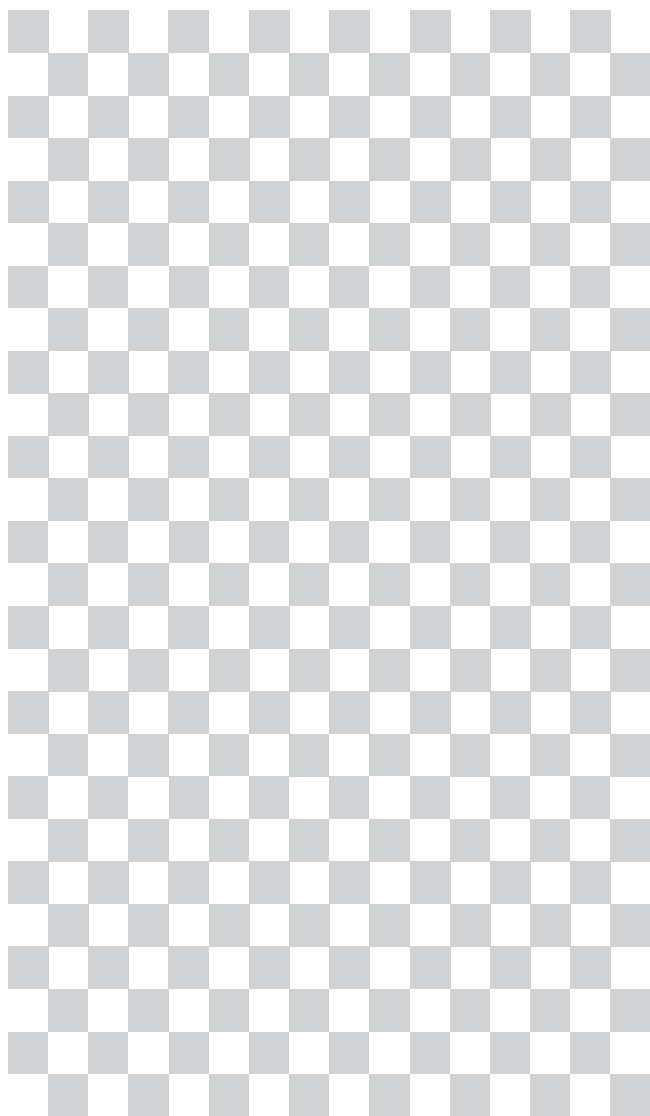
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Anotações









OUTUBRO

OUTUBRO

ANOTAÇÕES
MENSAIS

Seg 01

Ter 02

Sáb 03

Seg 08

Sex 09

Sáb 10

Seg 15

Sex 16

Sáb 17

Seg 22

Sex 23

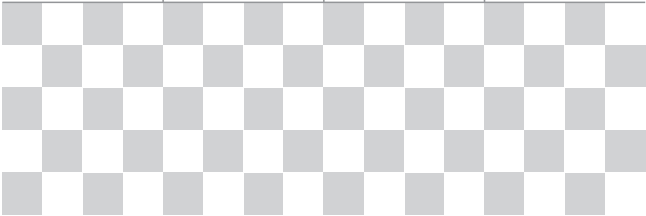
Sáb 24

Seg 29

Sex 30

Sáb 31

Qui 04	Sex 05	Sáb 06	Dom 07
Qui 11	Sex 12	Sáb 13	Dom 14
Qui 18	Sex 19	Sáb 20	Dom 21
Qui 25	Sex 26	Sáb 27	Dom 28



outubro

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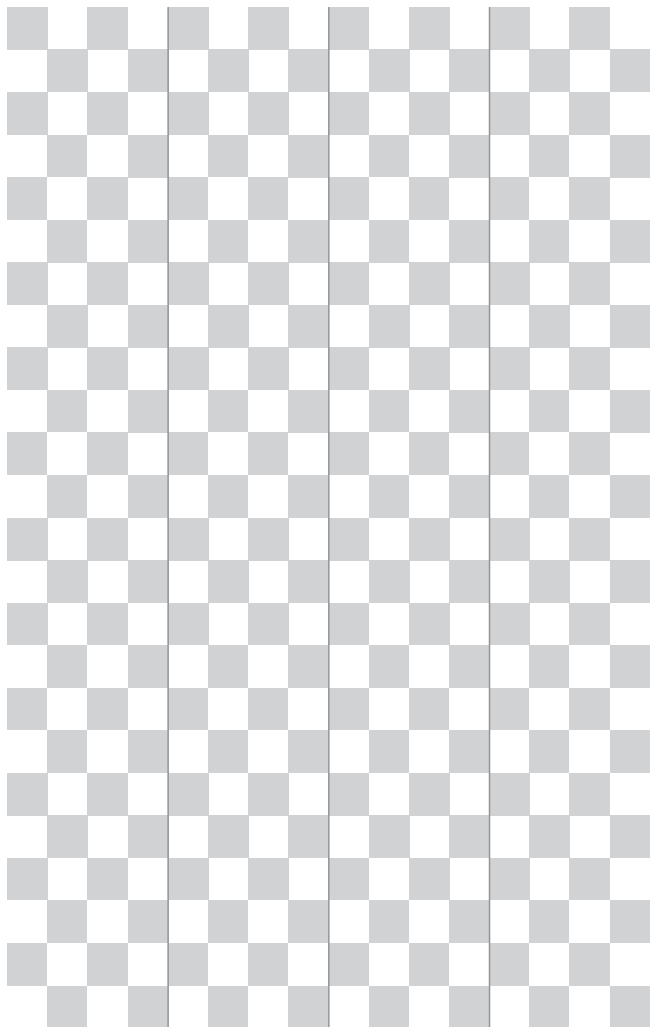
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OBJETIVOS,
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DIETAS
& ETC

CONTROLE 1

CONTROLE 2

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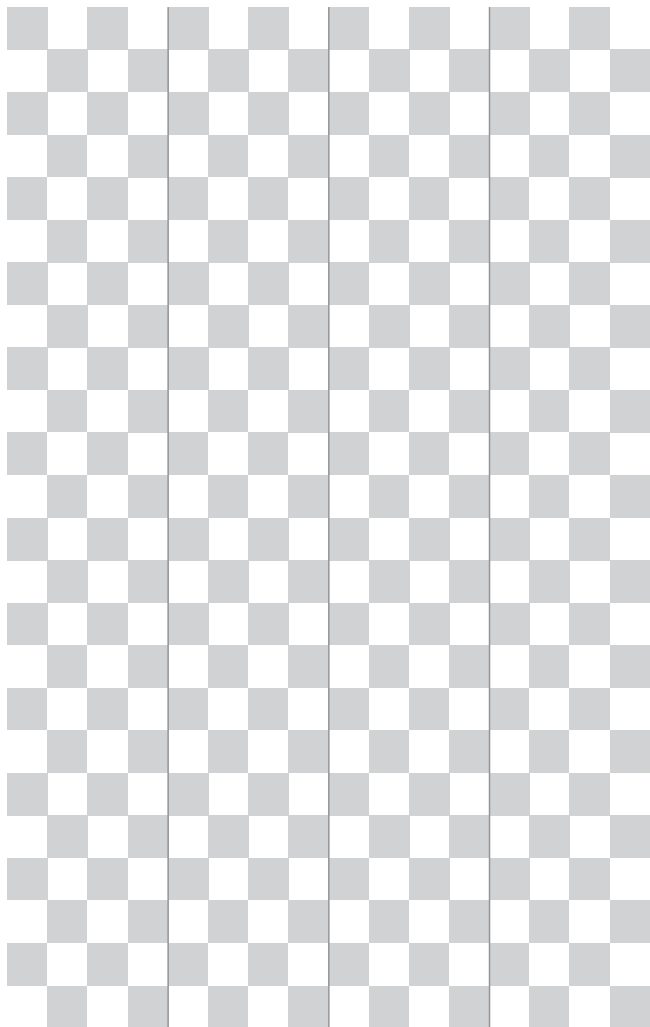
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**OBJETIVOS,
NOTAS,
DIETAS
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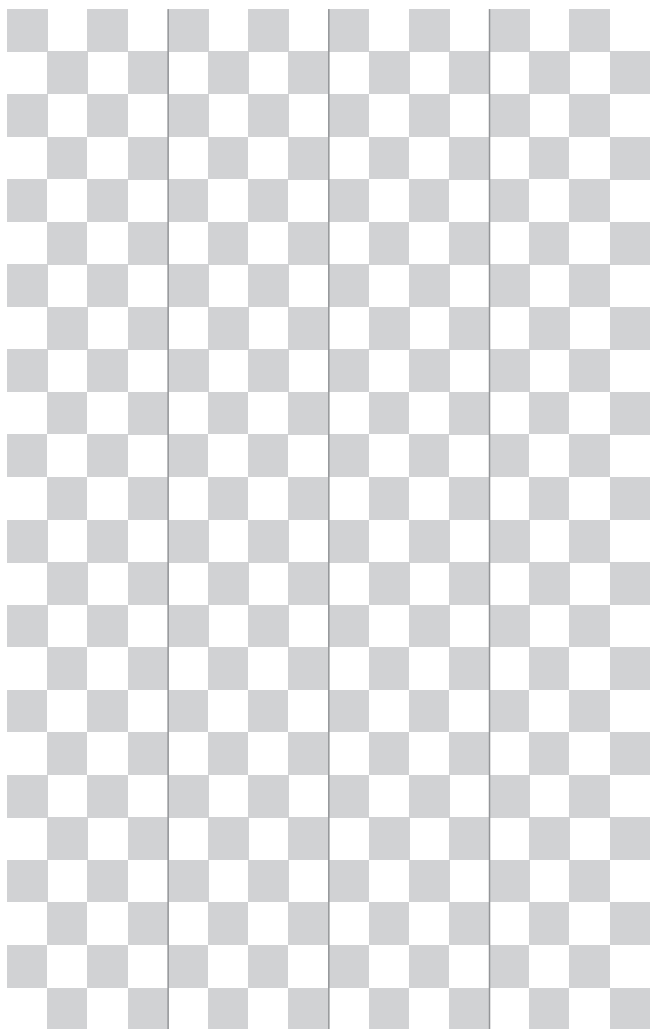
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OBJETIVOS,
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& ETC

CONTROLE 1

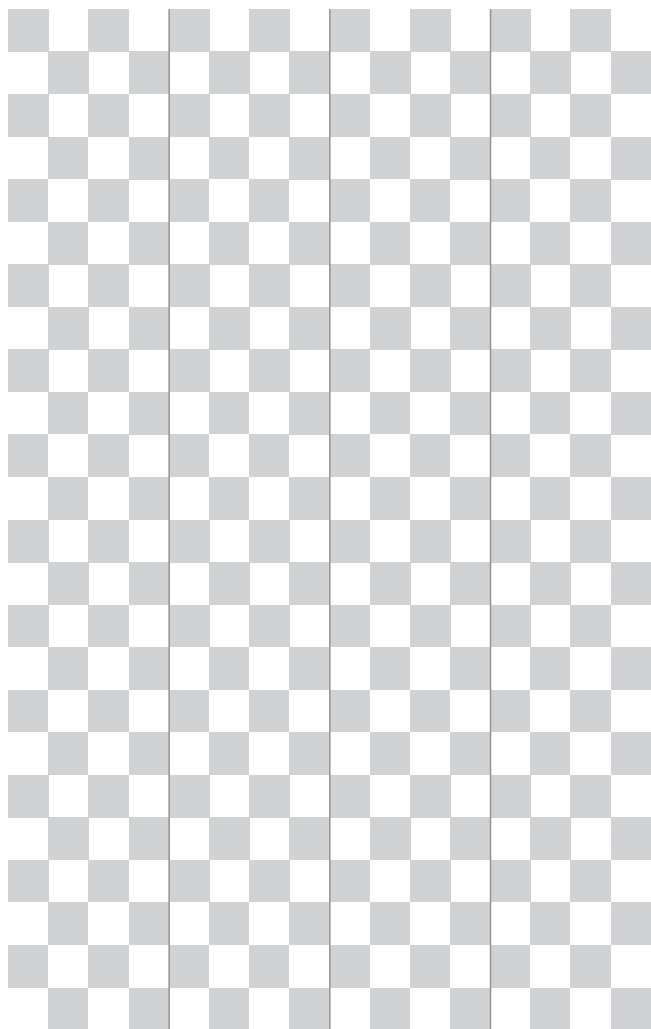
CONTROLE 2

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**OBJETIVOS,
NOTAS,
DIETAS
& ETC**

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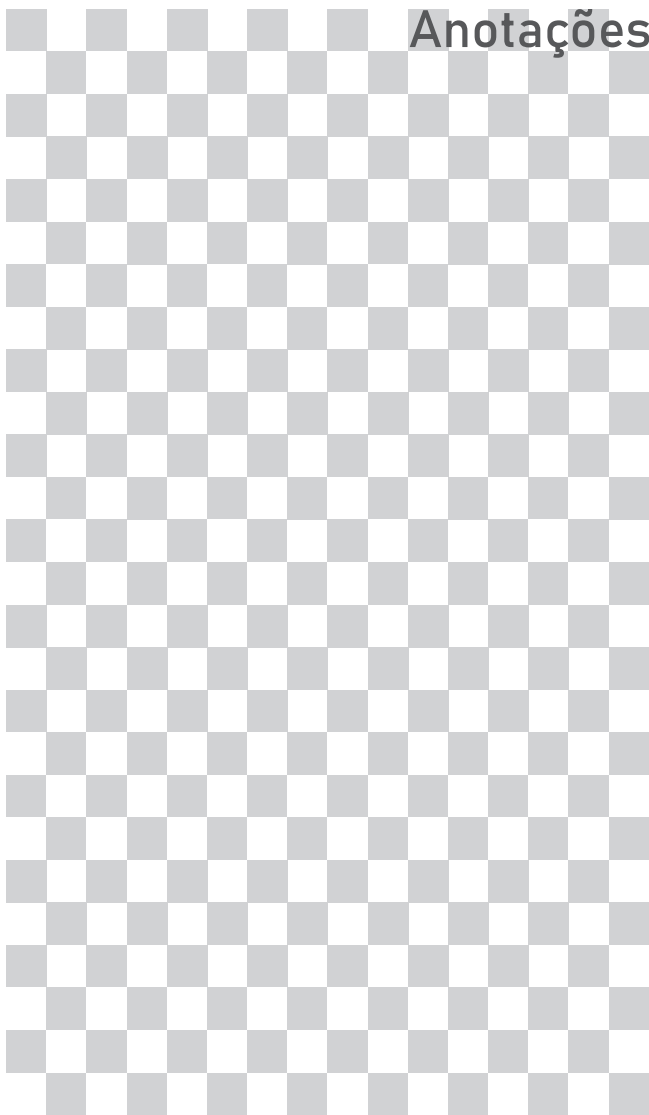
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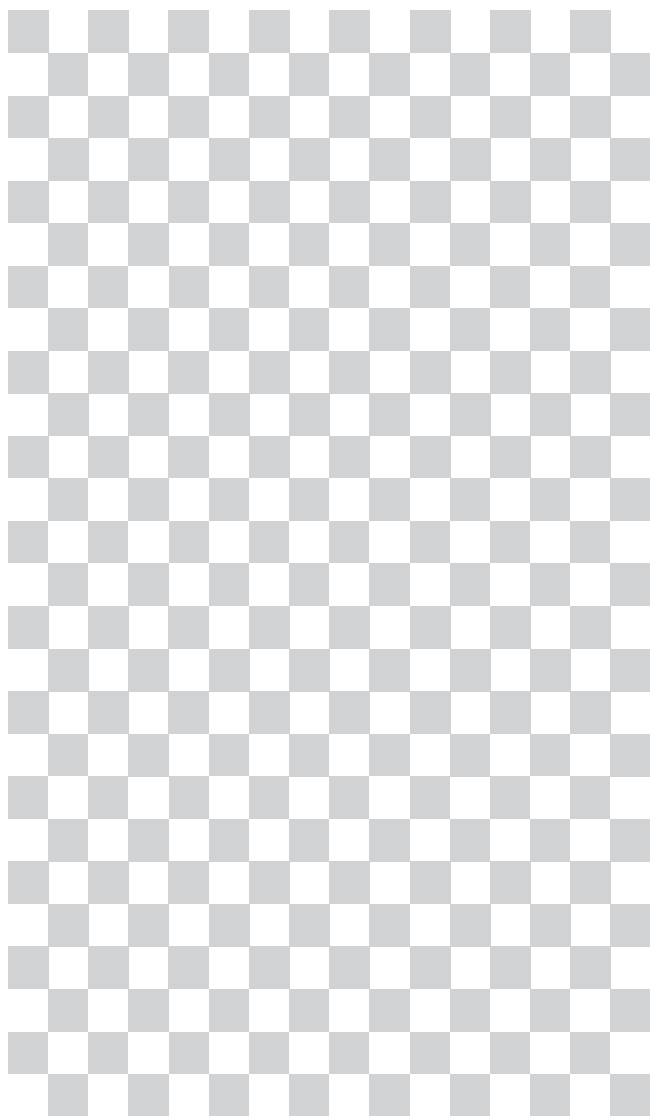
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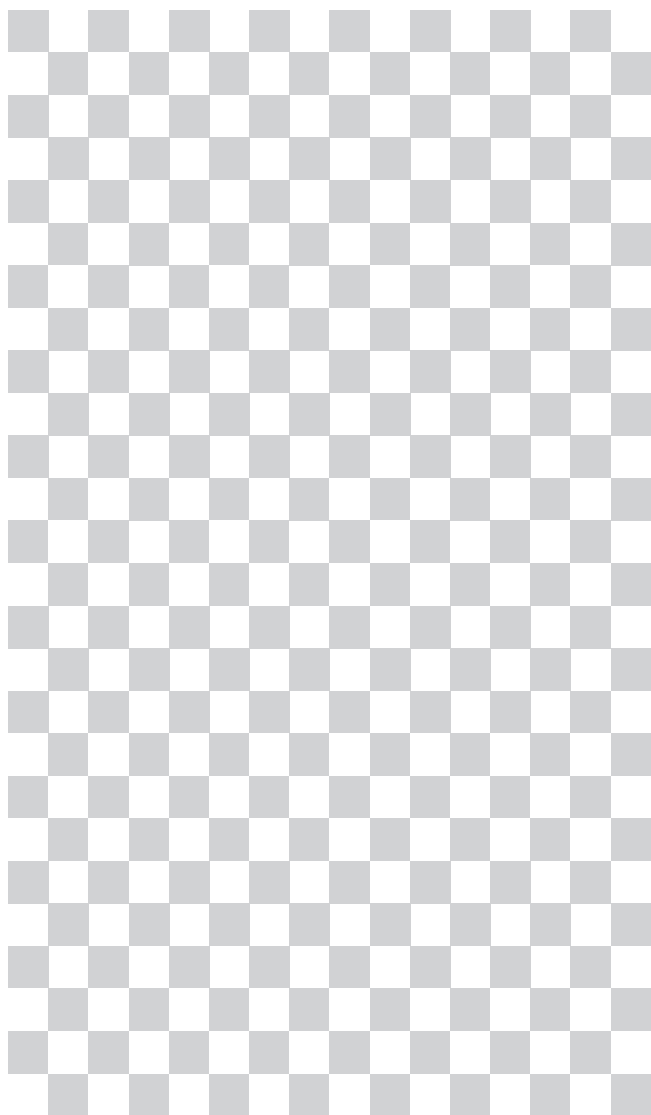
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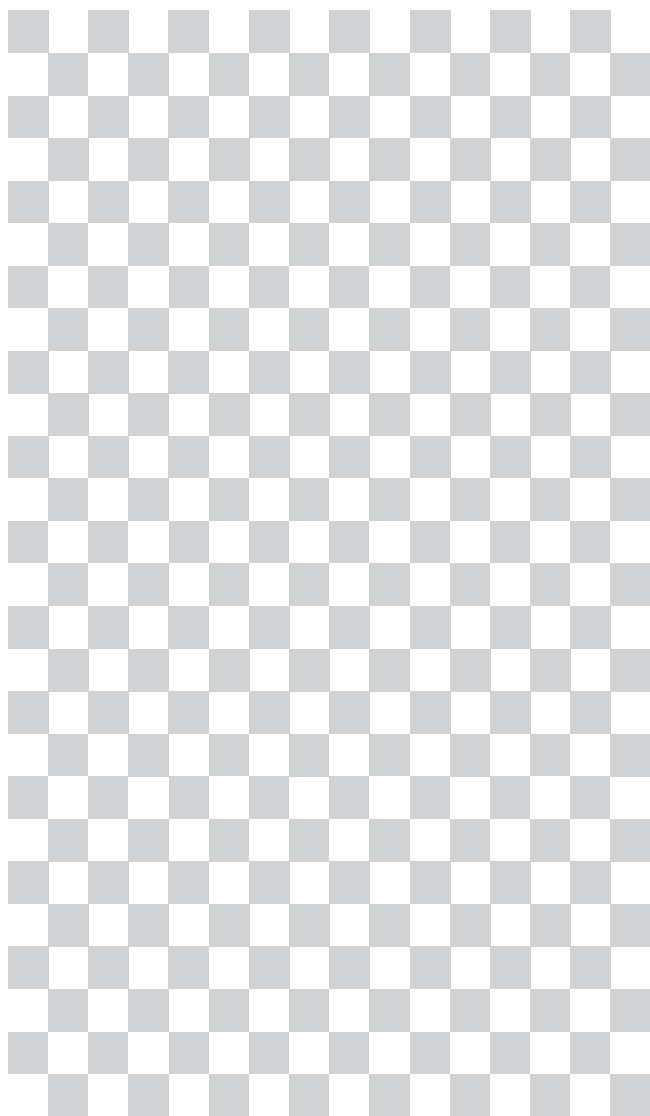
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Anotações







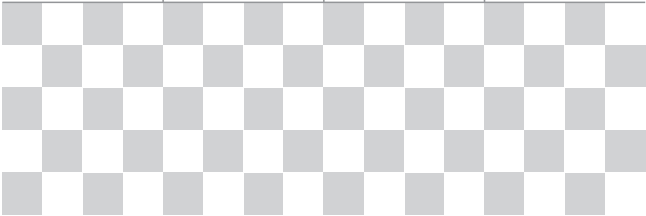


NOVEMBRO

NOVEMBRO

ANOTAÇÕES MENSAIS	Qui 01	Sex 02	Sáb 03
	Qui 08	Sex 09	Sáb 10
	Qui 15	Sex 16	Sáb 17
	Qui 22	Sex 23	Sáb 24
	Qui 29	Sex 30	

Dom 04	Seg 05	Ter 06	Qua 07
Dom 11	Seg 12	Ter 13	Qua 14
Dom 18	Seg 19	Ter 20	Qua 21
Dom 25	Seg 26	Ter 27	Qua 28



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**OBJETIVOS,
NOTAS,
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& ETC**

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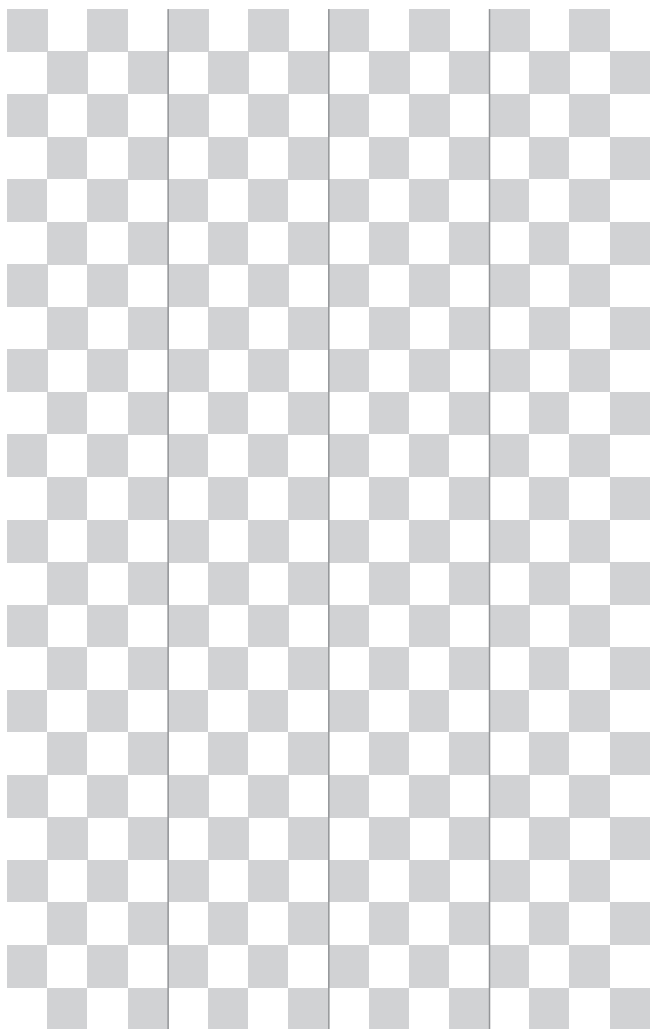
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OBJETIVOS,
NOTAS,
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CONTROLE 1

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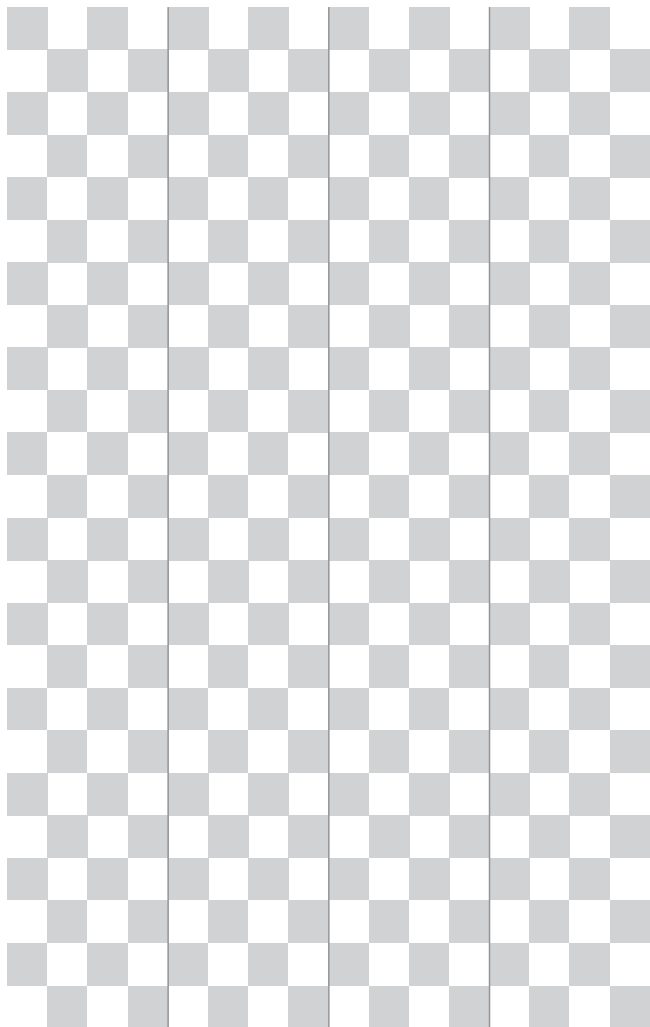
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

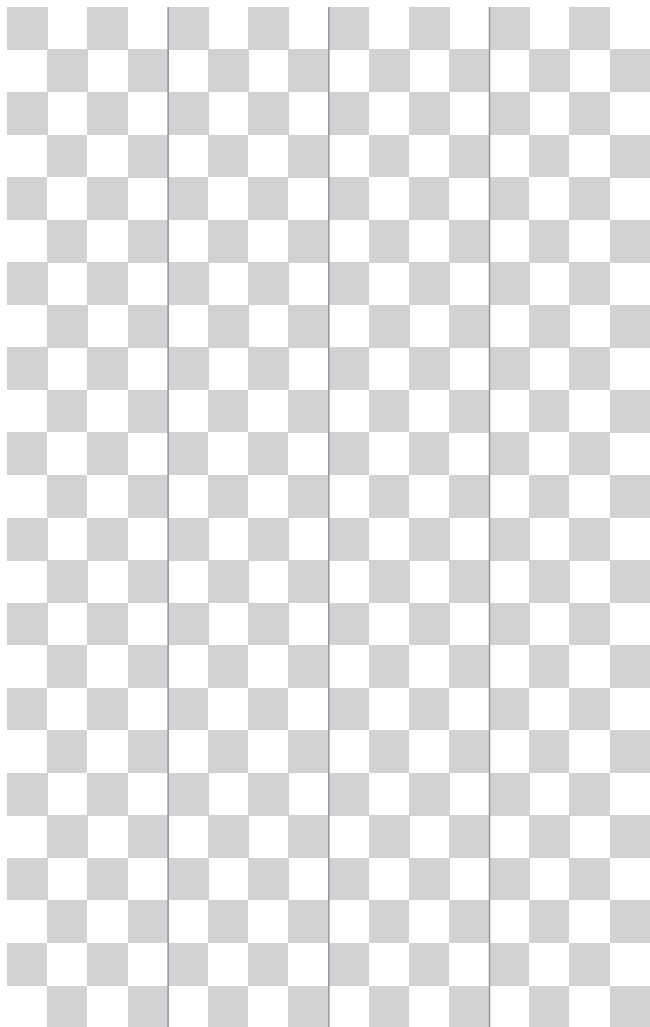
CONTROLE 2

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novembro **22**
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OBJETIVOS,
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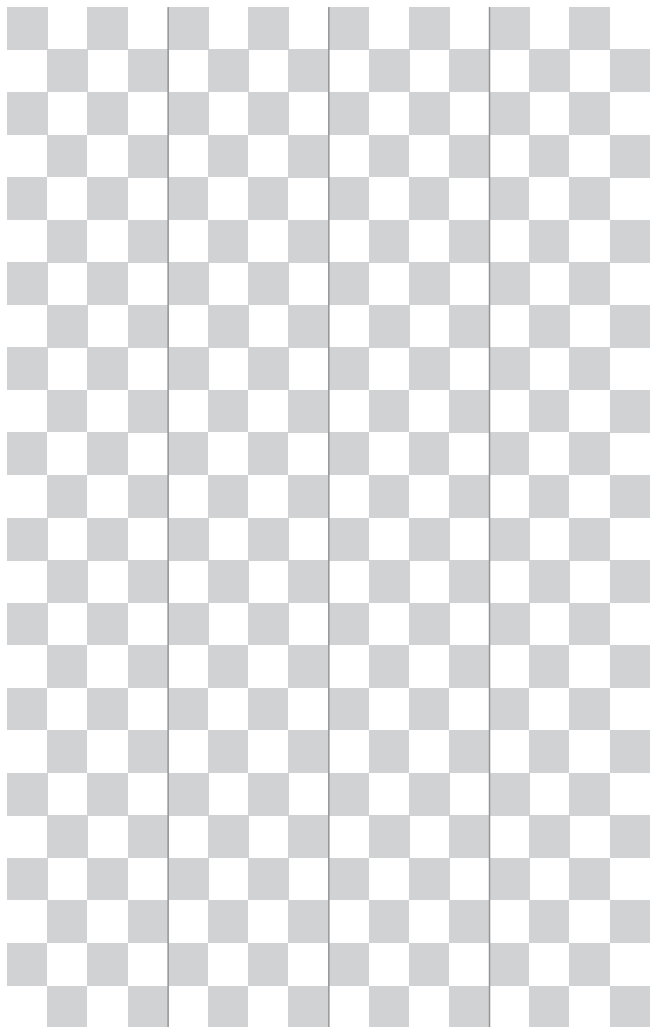
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novembro 29
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

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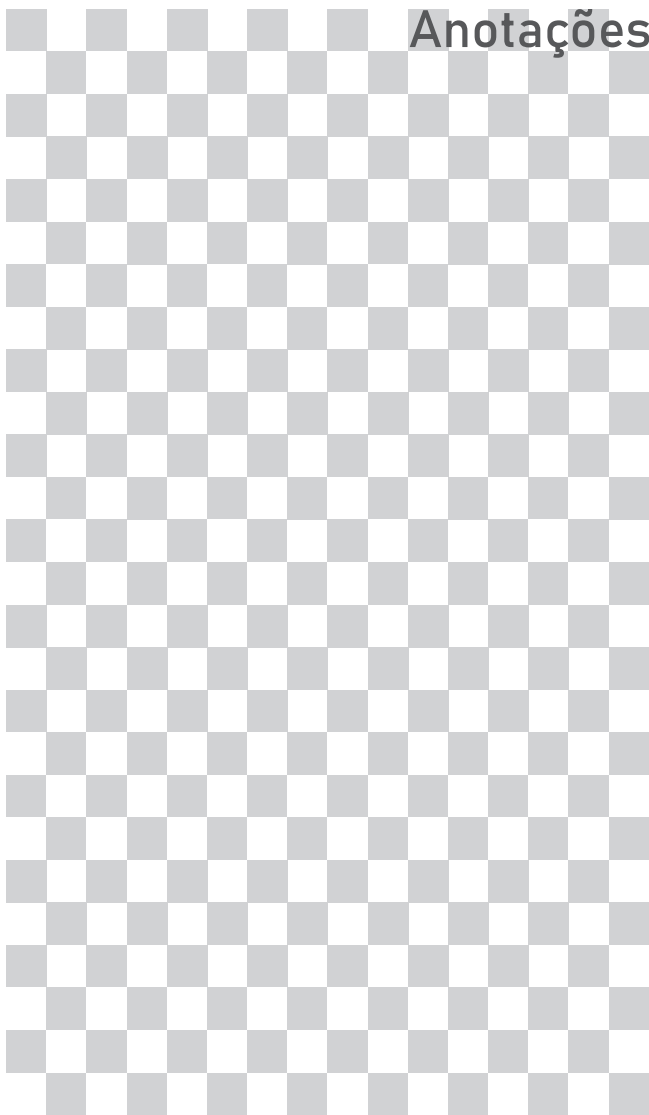
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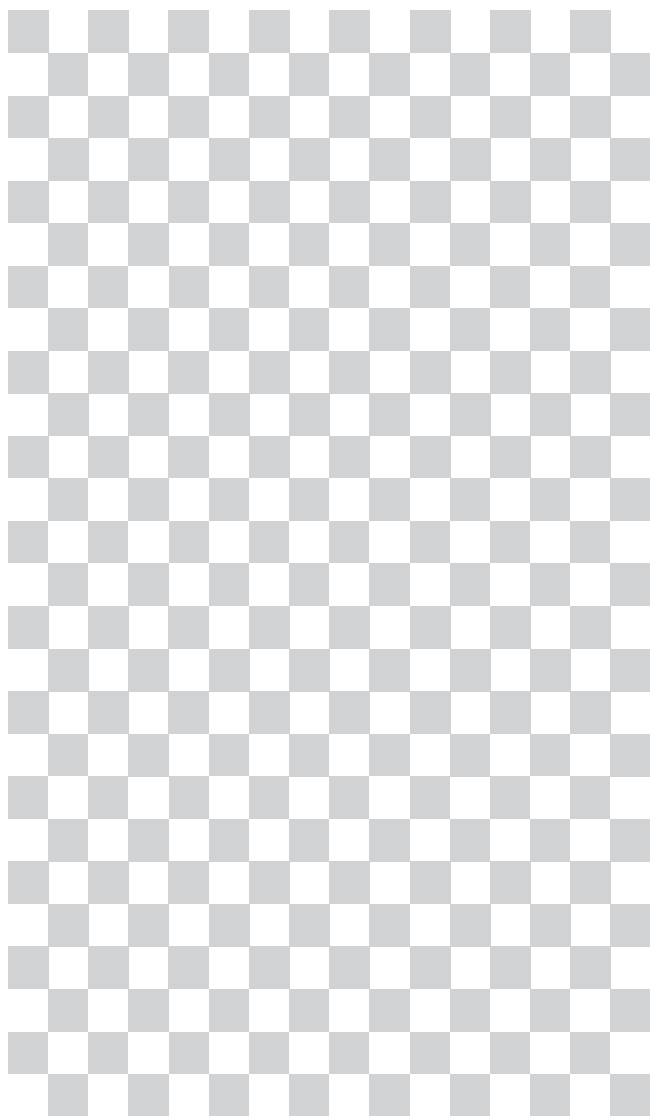
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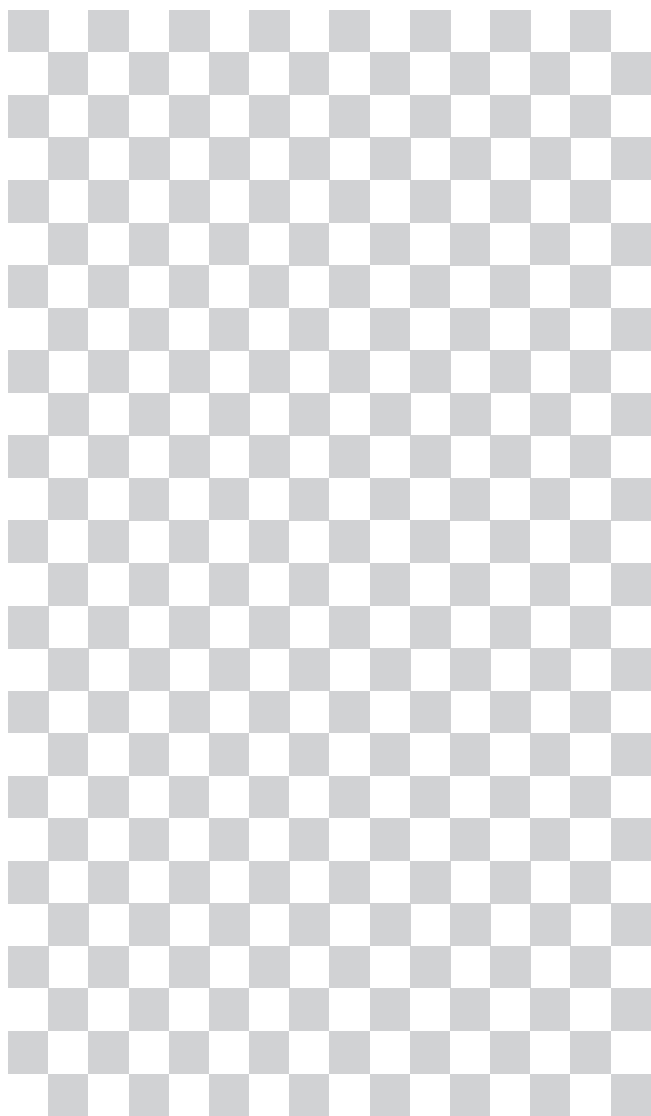
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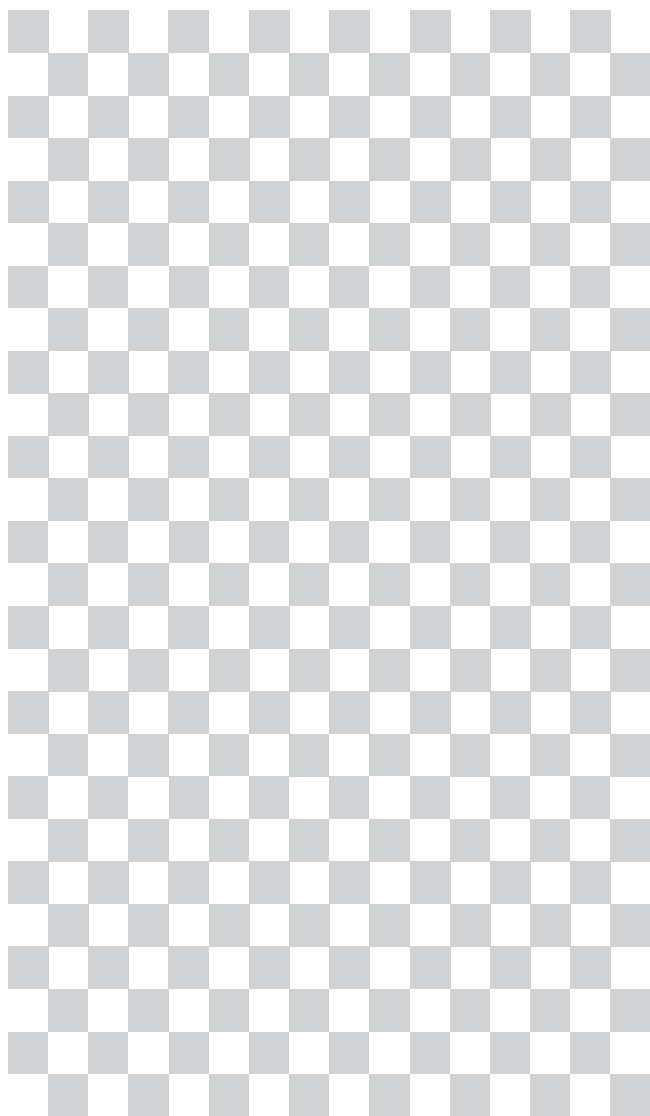
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Anotações







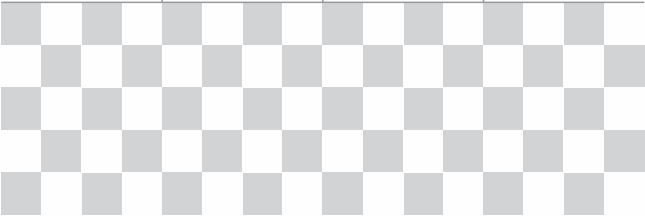


DEZEMBRO

DEZEMBRO

ANOTAÇÕES MENSAIS	Sáb 01	Dom 02	Seg 03
	Sáb 08	Dom 09	Seg 10
	Sáb 15	Dom 16	Seg 17
	Sáb 22	Dom 23	Seg 24
	Sáb 29	Dom 30	Seg 31

Ter 04	Qua 05	Qui 06	Sex 07
Ter 11	Qua 12	Qui 13	Sex 14
Ter 18	Qua 19	Qui 20	Sex 21
Ter 25	Qua 26	Qui 27	Sex 28



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OBJETIVOS,
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& ETC

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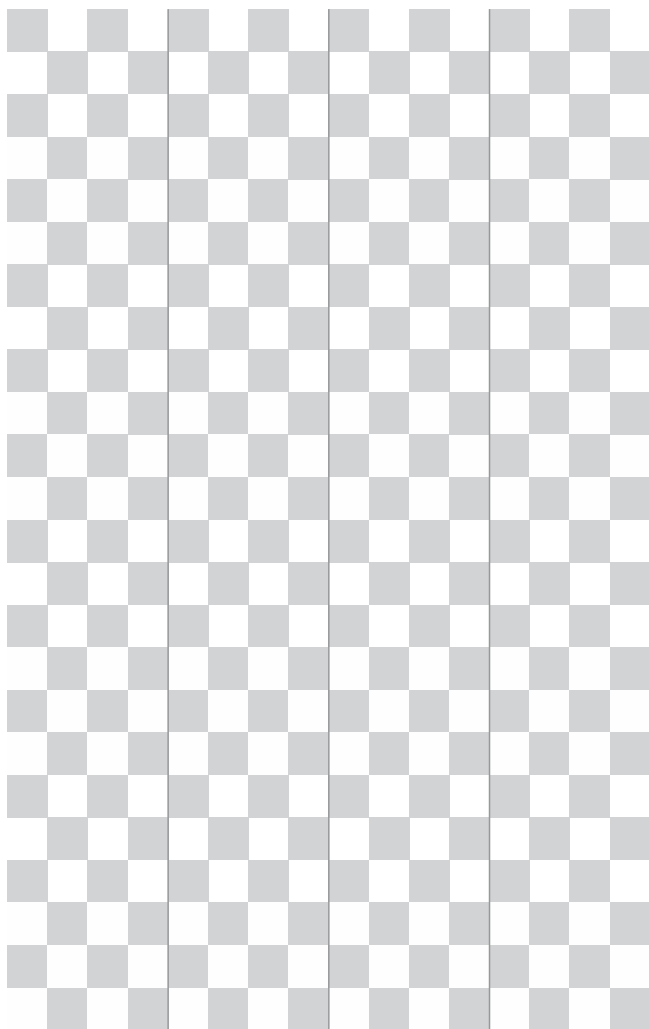
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OBJETIVOS,
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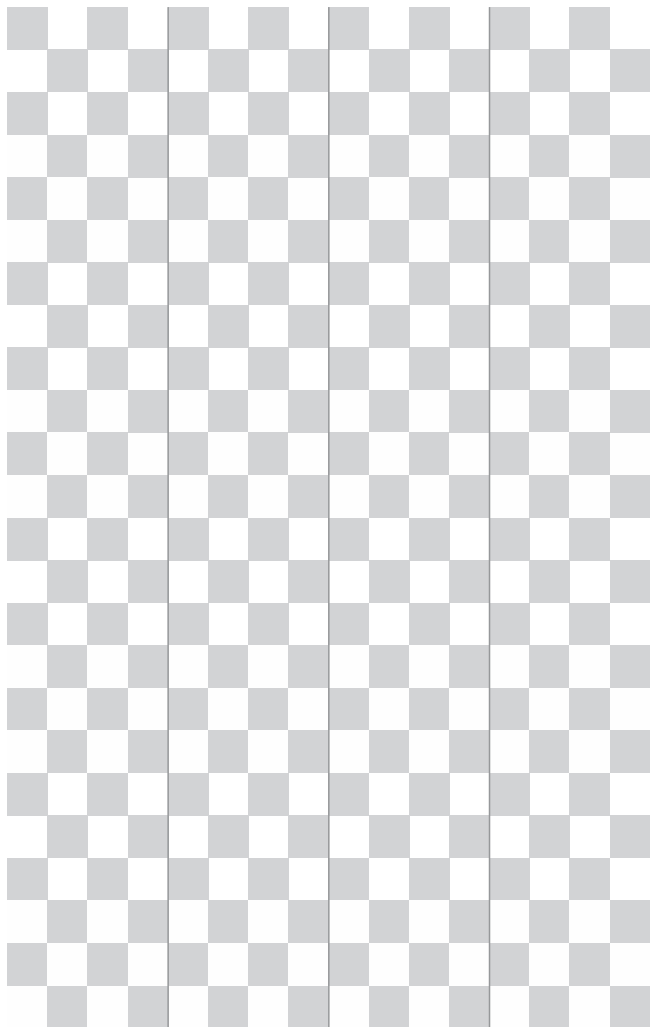
QUA

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dezembro 15
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NOTAS,
DIETAS
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CONTROLE 1

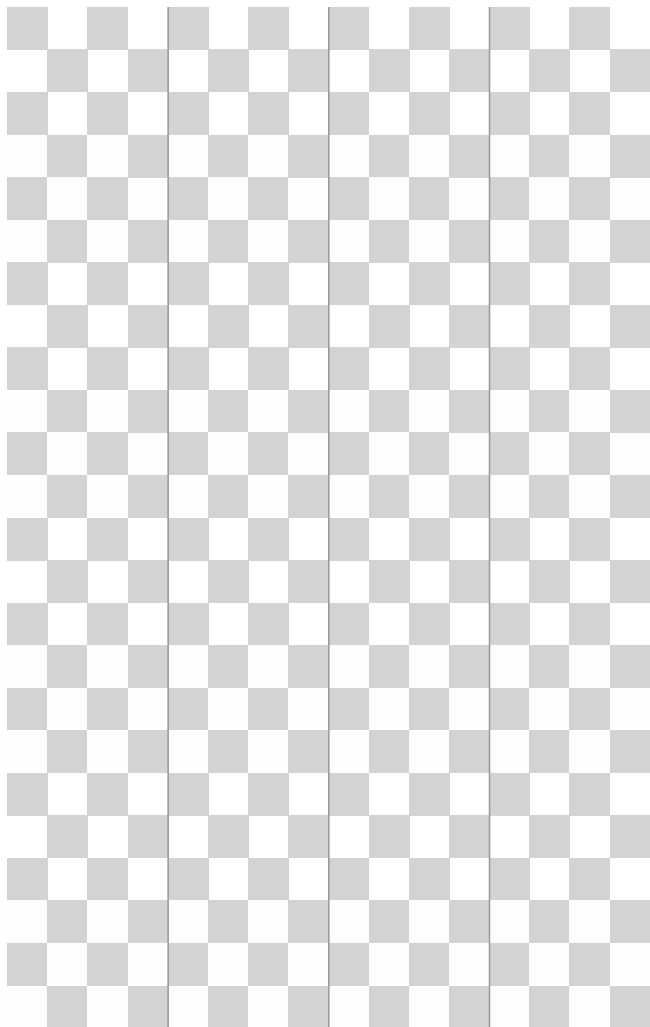
CONTROLE 2

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dezembro **22**
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

CONTROLE 1

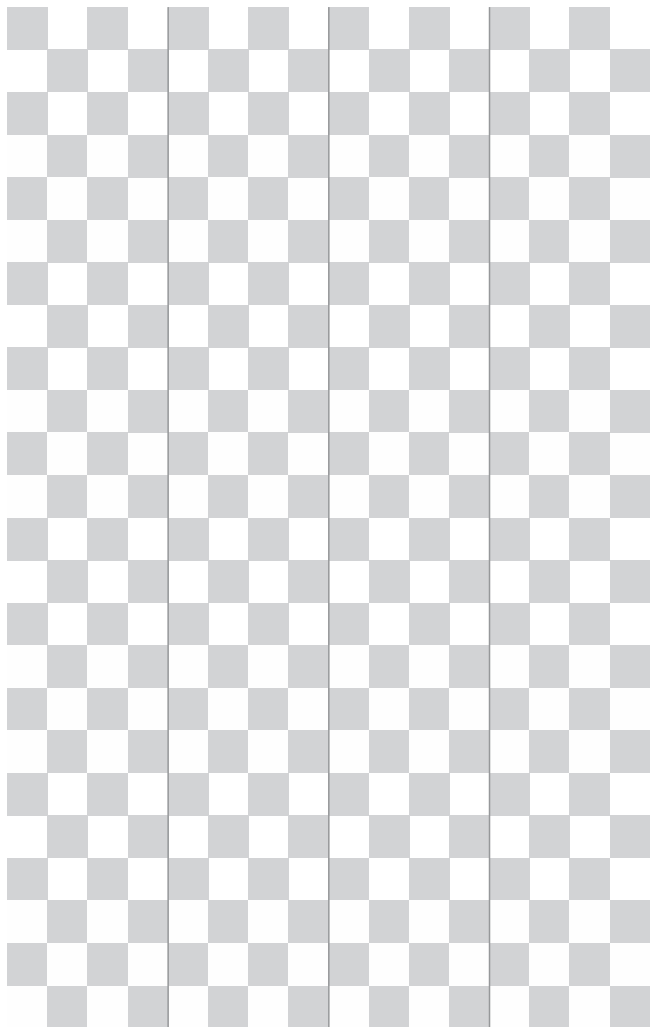
CONTROLE 2

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dezembro 29
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OBJETIVOS,
NOTAS,
DIETAS
& ETC

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CONTROLE 1

CONTROLE 2

Anotações

