

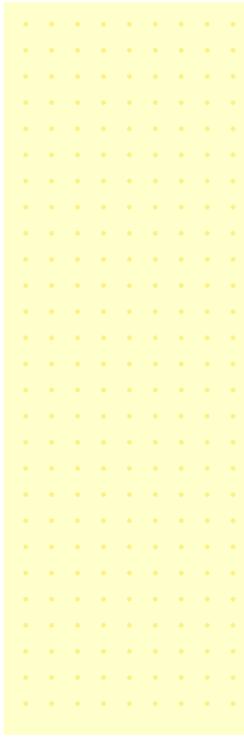
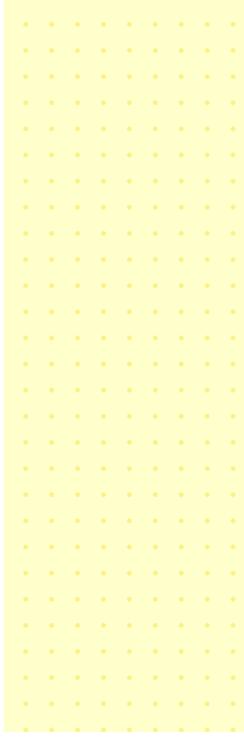
Calendário de planos para Janeiro

DOMINGO	SIGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

ATIVIDADES E OBJETIVOS DE JANEIRO

<input type="checkbox"/>	

<input type="checkbox"/>	



DOM SEG TER QUA QUI SEX SÁB
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31
 1 - Confraternização Universal

2 segunda

3 terça

4 quarta

★	★	★
★	★	★
★	★	★

planos
 PARA ESTA
 SEMANA

"Viva a cada dia como se a vida estivesse começando."
 JOHANN GOETHE

5

quinta

6

sexta

7

sábado

NÃO POSSO esquecer



Handwriting practice area for Friday and Saturday, consisting of a grid of boxes with dotted lines for tracing.

Large blue rectangular area for writing on Saturday.

URGENTE

8

domingo



GRATIDÃO

Handwriting practice area for Sunday, consisting of a grid of boxes with dotted lines for tracing.

Large blue rectangular area for writing on Sunday.

E QUE VENHA MAIS UMA linda semana!



12 quinta

13 sexta

14 sábado

NÃO POSSO esquecer

★
★
★

★

Journal grid for Friday and Saturday (top section)

Journal grid for Saturday (middle section)

URGENTE

15 domingo

Journal grid for Sunday (top section)

★

Journal grid for Sunday (middle section)

GRATIDÃO

Journal grid for Sunday (bottom section)

E QUE VENHA MAIS UMA linda semana!

Journal grid for Sunday (bottom section) with stars

★ ★ ★ ★ ★ ★

19

quinta

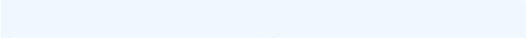
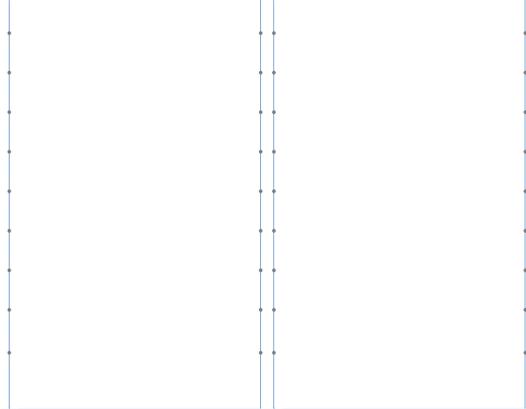
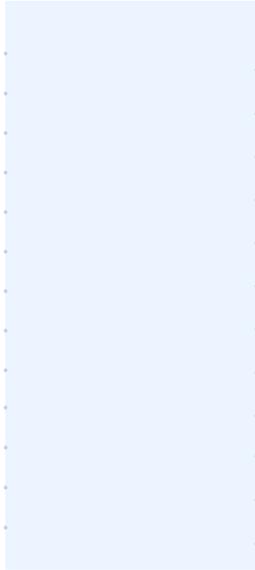
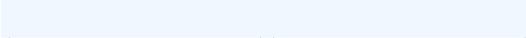
20

sexta

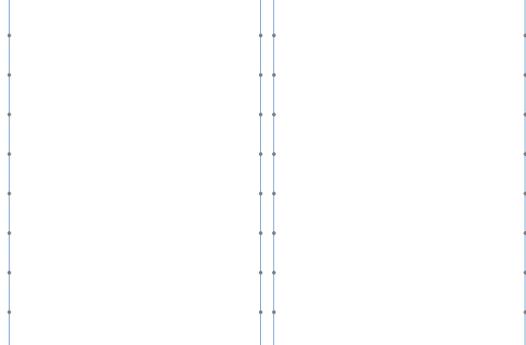
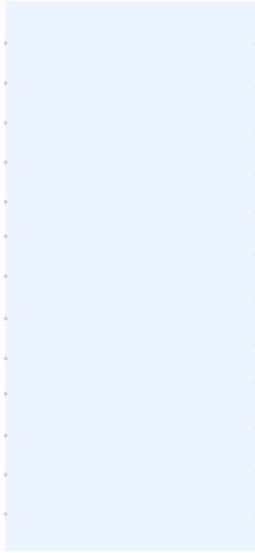
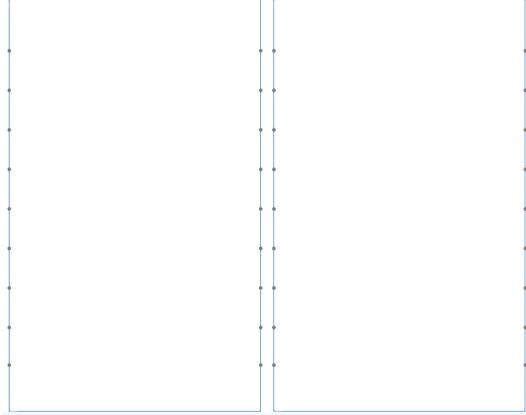
21

sábado

NÃO POSSO esquecer



22 domingo



URGENTE

GRATIDÃO

E QUE VENHA MAIS UMA linda semana!

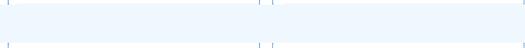


26 quinta

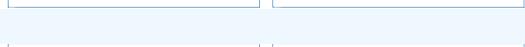
★
★
★



Grid for notes on Friday



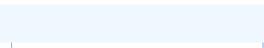
Grid for notes on Friday



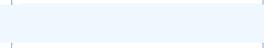
Grid for notes on Friday

27 sexta

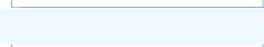
★
★
★



Grid for notes on Saturday



Grid for notes on Saturday



Grid for notes on Saturday

28 sábado

★

Large blue area for notes on Saturday

29 domingo

★

Large blue area for notes on Sunday

E QUE VENHA MAIS UMA linda semana!

NÃO POSSO esquecer

Horizontal lines for notes

URGENTE

GRATIDÃO

Horizontal lines for notes



balanço do mês

ONDE ACERTEI

ONDE ERREI

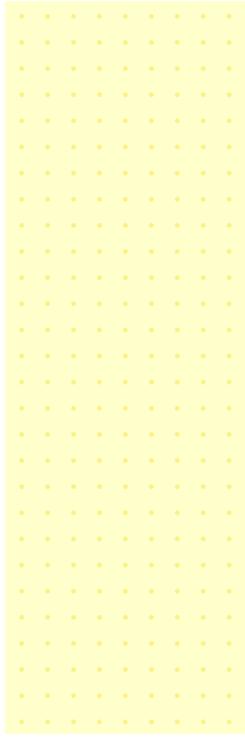
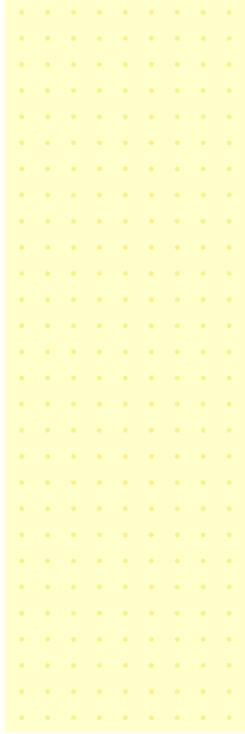
COMO POSSO MELHORAR:

★ LIÇÃO APRENDIDA: _____

Planejamento para Fevereiro

DOMINGO	SIGUNDA	TERÇA	QUARTA	QUINIA	SEXTA	SÁBADO
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4

ATIVIDADES E OBJETIVOS DE FEVEREIRO



2

quinta

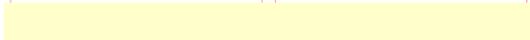
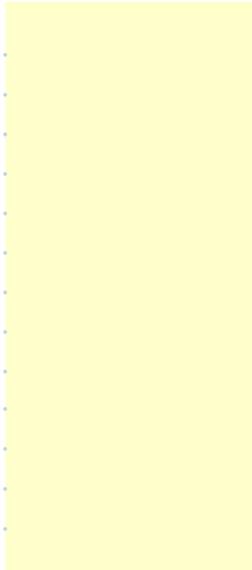
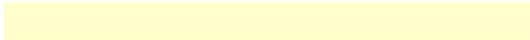
3

sexta

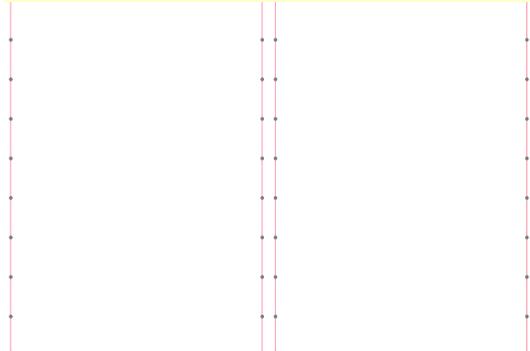
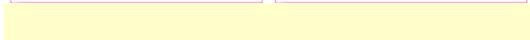
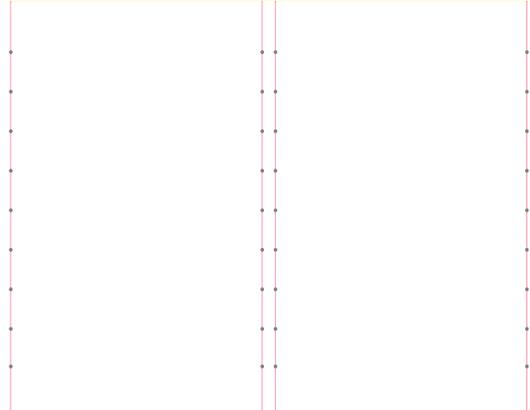
4

sábado

NÃO POSSO
esquecer



5 *domingo*



URGENTE

GRATIDÃO

E QUE VENHA MAIS UMA
linda semana!



9

quinta

10

sexta

11

sábado

NÃO POSSO esquecer



URGENTE

12

domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!

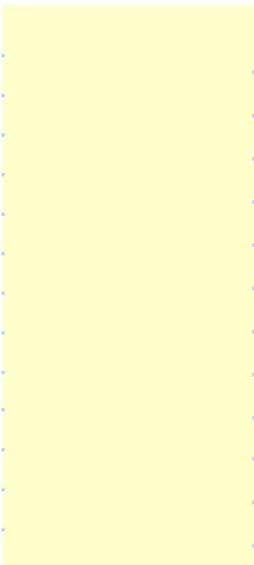


23 quinta

24 sexta

25 sábado

NÃO POSSO esquecer



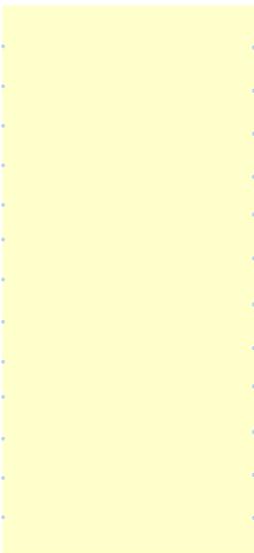
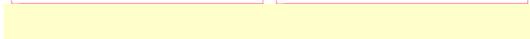
URGENTE



26 domingo



GRATIDÃO



E QUE VENHA MAIS UMA linda semana!



balanço do mês

ONDE ACERTEI

ONDE ERREI

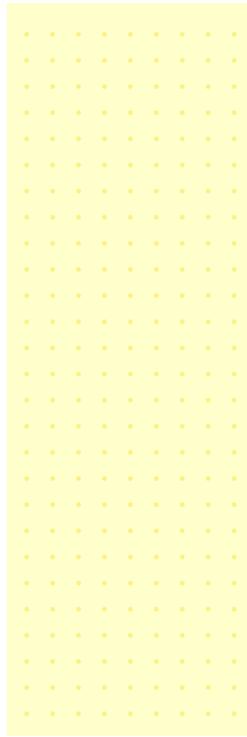
COMO POSSO MELHORAR:

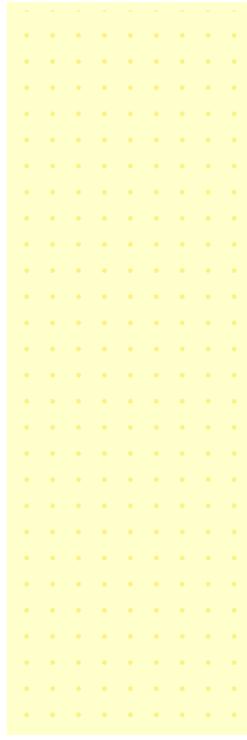
★ LIÇÃO APRENDIDA: _____

Calendária de planos para Março

DOMINGO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

ATIVIDADES E OBJETIVOS DE MARÇO





DOM SEG TER QUA QUI SEX SÁB
 26 27 28 1 2 3 4
 5 6 7 8 9 10 11
 12 13 14 15 16 17 18
 19 20 21 22 23 24 25
 26 27 28 29 30 31

27 segunda

28 terça

1 quarta

★ _____

★ _____

★ _____

PLANOS
 para esta
 SEMANA

*Seja você
 mesmo.
 Todas as outras
 já existem!*

2 quinta

3 sexta

4 sábado

NÃO POSSO esquecer



Two vertical columns with horizontal dividers and dotted lines for writing.

Large light blue rectangular area for notes on Saturday.

URGENTE

5 domingo



Two vertical columns with horizontal dividers and dotted lines for writing.

Large light blue rectangular area for notes on Sunday.

GRATIDÃO

E QUE VENHA MAIS UMA linda semana!



9 quinta

10 sexta

11 sábado

NÃO POSSO esquecer



URGENTE

12 domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!



16 quinta

17 sexta

18 sábado

NÃO POSSO esquecer

★
★
★

★

Grid for notes on Friday and Saturday.

19 domingo

URGENTE

Grid for notes on Sunday.

★

NOTAS

Grid for notes on Sunday.

E QUE VENHA MAIS UMA linda semana!

NOTAS
★ ★ ★ ★ ★ ★

DOM SEG TER QUA QUI SEX SÁB

26 27 28 1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

20 segunda

21 terça

22 quarta



planos
PARA ESTA
SEMANA

Handwriting practice lines (red and blue) for the left column.

Main grid for planning, divided into three columns and three rows by light blue headers.

"Tudo parece impossível, até que seja feita"
MANDELA

23

quinta

24

sexta

25

sábado

NÃO POSSO esquecer



URGENTE

26

domingo



GRATIDÃO

E QUE VENHA MAIS UMA linda semana!



DOM SEG TER QUA QUI SEX SÁB

26 27 28 1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

27 segunda

28 terça

29 quarta



planos
PARA ESTA
SEMANA

Handwriting practice lines (red and blue) on the left side of the page.

Que teus
sonhos sejam
maiores que
teus medos

Main grid area for planning, divided into three vertical columns and three horizontal sections by light blue bars. The grid is composed of dotted lines.

30 quinta

31 sexta

1 sábado

NÃO POSSO esquecer



Two large empty rectangular boxes for notes, one on the left and one on the right, with a light blue header bar above them.

A large yellow rectangular area for notes, positioned to the right of the first set of boxes.

Two large empty rectangular boxes for notes, one on the left and one on the right, with a light blue header bar above them.

A large yellow rectangular area for notes, positioned to the right of the second set of boxes.

2 domingo



URGENTE

GRATIDÃO

E QUE VENHA MAIS UMA linda semana!



balanço do mês

ONDE ACERTEI

ONDE ERREI

COMO POSSO MELHORAR:

★ LIÇÃO APRENDIDA: _____
