



20
22

PLANNER

Calendário

2022

Janeiro

S	T	Q	Q	S	S	D
					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						

Fevereiro

S	T	Q	Q	S	S	D
	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						

Março

S	T	Q	Q	S	S	D
	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			

Abril

S	T	Q	Q	S	S	D
				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	

Maio

S	T	Q	Q	S	S	D
						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					

Junho

S	T	Q	Q	S	S	D
		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			

Julho

S	T	Q	Q	S	S	D
				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

Agosto

S	T	Q	Q	S	S	D
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				

Setembro

S	T	Q	Q	S	S	D
			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		

Outubro

S	T	Q	Q	S	S	D
				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						

Novembro

S	T	Q	Q	S	S	D
	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				

Dezembro

S	T	Q	Q	S	S	D
			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	

Planejador Anual

JANEIRO

FEVEREIRO

MARÇO

ABRIL

MAIO

JUNHO

JULHO

AGOSTO

SETEMBRO

OUTUBRO

NOVEMBRO

DEZEMBRO

ANOTAÇÕES

Novos Hábitos

Hábito:

Recompensa:

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

Hábito:

Recompensa:

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

Hábito:

Recompensa:

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

Hábito:

Recompensa:

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

De olho na balança

SAÚDE & BEM-ESTAR



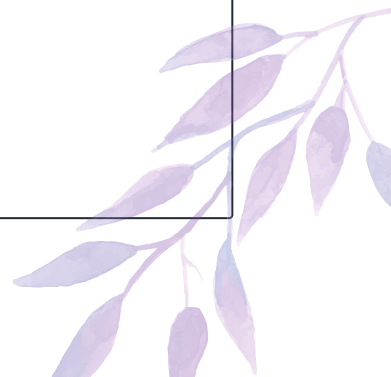
Data de início:

Notas:

Data Final:

Peso Inicial:

Peso Final:



De olho na balança

SAÚDE & BEM-ESTAR



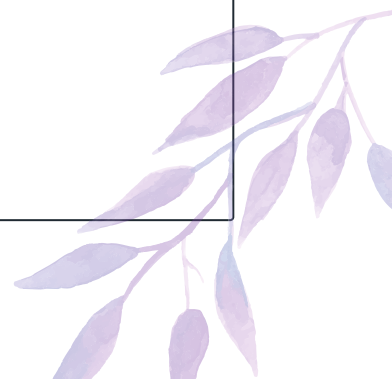
Data de início:

Notas:

Data Final:

Peso Inicial:

Peso Final:



Olhando o Futuro



QUANDO	PROJETO	AÇÕES
6 MESES		
1 ANO		
3 ANOS		
5 ANOS		
10 ANOS		

Planejamento do Projeto

MÊS

ANO

PRINCIPAL

ETAPAS

PRAZO

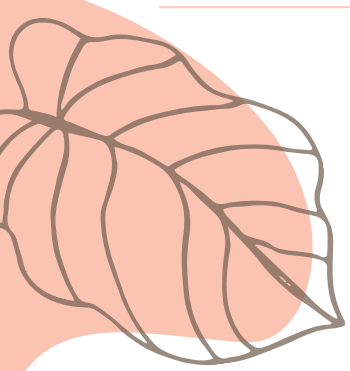
NOTAS

FERRAMENTAS

Projeto - To Do list

Data	Fazer	Completo

Notas:



Tarefas

Data	Tarefas	Prioridade	✓
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
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		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
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		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	



Planejamento do Projeto

MÊS

ANO

PRINCIPAL

ETAPAS

PRAZO

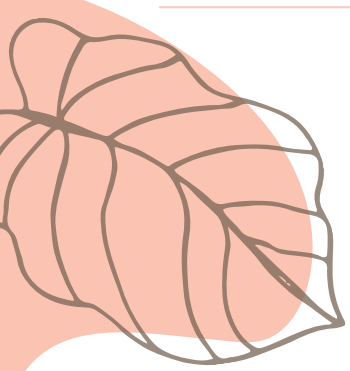
NOTAS

FERRAMENTAS

Projeto - To Do list

Data	Fazer	Completo

Notas:



Tarefas

Data	Tarefas	Prioridade	✓
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		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
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		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
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		○ ○ ○ ○ ○ ○	
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Planejamento do Projeto

MÊS

ANO

PRINCIPAL

ETAPAS

PRAZO

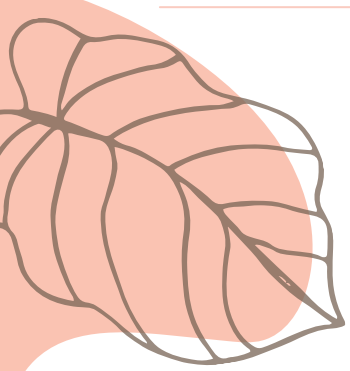
NOTAS

FERRAMENTAS

Projeto - To Do list

Data	Fazer	Completo

Notas:



Tarefas

Data	Tarefas	Prioridade	✓
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		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
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		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
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		○ ○ ○ ○ ○ ○	
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Planejamento do Projeto

MÊS

ANO

PRINCIPAL

ETAPAS

PRAZO

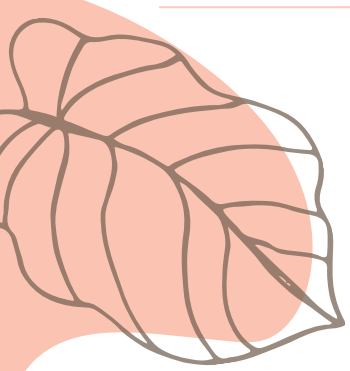
NOTAS

FERRAMENTAS

Projeto - To Do list

Data	Fazer	Completo

Notas:



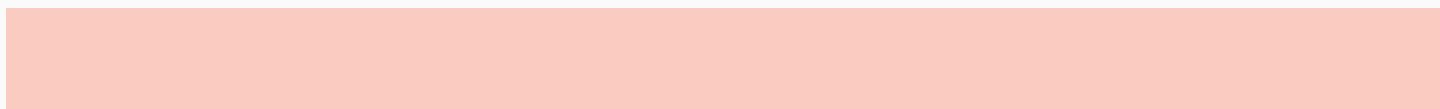
Tarefas

Data	Tarefas	Prioridade	✓
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		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
		○ ○ ○ ○ ○ ○	
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		○ ○ ○ ○ ○ ○	



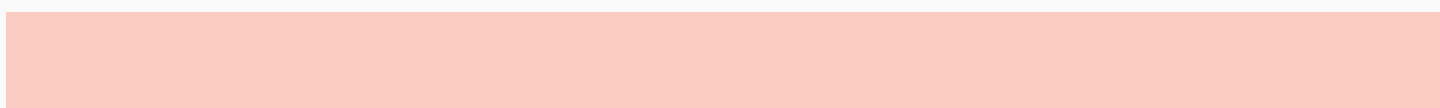
ANOTAÇÕES

A series of 20 horizontal light gray lines intended for taking notes.



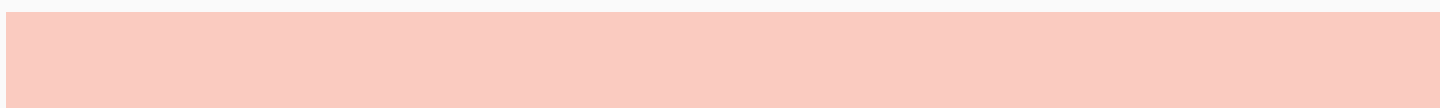
ANOTAÇÕES

Blank lined area for notes.



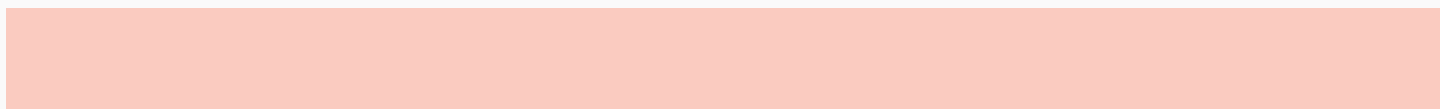
ANOTAÇÕES

Blank lined area for notes.



ANOTAÇÕES

Blank lined area for notes.



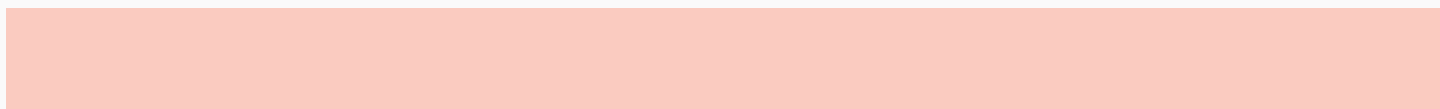
ANOTAÇÕES

Blank lined area for notes.



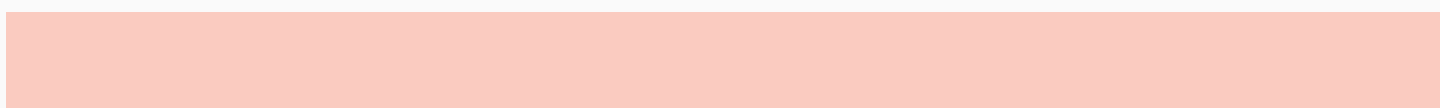
ANOTAÇÕES

Blank lined area for notes.



ANOTAÇÕES

Blank lined area for notes.



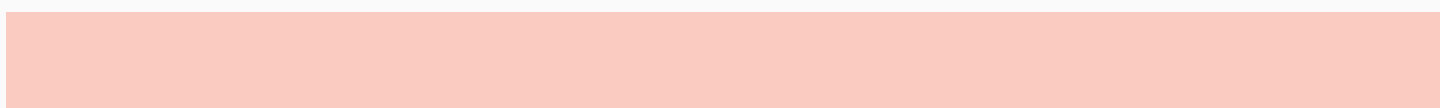
ANOTAÇÕES

Blank lined area for notes, consisting of 20 horizontal grey lines.

Blank orange bar at the bottom of the page.

ANOTAÇÕES

Blank lined area for notes.





*Um presente de professora para
professora*

euadoroensinar.com
[@eu_adoro_ensinar](https://www.instagram.com/eu_adoro_ensinar)