

2026

JANEIRO	FEVEREIRO	MARÇO
Q 01	D 01	D 01
S 02	S 02	S 02
S 03	T 03	T 03
D 04	Q 04	Q 04
S 05	Q 05	Q 05
T 06	S 06	S 06
Q 07	S 07	S 07
Q 08	D 08	D 08
S 09	S 09	S 09
S 10	T 10	T 10
D 11	Q 11	Q 11
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Q 15	D 15	D 15
S 16	S 16	S 16
S 17	T 17	T 17
D 18	Q 18	Q 18
S 19	Q 19	Q 19
T 20	S 20	S 20
Q 21	S 21	S 21
Q 22	D 22	D 22
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S 24	T 24	T 24
D 25	Q 25	Q 25
S 26	Q 26	Q 26
T 27	S 27	S 27
Q 28	S 28	S 28
Q 29		D 29
S 30		S 30
S 31		T 31

ABRIL	MAIO	JUNHO
Q 01	S 01	S 01
Q 02	S 02	T 02
S 03	D 03	Q 03
S 04	S 04	Q 04
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S 06	Q 06	S 06
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S 20	Q 20	S 20
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JULHO	AGOSTO	SETEMBRO
Q 01	S 01	T 01
Q 02	D 02	Q 02
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S 20	Q 20	D 20
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D 26	Q 26	S 26
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Q 29	S 29	T 29
Q 30	D 30	Q 30
S 31	S 31	

OUTUBRO	NOVEMBRO	DEZEMBRO
Q 01	D 01	T 01
S 02	S 02	Q 02
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D 04	Q 04	S 04
S 05	Q 05	S 05
T 06	S 06	D 06
Q 07	S 07	S 07
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S 31		Q 31

GASTOS MENSAIS 2026

[illegible][illegible][illegible][illegible]

HÁBITOS 2026

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PLANEJAMENTO MENSAL

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01 DOMINGO

[illegible]

[illegible]

[illegible]

[illegible][illegible]

FEVEREIRO -
MARÇO

23 SEGUNDA

24 TERÇA

25 QUARTA

26 QUINTA

27 SEXTA

28 SÁBADO

01 DOMINGO

[illegible][illegible]

PLANEJAMENTO MENSAL

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PLANEJAMENTO MENSAL

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[illegible]

ABRIL -
MAIO

27 SEGUNDA

28 TERÇA

29 QUARTA

30 QUINTA

01 SEXTA

02 SÁBADO

03 DOMINGO

[illegible][illegible]

PLANEJAMENTO MENSAL

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PLANEJAMENTO MENSAL

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02 DOMINGO

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04 DOMINGO

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01 DOMINGO

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JANEIRO	FEVEREIRO	MARÇO
Q 01	D 01	D 01
S 02	S 02	S 02
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D 04	Q 04	Q 04
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S 10	T 10	T 10
D 11	Q 11	Q 11
S 12	Q 12	Q 12
T 13	S 13	S 13
Q 14	S 14	S 14
Q 15	D 15	D 15
S 16	S 16	S 16
S 17	T 17	T 17
D 18	Q 18	Q 18
S 19	Q 19	Q 19
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Q 22	D 22	D 22
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S 24	T 24	T 24
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S 26	Q 26	Q 26
T 27	S 27	S 27
Q 28	S 28	S 28
Q 29		D 29
S 30		S 30
S 31		T 31

ABRIL	MAIO	JUNHO
Q 01	S 01	S 01
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S 03	D 03	Q 03
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D 05	T 05	S 05
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S 11	S 11	Q 11
D 12	T 12	S 12
S 13	Q 13	S 13
T 14	Q 14	D 14
Q 15	S 15	S 15
Q 16	S 16	T 16
S 17	D 17	Q 17
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JULHO	AGOSTO	SETEMBRO
Q 01	S 01	T 01
Q 02	D 02	Q 02
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Q 30	D 30	Q 30
S 31	S 31	

OUTUBRO	NOVEMBRO	DEZEMBRO
Q 01	D 01	T 01
S 02	S 02	Q 02
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D 04	Q 04	S 04
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D 25	Q 25	S 25
S 26	Q 26	S 26
T 27	S 27	D 27
Q 28	S 28	S 28
Q 29	D 29	T 29
S 30	S 30	Q 30
S 31		Q 31

FONTE HELVETICA NEUE
PAPEL PÓLEN 90G

@M_VIMARTINS @THAMIRESGARCIA