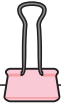
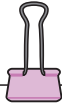
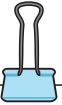
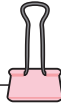


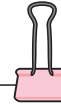

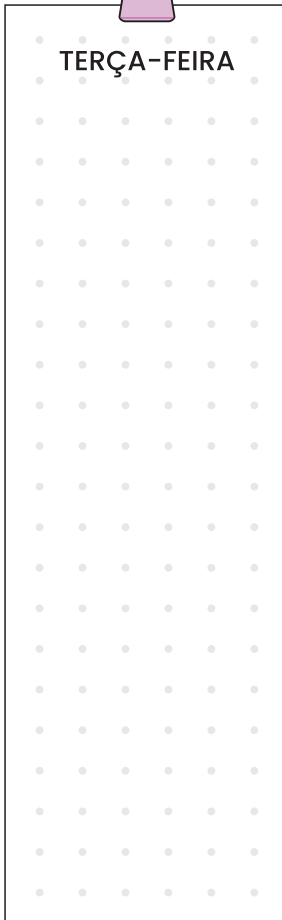
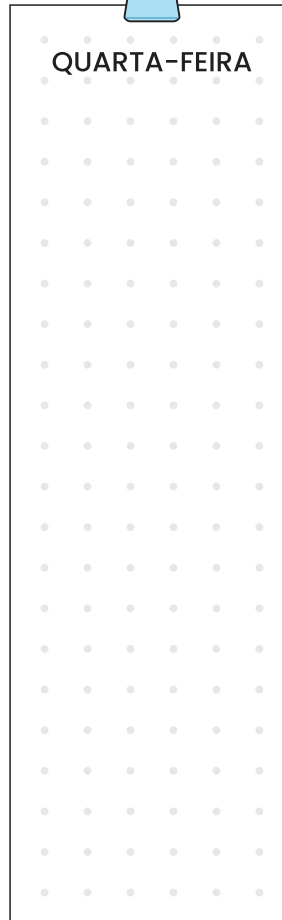
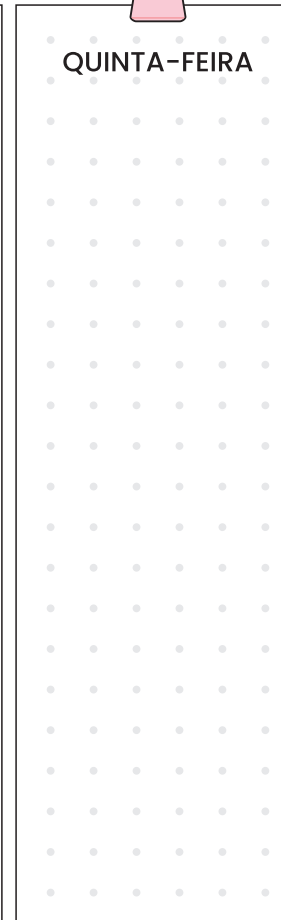
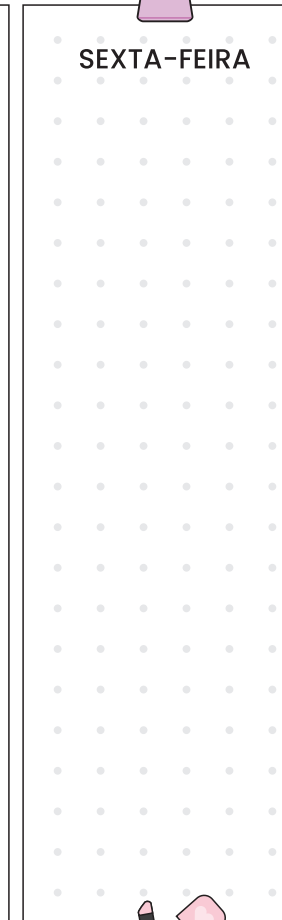
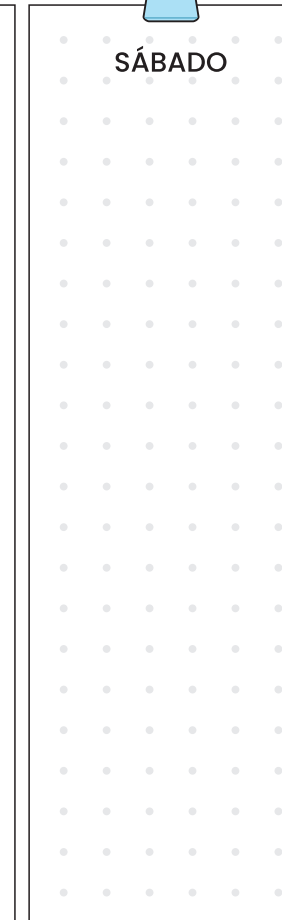
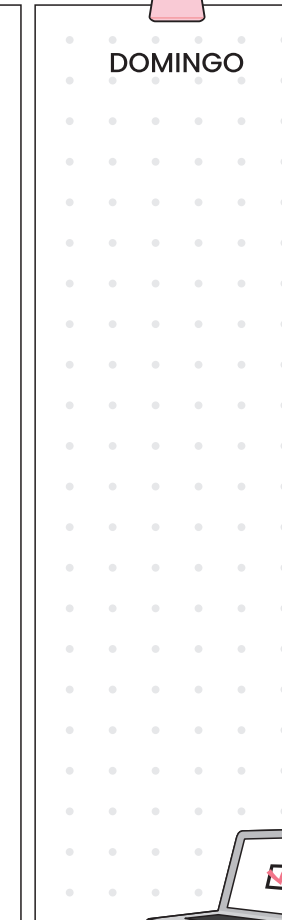


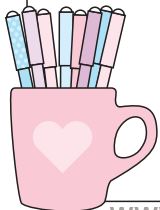
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# PLANEJAMENTO DA SEMANA

 SEGUNDA-FEIRA	 TERÇA-FEIRA	 QUARTA-FEIRA	 QUINTA-FEIRA	 SEXTA-FEIRA	 SÁBADO	 DOMINGO
						



NOTAS:



CHECKLIST DE HÁBITOS

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