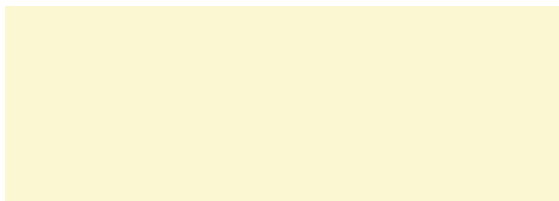


# ROTINA DIÁRIA



\_\_\_ / \_\_\_ / \_\_\_  
Seg Ter Qua Qui Sex Sáb Dom  
○ ○ ○ ○ ○ ○ ○



Tarefa

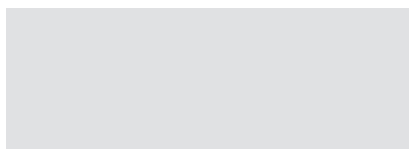
Concluída

7:00	_____	■
8:00	_____	■
9:00	_____	■
10:00	_____	■
11:00	_____	■
12:00	_____	■
13:00	_____	■
14:00	_____	■
15:00	_____	■
16:00	_____	■
17:00	_____	■
18:00	_____	■
19:00	_____	■
20:00	_____	■
21:00	_____	■
22:00	_____	■
23:00	_____	■

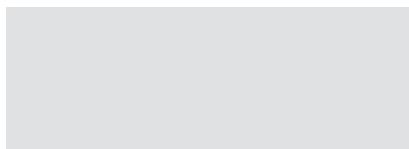
## RITUAL



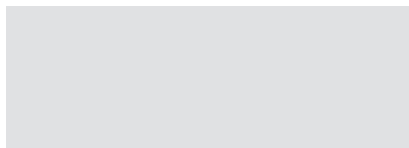
### CAFÉ DA MANHÃ



### ALMOÇO



### JANTA



### HIDRATAÇÃO



## RITMO

### TAREFAS

- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_
- ♥ \_\_\_\_\_

### URGÊNCIAS

