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| --- |
| CALENDÁRIO DIÁRIO  DATA: |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| |  |  | | --- | --- | | A SER FEITO | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | | |  | | --- | | OBJETIVO | |  | |  | |  | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | CARREGAMENTO | |  | |  | |  | |  | |  |  | | --- | | NUTRIÇÃO | |  | |  | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  |  | |
| |  | | --- | | NOTAS IMPORTANTES | |  | |  | |  | |  | |  | |  | |  | |
| |  | | --- | | NOTAS | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | |
| |  | | --- | | IDEIAS: | |  | |  | |  | |  | | |