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| |  | | --- | | CALENDÁRIO  DIÁRIO | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | DATA | |  | | |  |  |  |  | | --- | --- | --- | --- | | BEBIDA, BEBIDA! | | | | |  |  |  |  | |  |  |  |  | | |
| |  | | --- | | Lista de a fazer | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | | | |  |  | | --- | --- | | O que é comido? | | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  |  | | --- | --- | | Notas importantes | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  | | --- | | Precisa comprar | |  | | | |  | | --- | | Atividade física | |  | |
| |  | | --- | | Gasto | |  | | |  | | --- | | 3 pensamentos positivos do dia | |  | | |