## (ti) PLANNER DE HÁbitos

THAMIRES THOMAS

SEMANA:
ANO:

HÁBITO
$\begin{array}{llllll}\mathbf{D} & \mathbf{S} & \mathbf{T} & \mathbf{Q} & \mathbf{Q} & \mathbf{S}\end{array}$
S S

O


○ 0
0


○
O


○

$\bigcirc$$\bigcirc$
$\bigcirc$
$\bigcirc$
$\bigcirc \bigcirc$
$\bigcirc$
$\bigcirc$
$\bigcirc$
$\bigcirc$
O
$\bigcirc \bigcirc$
$\bigcirc$
$\bigcirc$
$\bigcirc$
$\bigcirc$$\bigcirc$
○
$\bigcirc$
$\bigcirc$
$\bigcirc$
$\bigcirc \bigcirc$
○
$\bigcirc$
$\bigcirc$

ANOTAÇÕES


THAMIRES THOMAS
N U T R I C I O N I S T A

