

planner 2023



EDITORA



UnB

planner 2023

Pensadoras e autoras negras brasileiras
Uma reescritura do Brasil

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Matrícula: _____

Doador de órgãos: _____

Celular: _____

E-mail: _____

Contato de emergência: _____

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 Instagram: _____

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EDITORA



UnB



Universidade de Brasília

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EDITORA



UnB

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Jade Luisa Barbalho

Planner 2023

Projeto gráfico e ilustração: Cláudia Dias

Revisão: Emilly Dias de Matos

Curadoria de frases: Sofia Franco, Jade Luisa, Emilly Dias e Jaqueline Cardoso

Seleção de obras do Clube do Livro Editora UnB: Germana Henriques Pereira, Marília Carolina de Moraes Florindo e Sofia Franco

Neste ano que se anuncia, abrimos alas para a reconstrução da democracia e do país. Queremos abrir caminhos para novas histórias políticas, sociais e culturais. Abrimos folhas para novas escritas da vida, trazendo para pensar o nosso presente as vivências do passado.

Páginas da vida escritas por mulheres negras, que nos ensinam todos os dias a luta, a coragem, a força da natureza que recompõe e renasce.

Neste caderno, convidamos você a se (re)escrever, a deixar fluir a tinta da mão ao papel, e esboçar novas rotas, novas histórias.

“Deixei o leito para escrever. Enquanto escrevo vou pensando que resino num castelo cor de ouro que reluz na luz do sol. Que as janelas são de prata e as luzes de brilhantes. Que a minha vista circula no jardim e eu contemplo as flores de todas as qualidades. (...) É preciso criar este ambiente de fantasia, para esquecer que estou na favela”

Carolina Maria de Jesus

“Quando percebo que estou exausta, sento com lápis na mão e escrevo”

Carolina Maria de Jesus

Germana Henriques Pereira
Diretora da Editora Universidade de Brasília

CALENDÁRIO 2023

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					

1 Confraternização Universal*

FEVEREIRO

S	T	Q	Q	S	S	D
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

18 Fim do semestre 2022.2

21 Carnaval*

22 Cinzas

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		

8 Dia Internacional da Mulher

12 Dia do Bibliotecário

21 Dia Internacional do Poeta e da Poesia,

Dia Nacional das Tradições das Raízes de Matrizes

Africanas e Nações do Candomblé

28 Início do semestre 2023.1

ABRIL

S	T	Q	Q	S	S	D
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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7 Paixão de Cristo*

9 Páscoa*, Dia Nacional da Biblioteca

11 Clube do Livro - Editora UnB

19 Dia dos Povos Indígenas

21 Tiradentes*, Aniversário de Brasília, UnB e Editora UnB

23 Dia Mundial do Livro

25 Clube do Livro - Editora UnB

27 Dia Mundial do Design

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				

1 Dia do trabalho*

5 Dia da Língua Portuguesa

14 Dia das Mães

16 Clube do Livro - Editora UnB

JUNHO

S	T	Q	Q	S	S	D
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5	6	7	8	9	10	11
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19	20	21	22	23	24	25
26	27	28	29	30		

8 Corpus Christi*

12 Dia dos Namorados

13 Clube do Livro - Editora UnB

JULHO

S	T	Q	Q	S	S	D
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

11 Clube do Livro - Editora UnB

25 Dia Nacional do Escritor, Dia Internacional da Mulher

Negra Latino-Americana e Caribenha,

Fim do semestre 2023.1

AGOSTO

S	T	Q	Q	S	S	D
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21	22	23	24	25	26	27
28	29	30	31			

9 Dia Internacional dos Povos Indígenas

11 Dia do Estudante

13 Dia dos Pais

25 Início do semestre 2023.2

SETEMBRO

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17	18	19	20	21	22	23
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7 Independência do Brasil*

12 Clube do Livro - Editora UnB

OUTUBRO

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23	24	25	26	27	28	29
30	31					

12 Nossa Senhora Aparecida*, Dia Nacional da Leitura

15 Dia do Professor

17 Clube do Livro - Editora UnB

20 Dia Nacional do Poeta

25 Dia Nacional da Democracia

28 Dia do Servidor Público

29 Dia Nacional do Livro

NOVEMBRO

S	T	Q	Q	S	S	D
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20	21	22	23	24	25	26
27	28	29	30			

2 Finados*

5 Dia do Designer Gráfico

15 Proclamação da República*

20 Dia da Consciência Negra

21 Clube do Livro - Editora UnB

DEZEMBRO

S	T	Q	Q	S	S	D
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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						

12 Clube do Livro - Editora UnB

23 Fim do semestre 2023.2

25 Natal*

*Feriados oficiais

CALENDÁRIO 2024

JANEIRO

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1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1 Confraternização Universal*

FEVEREIRO

S	T	Q	Q	S	S	D
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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			

13 Carnaval*
14 Cinzas

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

8 Dia Internacional da Mulher
12 Dia do Bibliotecário
21 Dia Internacional do Poeta e da Poesia,
Dia Nacional das Tradições das Raízes de Matrizes Africanas e Nações do Candomblé
29 Paixão de Cristo*
31 Páscoa*

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					

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19 Dia dos Povos Indígenas
21 Tiradentes*, Aniversário de Brasília, UnB e Editora UnB
23 Dia Mundial do Livro
27 Dia Mundial do Design

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		

1 Dia do trabalho*
5 Dia da Língua Portuguesa
12 Dia das Mães
30 Corpus Christi*

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

12 Dia dos Namorados

JULHO

S	T	Q	Q	S	S	D
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

25 Dia Nacional do Escritor, Dia Internacional da Mulher Negra Latino-Americana e Caribenha

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	

9 Dia Internacional dos Povos Indígenas
11 Dia do Estudante, Dia dos Pais

SETEMBRO

S	T	Q	Q	S	S	D
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

7 Independência do Brasil*

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			

12 Nossa Senhora Aparecida*, Dia Nacional da Leitura
15 Dia do Professor
20 Dia Nacional do Poeta
25 Dia Nacional da Democracia
28 Dia do Servidor Público
29 Dia Nacional do Livro

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	

2 Finados*
5 Dia do Designer Gráfico
15 Proclamação da República*
20 Dia da Consciência Negra

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					

25 Natal*

PLANEJAMENTO SEMESTRAL

JANEIRO

FEVEREIRO

MARÇO

ABRIL

MAIO

JUNHO

PLANEJAMENTO SEMESTRAL

JULHO

AGOSTO

SETEMBRO

OUTUBRO

NOVEMBRO

DEZEMBRO

METAS PARA 2023

PESSOAS

PESSOAS



METAS PARA 2023

EDUCACIONAIS

PROFISSIONAIS



CLUBE DO LIVRO EDITORA UnB

Anotações

11/04

QUARTO DE DESPEJO

Carolina Maria de Jesus

25/04

ATÉ AQUI

Lubi Prates

16/05

TERRA NEGRA

Cristiane Sobral

CLUBE DO LIVRO EDITORA UnB

Anotações

13/06

ÚRSULA

Maria Firmina dos Reis

11/07

RACISMO, SEXISMO E DESIGUALDADE NO BRASIL

Sueli Carneiro

12/09

PONCIÁ VICÊNCIO

Conceição Evaristo

CLUBE DO LIVRO EDITORA UnB

Anotações

17/10

O NEGRO VISTO POR ELE MESMO

Beatriz Nascimento

21/11

UM EXU EM NOVA YORK

Cidinha da Silva

12/12

POR UM FEMINISMO AFRO-LATINO-AMERICANO

Lélia Gonzalez

CRONOGRAMA DE ESTUDOS E COMPROMISSOS

1º semestre

	SEG	TER	QUA	QUI	SEX	SÁB	DOM
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
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20:00							
21:00							
22:00							
23:00							
0:00							
1:00							
2:00							
3:00							
4:00							

CRONOGRAMA DE ESTUDOS E COMPROMISSOS

2º semestre

	SEG	TER	QUA	QUI	SEX	SÁB	DOM
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
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19:00							
20:00							
21:00							
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0:00							
1:00							
2:00							
3:00							
4:00							



Janeiro

“Eu não quero me confundir com essa sociedade. Eu quero ajudar a criar um novo modelo de sociedade, que parta da fissura, do quebrado”

Ana Maria Gonçalves

Janeiro

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.
Siga o modelo preenchido.

SEG	TER	QUA	QUI	SEX	SÁB	DOM
Cálculo I 8h40	Física I 10h30	Cálculo I 8h40	Física I 10h30	Cálculo I 8h40		

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
						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					

“Eu não quero me confundir com essa sociedade. Eu quero ajudar a criar um novo modelo de sociedade, que parta da fissura, do quebrado”
 Ana Maria Gonçalves

Dezembro / Janeiro

26
segunda

27
terça

28
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

29
quinta

Grid of dots for writing on Friday, January 29th.

Four horizontal lines for writing on Friday, January 29th.

Timeline for Friday, January 29th, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

30
sexta

Grid of dots for writing on Saturday, January 30th.

Four horizontal lines for writing on Saturday, January 30th.

Timeline for Saturday, January 30th, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

31
sábado

Grid of dots for writing on Sunday, January 31st.

Timeline for Sunday, January 31st, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

1
domingo

Grid of dots for writing on Monday, February 1st.

Timeline for Monday, February 1st, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					

Janeiro

2
segunda

3
terça

4
quarta

Grid of dots for writing on Monday.

Grid of dots for writing on Tuesday.

Grid of dots for writing on Wednesday.

Three horizontal lines for writing on Monday.

Three horizontal lines for writing on Tuesday.

Three horizontal lines for writing on Wednesday.

Timeline for Monday: Zzz... 10h, with a water drop icon and a bed icon.

Timeline for Tuesday: Zzz... 10h, with a water drop icon and a bed icon.

Timeline for Wednesday: Zzz... 10h, with a water drop icon and a bed icon.

NÃO POSSO ESQUECER

Three horizontal lines for notes at the bottom of the page.

5
quinta

Grid of dots for writing on Friday.

Four horizontal lines for writing on Friday.

Zzz... 10h


6
sexta

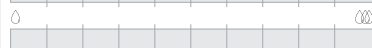
Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h

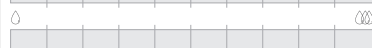

7
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


8
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

JANEIRO

S	T	Q	Q	S	S	D
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Janeiro



9
segunda

10
terça



11
quarta





Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

12
quinta

Grid of dots for writing on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start, '10h' at the end, and icons for a drop and a cloud.

13
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start, '10h' at the end, and icons for a drop and a cloud.

14
sábado

Grid of dots for writing on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons for a drop and a cloud.

15
domingo

Grid of dots for writing on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons for a drop and a cloud.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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					

Janeiro

16
segunda

17
terça

18
quarta

Grid of dots for writing on January 16th.

Grid of dots for writing on January 17th.

Grid of dots for writing on January 18th.

Blank writing area with three horizontal lines.

Blank writing area with three horizontal lines.

Blank writing area with three horizontal lines.

Timeline for January 16th: Zzz... 10h, with icons for water and coffee.

Timeline for January 17th: Zzz... 10h, with icons for water and coffee.

Timeline for January 18th: Zzz... 10h, with icons for water and coffee.

NÃO POSSO ESQUECER

Blank writing area with three horizontal lines.

Blank writing area with three horizontal lines.

Blank writing area with three horizontal lines.

19
quinta

Grid of dots for writing on Friday, January 19th.

Four horizontal lines for writing on Friday, January 19th.

Timeline for Friday, January 19th, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

20
sexta

Grid of dots for writing on Saturday, January 20th.

Four horizontal lines for writing on Saturday, January 20th.

Timeline for Saturday, January 20th, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

21
sábado

Grid of dots for writing on Sunday, January 21st.

Timeline for Sunday, January 21st, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

22
domingo

Grid of dots for writing on Sunday, January 22nd.

Timeline for Sunday, January 22nd, from 0h to 10h. Includes a 'Zzz...' icon at the start and a '10h' icon at the end.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					

Janeiro

23
segunda

24
terça

25
quarta

Grid of dots for writing on January 23.

Grid of dots for writing on January 24.

Grid of dots for writing on January 25.

Three horizontal lines for writing on January 23.

Three horizontal lines for writing on January 24.

Three horizontal lines for writing on January 25.

Timeline for January 23: Zzz... 10h, with a water drop icon and a bed icon.

Timeline for January 24: Zzz... 10h, with a water drop icon and a bed icon.

Timeline for January 25: Zzz... 10h, with a water drop icon and a bed icon.

NÃO POSSO ESQUECER

Three horizontal lines for notes on January 23.


Three horizontal lines for notes on January 24.

Three horizontal lines for notes on January 25.

26
quinta

Grid of dots for writing on Friday, January 26th.

Four horizontal lines for writing on Friday, January 26th.

Zzz... 10h
 

27
sexta



Grid of dots for writing on Saturday, January 27th.

Four horizontal lines for writing on Saturday, January 27th.

Zzz... 10h
 



28
sábado

Grid of dots for writing on Sunday, January 28th.

Zzz... 10h
 

29
domingo

Grid of dots for writing on Sunday, January 29th.

Zzz... 10h
 

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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					

Janeiro / Fevereiro

30
segunda

31
terça

1
quarta

Grid of dots for writing on January 30th.

Grid of dots for writing on January 31st.

Grid of dots for writing on February 1st.

Three horizontal lines for writing on January 30th.

Three horizontal lines for writing on January 31st.

Three horizontal lines for writing on February 1st.

Timeline for January 30th with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

Timeline for January 31st with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

Timeline for February 1st with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

NÃO POSSO ESQUECER

Three horizontal lines for writing under the 'NÃO POSSO ESQUECER' header.

2
quinta

3
sexta

4
sábado

5
domingo

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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					



Fevereiro

*“Escrever, para mim, é procurar minha voz e deixá-la soar.
E minha voz é a voz de muitas outras pessoas...”*

Lubi Prates

Fevereiro

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 FIM DO SEMESTRE 2022.2	19
20	21	22	23	24	25	26
27	28					

*“Escrever, para mim, é procurar minha voz e deixá-la soar.
E minha voz é a voz de muitas outras pessoas...”*

Lubi Prates

Fevereiro

6
segunda

7
terça

8
quarta

Grid of dots for writing on February 6th.

Grid of dots for writing on February 7th.

Grid of dots for writing on February 8th.

Blank writing lines for February 6th.

Blank writing lines for February 7th.

Blank writing lines for February 8th.

Timeline for February 6th with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

Timeline for February 7th with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

Timeline for February 8th with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

NÃO POSSO ESQUECER

Blank writing lines for the reminder section.

Blank writing lines for the reminder section.

Blank writing lines for the reminder section.

9
quinta

10
sexta

11
sábado

12
domingo

Zzz... 10h

Zzz... 10h

Zzz... 10h

Zzz... 10h

CONTROLE DE HÁBITOS

_____	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					

Fevereiro

13
segunda

14
terça

15
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

16
quinta

Grid of dots for writing on Friday.

Four horizontal lines for notes on Friday.

Timeline for Friday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a coffee cup.

17
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for notes on Saturday.

Timeline for Saturday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a coffee cup.

18
sábado

**Fim do semestre
2022.2**

Grid of dots for writing on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a coffee cup.

19
domingo

Grid of dots for writing on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a coffee cup.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					

Fevereiro

20
segunda

21
terça

22
quarta

Grid of dots for writing on February 20.

Grid of dots for writing on February 21.

Grid of dots for writing on February 22.

Three horizontal lines for writing on February 20.

Three horizontal lines for writing on February 21.

Three horizontal lines for writing on February 22.

Timeline for February 20: Zzz... 10h, with icons for water and coffee.

Timeline for February 21: Zzz... 10h, with icons for water and coffee.

Timeline for February 22: Zzz... 10h, with icons for water and coffee.

NÃO POSSO ESQUECER

Three horizontal lines for notes on February 20.

Three horizontal lines for notes on February 21.

Three horizontal lines for notes on February 22.

23
quinta

Grid of dots for writing on Friday, February 23rd.


Four horizontal lines for writing on Friday, February 23rd.

Zzz... 10h


24
sexta

Grid of dots for writing on Saturday, February 24th.

Four horizontal lines for writing on Saturday, February 24th.

Zzz... 10h


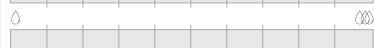
25
sábado

Grid of dots for writing on Sunday, February 25th.

Zzz... 10h


26
domingo

Grid of dots for writing on Sunday, February 26th.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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					

Fevereiro / Março

27
segunda

28
terça

1
quarta

Grid of dots for handwriting practice on the 27th.

Grid of dots for handwriting practice on the 28th.

Grid of dots for handwriting practice on the 1st.

Three horizontal lines for writing on the 27th.

Three horizontal lines for writing on the 28th.

Three horizontal lines for writing on the 1st.

Timeline for the 27th: Zzz... 10h, with icons for a water drop and a bed.

Timeline for the 28th: Zzz... 10h, with icons for a water drop and a bed.

Timeline for the 1st: Zzz... 10h, with icons for a water drop and a bed.

NÃO POSSO ESQUECER

Three horizontal lines for notes on the 27th.

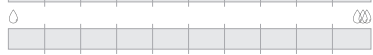
Three horizontal lines for notes on the 28th.

Three horizontal lines for notes on the 1st.

2
quinta

Grid of dots for writing on Friday.

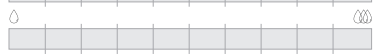
Four horizontal lines for writing on Friday.

Zzz... 10h


3
sexta

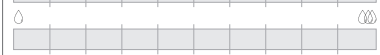
Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h


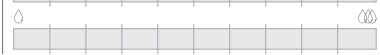
4
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


5
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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		



Março

“ouvi dizer que na Brasília não vae entrar negros”

Carolina Maria de Jesus

Março

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

total de receita

total de despesas

saldo do mês

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
		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 INICIO DO SEMESTRE 2023.1	29	30	31		

“ouvi dizer que na Brasília não vae entrar negros”

Carolina Maria de Jesus

Março

6
segunda

7
terça

8
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

9
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a clock.

10
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a clock.

11
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a clock.

12
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a clock.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


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		

16
quinta

Grid of dots for writing on Friday.


Four horizontal lines for writing on Friday.

Zzz... 10h


17
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h



18
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


19
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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		

Março

20
segunda

21
terça

22
quarta



Zzz... 10h

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Zzz... 10h

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Zzz... 10h

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

NÃO POSSO ESQUECER

23
quinta

24
sexta

25
sábado

26
domingo

Zzz... 10h

Zzz... 10h

Zzz... 10h

Zzz... 10h

CONTROLE DE HÁBITOS

_____	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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		

30
quinta


31
sexta

1
sábado

Grid for Friday (30) with 20 rows of dots.

Grid for Saturday (31) with 20 rows of dots.

Grid for Sunday (1) with 20 rows of dots.

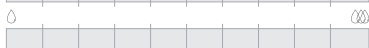
Zzz... 10h



Blank writing lines for Friday.


Blank writing lines for Saturday.

2
domingo

Grid for Sunday (2) with 20 rows of dots.

Zzz... 10h


Zzz... 10h


Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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



Abril

*“Não vou mais lavar os pratos.
Nem vou limpar a poeira dos móveis.
Sinto muito. Comecei a ler”*

Cristiane Sobral

Abril

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

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

“Não vou mais lavar os pratos.
Nem vou limpar a poeira dos móveis.
Sinto muito. Comecei a ler”

Cristiane Sobral

Abril

3
segunda

4
terça

5
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

6
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start, '10h' at the end, and a sun icon.

7
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start, '10h' at the end, and a sun icon.

8
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and a sun icon.

9
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and a sun icon.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


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

13
quinta

Grid of dots for writing on Friday.


Four horizontal lines for writing on Friday.

Zzz... 10h


14
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h



15
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


16
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

20
quinta

Grid of dots for writing on Friday, April 20th.

Four horizontal lines for writing on Friday, April 20th.

Timeline for Friday, April 20th, with 'Zzz...' at the start and '10h' at the end. Includes a sun icon and a moon icon.

21
sexta

Grid of dots for writing on Saturday, April 21st.

Four horizontal lines for writing on Saturday, April 21st.

Timeline for Saturday, April 21st, with 'Zzz...' at the start and '10h' at the end. Includes a sun icon and a moon icon.

22
sábado

Grid of dots for writing on Sunday, April 22nd.

Timeline for Sunday, April 22nd, with 'Zzz...' at the start and '10h' at the end. Includes a sun icon and a moon icon.

23
domingo

Grid of dots for writing on Sunday, April 23rd.

Timeline for Sunday, April 23rd, with 'Zzz...' at the start and '10h' at the end. Includes a sun icon and a moon icon.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

27
quinta

Grid of dots for writing on Friday, April 27.

Four horizontal lines for writing on Friday, April 27.

Timeline for Friday, April 27, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

28
sexta

Grid of dots for writing on Saturday, April 28.

Four horizontal lines for writing on Saturday, April 28.

Timeline for Saturday, April 28, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

29
sábado

Grid of dots for writing on Sunday, April 29.

Timeline for Sunday, April 29, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

30
domingo

Grid of dots for writing on Sunday, April 30.

Timeline for Sunday, April 30, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

*“Sim, para que estas lágrimas?!... Dizes bem!
Elas são inúteis, meu Deus; mas é um tributo de saudade, que não posso
deixar de render a tudo quanto me foi caro!
Liberdade! Liberdade... ah!”*

Maria Firmina dos Reis

Maio

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

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

*“Sim, para que estas lágrimas?!... Dizes bem! Elas são inúteis, meu Deus;
mas é um tributo de saude, que não posso deixar de render a tudo quanto me foi caro!
Liberdade! Liberdade... ah!”*

Maria Firmina dos Reis

Maio

1
segunda

2
terça

3
quarta

Grid of dots for writing on Monday.

Grid of dots for writing on Tuesday.

Grid of dots for writing on Wednesday.

Blank writing lines for Monday.

Blank writing lines for Tuesday.

Blank writing lines for Wednesday.

Timeline for Monday with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for Tuesday with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for Wednesday with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

NÃO POSSO ESQUECER

Blank writing lines for Monday.

Blank writing lines for Tuesday.

Blank writing lines for Wednesday.

4
quinta

5
sexta

6
sábado

7
domingo

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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				

Maio

8
segunda

9
terça

10
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

11
quinta

12
sexta

13
sábado

14
domingo

Zzz... 10h

Zzz... 10h

Zzz... 10h

Zzz... 10h

CONTROLE DE HÁBITOS

_____	S	T	Q	Q	S	S	D
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○

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				

18
quinta

Grid of dots for writing on Friday.

Four horizontal lines for writing on Friday.

Zzz... 10h
Progress bar for Friday with a water drop icon on the left and a bed icon on the right.

19
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h
Progress bar for Saturday with a water drop icon on the left and a bed icon on the right.

20
sábado

Grid of dots for writing on Sunday.

Zzz... 10h
Progress bar for Sunday with a water drop icon on the left and a bed icon on the right.

21
domingo

Grid of dots for writing on Sunday.

Zzz... 10h
Progress bar for Sunday with a water drop icon on the left and a bed icon on the right.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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				

Maio

22
segunda

23
terça

24
quarta

Grid of dots for writing on Monday, May 22.

Grid of dots for writing on Tuesday, May 23.

Grid of dots for writing on Wednesday, May 24.

Three horizontal lines for notes on Monday, May 22.

Three horizontal lines for notes on Tuesday, May 23.

Three horizontal lines for notes on Wednesday, May 24.

Timeline for Monday, May 22, from 0h to 10h. Includes a 'Zzz...' icon and a water drop icon.

Timeline for Tuesday, May 23, from 0h to 10h. Includes a 'Zzz...' icon and a water drop icon.

Timeline for Wednesday, May 24, from 0h to 10h. Includes a 'Zzz...' icon and a water drop icon.

NÃO POSSO ESQUECER

Three horizontal lines for notes under 'NÃO POSSO ESQUECER' on Monday, May 22.

Three horizontal lines for notes under 'NÃO POSSO ESQUECER' on Tuesday, May 23.

Three horizontal lines for notes under 'NÃO POSSO ESQUECER' on Wednesday, May 24.

25
quinta

Grid of dots for writing on Friday.

Four horizontal lines for writing on Friday.

Zzz... 10h
Sleep schedule bar for Friday with a wake-up icon.

26
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h
Sleep schedule bar for Saturday with a wake-up icon.

27
sábado

Grid of dots for writing on Sunday.

Zzz... 10h
Sleep schedule bar for Sunday with a wake-up icon.

28
domingo

Grid of dots for writing on Monday.

Zzz... 10h
Sleep schedule bar for Monday with a wake-up icon.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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				

Maio / Junho

29
segunda

30
terça

31
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

1
quinta

Grid of dots for writing on Friday.

Blank lines for notes on Friday.

Zzz... 10h
Sleep and wake icons for Friday.

2
sexta

Grid of dots for writing on Saturday.

Blank lines for notes on Saturday.

Zzz... 10h
Sleep and wake icons for Saturday.

3
sábado

Grid of dots for writing on Sunday.

Zzz... 10h
Sleep and wake icons for Sunday.

4
domingo

Grid of dots for writing on Sunday.

Zzz... 10h
Sleep and wake icons for Sunday.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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		



Junho

“Nós somos sobreviventes e somos testemunhas, porta-vozes dos que foram mortos e silenciados. Nós estamos aqui”

Sueli Carneiro

Junho

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

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

“Nós somos sobreviventes e somos testemunhas, porta-vozes dos que foram mortos e silenciados. Nós estamos aqui”

Sueli Carneiro

Junho

5
segunda

6
terça

7
quarta



Zzz... 10h

☔

Zzz... 10h

☔

Zzz... 10h

☔

NÃO POSSO ESQUECER

8
quinta

9
sexta

10
sábado

11
domingo

Zzz... 10h

Zzz... 10h

Zzz... 10h

Zzz... 10h

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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		

15
quinta

Grid of dots for writing on Friday.

Four horizontal lines for notes on Friday.

Zzz... 10h
Sleep tracking bar for Friday with a wake-up icon.

16
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for notes on Saturday.

Zzz... 10h
Sleep tracking bar for Saturday with a wake-up icon.

17
sábado

Grid of dots for writing on Sunday.

Zzz... 10h
Sleep tracking bar for Sunday with a wake-up icon.

18
domingo

Grid of dots for writing on Monday.

Zzz... 10h
Sleep tracking bar for Monday with a wake-up icon.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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		

Junho

19
segunda

20
terça

21
quarta

Grid of dots for writing on June 19.

Grid of dots for writing on June 20.

Grid of dots for writing on June 21.

Three horizontal lines for writing on June 19.

Three horizontal lines for writing on June 20.

Three horizontal lines for writing on June 21.

Timeline for June 19: Zzz... 10h, with icons for water and sleep.

Timeline for June 20: Zzz... 10h, with icons for water and sleep.

Timeline for June 21: Zzz... 10h, with icons for water and sleep.

NÃO POSSO ESQUECER

Three horizontal lines for notes on June 19.

Three horizontal lines for notes on June 20.

Three horizontal lines for notes on June 21.

22
quinta

23
sexta

24
sábado

25
domingo

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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		

Junho / Julho

26
segunda

27
terça

28
quarta

Grid of dots for handwriting practice on June 26.

Grid of dots for handwriting practice on June 27.

Grid of dots for handwriting practice on June 28.

Three horizontal lines for writing on June 26.

Three horizontal lines for writing on June 27.

Three horizontal lines for writing on June 28.

Timeline for June 26: Zzz... 10h, with a water drop icon at the start and a bed icon at the end.

Timeline for June 27: Zzz... 10h, with a water drop icon at the start and a bed icon at the end.

Timeline for June 28: Zzz... 10h, with a water drop icon at the start and a bed icon at the end.

NÃO POSSO ESQUECER

Three horizontal lines for notes on June 26.

Three horizontal lines for notes on June 27.

Three horizontal lines for notes on June 28.

29
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start, '10h' at the end, and a sun icon at the bottom right.

30
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start, '10h' at the end, and a sun icon at the bottom right.

1
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and a sun icon at the bottom right.

2
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and a sun icon at the bottom right.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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						



Julho

“Ser invisível quando não se quer ser é ser mágico nato”

Esmeralda Ribeiro

Julho

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
					1	2
3	4	5	6	7	8	9
10	11 CLUBE DO LIVRO	12	13	14	15	16
17	18	19	20	21	22	23
24	25 FIM DO SEMESTRE 2023.1	26	27	28	29	30
31						

“Ser invisível quando não se quer ser é ser mágico nato”

Esmeralda Ribeiro

Julho

3
segunda

4
terça

5
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

6
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

7
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

8
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

9
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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						

Julho

10
segunda

11
terça


12
quarta

Clube do Livro - Editora UnB


Racismo, sexismo e
desigualdade no Brasil

Sueli Carneiro


Zzz... 10h



Zzz... 10h



Zzz... 10h



NÃO POSSO ESQUECER

13
quinta

Zzz... 10h

14
sexta

Zzz... 10h

15
sábado

Zzz... 10h

16
domingo

Zzz... 10h

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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						

Julho

17
segunda

18
terça

19
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

20
quinta

Grid of dots for writing on Friday.

Four horizontal lines for writing on Friday.

Zzz... 10h
Progress bar for Friday with a water drop icon on the left and a water glass icon on the right.

21
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h
Progress bar for Saturday with a water drop icon on the left and a water glass icon on the right.

22
sábado

Grid of dots for writing on Sunday.

Zzz... 10h
Progress bar for Sunday with a water drop icon on the left and a water glass icon on the right.

23
domingo

Grid of dots for writing on Sunday.

Zzz... 10h
Progress bar for Sunday with a water drop icon on the left and a water glass icon on the right.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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						

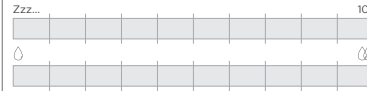
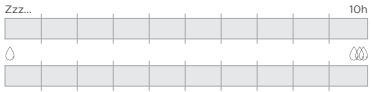
Julho

24
segunda

25
terça

26
quarta





NÃO POSSO ESQUECER

27
quinta

Grid of dots for writing on Friday.


Four horizontal lines for writing on Friday.

Zzz... 10h


28
sexta

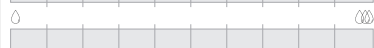
Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h


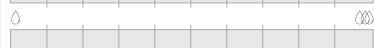
29
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


30
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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						

Julho / Agosto

31
segunda

1
terça

2
quarta



Zzz... 10h

☔

Zzz... 10h

☔

Zzz... 10h

☔

NÃO POSSO ESQUECER

3
quinta

4
sexta

5
sábado

6
domingo

Zzz... 10h

Zzz... 10h

Zzz... 10h

Zzz... 10h

CONTROLE DE HÁBITOS

_____	S	T	Q	Q	S	S	D
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○

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			

The background features a vibrant pink wavy band that curves across the center. Above and below this band are intricate, grey, calligraphic patterns that resemble dense, overlapping letters and lines, creating a textured, almost abstract effect.

Agosto

“O imaginário brasileiro, pelo racismo, não concebe reconhecer que as mulheres negras são intelectuais”

Conceição Evaristo

Agosto

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
	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 INÍCIO DO SEMESTRE 2023.2	26	27
28	29	30	31			

“O imaginário brasileiro, pelo racismo, não concebe reconhecer que as mulheres negras são intelectuais”

Conceição Evaristo

Agosto

7
segunda

8
terça

9
quarta

Grid of dots for writing on August 7th.

Grid of dots for writing on August 8th.

Grid of dots for writing on August 9th.

Blank writing lines for August 7th.

Blank writing lines for August 8th.

Blank writing lines for August 9th.

Timeline for August 7th with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for August 8th with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for August 9th with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

NÃO POSSO ESQUECER

Blank writing lines for the 'NÃO POSSO ESQUECER' section.

10
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

11
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

12
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

13
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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			

Agosto

14
segunda

15
terça

16
quarta

Grid of dots for writing on August 14.

Grid of dots for writing on August 15.

Grid of dots for writing on August 16.

Blank writing area with three horizontal lines.

Blank writing area with three horizontal lines.

Blank writing area with three horizontal lines.

Timeline for August 14: Zzz... 10h, with a water drop icon and a bed icon.

Timeline for August 15: Zzz... 10h, with a water drop icon and a bed icon.

Timeline for August 16: Zzz... 10h, with a water drop icon and a bed icon.

NÃO POSSO ESQUECER

Three sets of horizontal lines for notes at the bottom of the page.

17
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start and '10h' at the end, and icons of a water drop and a bed.

18
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start and '10h' at the end, and icons of a water drop and a bed.

19
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons of a water drop and a bed.

20
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons of a water drop and a bed.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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			

Agosto

21
segunda

22
terça

23
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

24
quinta

25
sexta

26
sábado

**Início do semestre
2023.1**

Grid of dots for writing on Friday, 24th.

Grid of dots for writing on Saturday, 25th.

Grid of dots for writing on Sunday, 26th.

Zzz... 10h

Blank lined area for notes on Friday, 24th.

Blank lined area for notes on Saturday, 25th.

27
domingo

Grid of dots for writing on Monday, 27th.

Zzz... 10h

Zzz... 10h

Zzz... 10h

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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			

Agosto / Setembro

28
segunda

29
terça

30
quarta

Grid of dots for writing on August 28th.

Grid of dots for writing on August 29th.

Grid of dots for writing on August 30th.

Blank writing area for August 28th.

Blank writing area for August 29th.

Blank writing area for August 30th.

Timeline for August 28th with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for August 29th with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for August 30th with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

NÃO POSSO ESQUECER

Blank lines for notes on August 28th.

Blank lines for notes on August 29th.

Blank lines for notes on August 30th.

31
quinta

Grid of dots for writing on Friday, September 31st.

Four horizontal lines for writing on Friday, September 31st.

Zzz... 10h
Sleep and wake icons for Friday, September 31st.

1
sexta

Grid of dots for writing on Saturday, September 1st.

Four horizontal lines for writing on Saturday, September 1st.

Zzz... 10h
Sleep and wake icons for Saturday, September 1st.

2
sábado

Grid of dots for writing on Sunday, September 2nd.

Zzz... 10h
Sleep and wake icons for Sunday, September 2nd.

3
domingo

Grid of dots for writing on Sunday, September 3rd.

Zzz... 10h
Sleep and wake icons for Sunday, September 3rd.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	



Setembro

*“Não deixe que nada nem ninguém viole os direitos fundamentais para que
você viva uma vida com dignidade”*

Beatriz Nascimento

Setembro

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

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

“Não deixe que nada nem ninguém viole os direitos fundamentais para que você viva uma vida com dignidade”

Beatriz Nascimento

Setembro

4
segunda

5
terça

6
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

7
quinta

Zzz... 10h

8
sexta

Zzz... 10h

9
sábado

Zzz... 10h

10
domingo

Zzz... 10h

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	

14
quinta

Grid of dots for writing on Friday.

Blank lines for notes on Friday.

Zzz... 10h
Sleep and wake icons for Friday.

15
sexta

Grid of dots for writing on Saturday.

Blank lines for notes on Saturday.

Zzz... 10h
Sleep and wake icons for Saturday.

16
sábado

Grid of dots for writing on Sunday.

Zzz... 10h
Sleep and wake icons for Sunday.

17
domingo

Grid of dots for writing on Monday.

Zzz... 10h
Sleep and wake icons for Monday.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	

Setembro

18
segunda

19
terça

20
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

21
quinta

Grid of dots for writing on Friday.


Four horizontal lines for writing on Friday.

Zzz... 10h


22
sexta

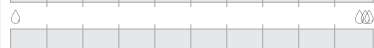
Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h


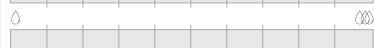
23
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


24
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	

28
quinta

Grid of dots for writing on Friday, October 28th.

Four horizontal lines for writing on Friday, October 28th.

Timeline for Friday, October 28th, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

29
sexta

Grid of dots for writing on Saturday, October 29th.

Four horizontal lines for writing on Saturday, October 29th.

Timeline for Saturday, October 29th, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

30
sábado

Grid of dots for writing on Sunday, October 30th.

Timeline for Sunday, October 30th, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

1
domingo

Grid of dots for writing on Monday, October 31st.

Timeline for Monday, October 31st, with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					



Outubro

“Desde que me entendo por gente, eu me sei negra”

Cidinha da Silva

Outubro

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

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

“Desde que me entendo por gente, eu me sei negra”

Cidinha da Silva

5
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

6
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

7
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

8
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and icons of a water drop and a bed.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					

Outubro

9
segunda

10
terça

11
quarta



Zzz... 10h

☹️

Zzz... 10h

☹️

Zzz... 10h

☹️

NÃO POSSO ESQUECER

12
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Progress bar for Friday with 'Zzz...' and '10h' markers and icons.

13
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Progress bar for Saturday with 'Zzz...' and '10h' markers and icons.

14
sábado

Grid of dots for handwriting practice on Sunday.

Progress bar for Sunday with 'Zzz...' and '10h' markers and icons.

15
domingo

Grid of dots for handwriting practice on Monday.

Progress bar for Monday with 'Zzz...' and '10h' markers and icons.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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					

19
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

20
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

21
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

22
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for sleep and wake-up.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					

26
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing on Friday.

Timeline for Friday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

27
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing on Saturday.

Timeline for Saturday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

28
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

29
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end, and icons for a water drop and a bed.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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					

Outubro / Novembro

30
segunda

31
terça

1
quarta

Grid of dots for writing on October 30th.

Grid of dots for writing on October 31st.

Grid of dots for writing on November 1st.

Three horizontal lines for writing on October 30th.

Three horizontal lines for writing on October 31st.

Three horizontal lines for writing on November 1st.

Timeline for October 30th with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

Timeline for October 31st with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

Timeline for November 1st with 'Zzz...' at the start, '10h' at the end, and icons for a water drop and a bed.

NÃO POSSO ESQUECER

Three horizontal lines for notes on October 30th.

Three horizontal lines for notes on October 31st.

Three horizontal lines for notes on November 1st.

2
quinta

Zzz... 10h

3
sexta

Zzz... 10h

4
sábado

Zzz... 10h

5
domingo

Zzz... 10h

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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			



Novembro

“A gente não nasce negro, a gente se torna negro”

Lélia Gonzalez

Novembro

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

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

“A gente não nasce negro, a gente se torna negro”
Lélia Gonzalez

Novembro

6
segunda

7
terça

8
quarta

Grid of dots for writing on Monday, November 6th.

Grid of dots for writing on Tuesday, November 7th.

Grid of dots for writing on Wednesday, November 8th.

Blank writing lines for Monday, November 6th.

Blank writing lines for Tuesday, November 7th.

Blank writing lines for Wednesday, November 8th.

Timeline for Monday, November 6th, from Zzz... to 10h, with a water drop icon.

Timeline for Tuesday, November 7th, from Zzz... to 10h, with a water drop icon.

Timeline for Wednesday, November 8th, from Zzz... to 10h, with a water drop icon.

NÃO POSSO ESQUECER

Blank writing lines for the reminder section on Monday.

Blank writing lines for the reminder section on Tuesday.

Blank writing lines for the reminder section on Wednesday.

9
quinta

Grid of dots for handwriting practice on Friday.

Four horizontal lines for writing practice on Friday.

Timeline for Friday with 'Zzz...' at the start, '10h' at the end, and a water drop icon.

10
sexta

Grid of dots for handwriting practice on Saturday.

Four horizontal lines for writing practice on Saturday.

Timeline for Saturday with 'Zzz...' at the start, '10h' at the end, and a water drop icon.

11
sábado

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and a water drop icon.

12
domingo

Grid of dots for handwriting practice on Sunday.

Timeline for Sunday with 'Zzz...' at the start, '10h' at the end, and a water drop icon.

CONTROLE DE HÁBITOS

_____	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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			

Novembro

13
segunda

14
terça

15
quarta

Grid of dots for handwriting practice on the 13th.

Grid of dots for handwriting practice on the 14th.

Grid of dots for handwriting practice on the 15th.

Three horizontal lines for writing on the 13th.

Three horizontal lines for writing on the 14th.

Three horizontal lines for writing on the 15th.

Timeline for the 13th: Zzz... 10h, with a water drop icon and a brain icon.

Timeline for the 14th: Zzz... 10h, with a water drop icon and a brain icon.

Timeline for the 15th: Zzz... 10h, with a water drop icon and a brain icon.

NÃO POSSO ESQUECER

Three horizontal lines for notes on the 13th.


Three horizontal lines for notes on the 14th.

Three horizontal lines for notes on the 15th.

16
quinta

Grid of dots for writing on Friday.


Four horizontal lines for notes on Friday.

Zzz... 10h


17
sexta

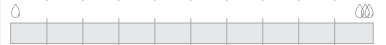
Grid of dots for writing on Saturday.

Four horizontal lines for notes on Saturday.

Zzz... 10h



18
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


19
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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			

23
quinta

Grid of dots for writing on Friday, 23rd.

Four horizontal lines for writing on Friday, 23rd.

Timeline for Friday, 23rd, with 'Zzz...' at the start and '10h' at the end. Includes a small icon of a bed.

24
sexta

Grid of dots for writing on Saturday, 24th.

Four horizontal lines for writing on Saturday, 24th.

Timeline for Saturday, 24th, with 'Zzz...' at the start and '10h' at the end. Includes a small icon of a bed.

25
sábado

Grid of dots for writing on Sunday, 25th.

Timeline for Sunday, 25th, with 'Zzz...' at the start and '10h' at the end. Includes a small icon of a bed.

26
domingo

Grid of dots for writing on Monday, 26th.

Timeline for Monday, 26th, with 'Zzz...' at the start and '10h' at the end. Includes a small icon of a bed.

CONTROLE DE HÁBITOS

_____	S	T	Q	Q	S	S	D
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○
_____	○	○	○	○	○	○	○

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			

Novembro / Dezembro

27
segunda

28
terça

29
quarta

Grid of dots for writing on November 27.

Grid of dots for writing on November 28.

Grid of dots for writing on November 29.

Blank writing lines for November 27.

Blank writing lines for November 28.

Blank writing lines for November 29.

Timeline for November 27 with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for November 28 with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

Timeline for November 29 with 'Zzz...' at the start, '10h' at the end, and icons for water and coffee.

NÃO POSSO ESQUECER

Blank writing lines for 'NÃO POSSO ESQUECER' on November 27.

Blank writing lines for 'NÃO POSSO ESQUECER' on November 28.

Blank writing lines for 'NÃO POSSO ESQUECER' on November 29.

30
quinta

1
sexta

2
sábado

3
domingo

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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



Dezembro

“vestes coloridas resguardam esperanças”

Miriam Alves

Dezembro

CONTROLE DE HORÁRIOS DO MÊS

Preencha com as disciplinas/compromissos e horários fixos do mês.

SEG	TER	QUA	QUI	SEX	SÁB	DOM

CONTROLE FINANCEIRO

RECEITA

	R\$		R\$		R\$
--	-----	--	-----	--	-----

DESPESAS

	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$
	R\$		R\$		R\$

saldo inicial

R\$

total de receita

R\$

total de despesas

R\$

saldo do mês

R\$

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
				1	2	3
4	5	6	7	8	9	10
11	12 CLUBE DO LIVRO	13	14	15	16	17
18	19	20	21	22	23 FIM DO SEMESTRE 2023.2	24
25	26	27	28	29	30	31

“vestes coloridas resguardam esperanças”
Miriam Alves

Dezembro

4
segunda

5
terça

6
quarta

Grid of dots for writing on Monday.

Grid of dots for writing on Tuesday.

Grid of dots for writing on Wednesday.

Three horizontal lines for notes on Monday.

Three horizontal lines for notes on Tuesday.

Three horizontal lines for notes on Wednesday.

Timeline for Monday: Zzz... 10h, with icons for water and sleep.

Timeline for Tuesday: Zzz... 10h, with icons for water and sleep.

Timeline for Wednesday: Zzz... 10h, with icons for water and sleep.

NÃO POSSO ESQUECER

Three horizontal lines for notes on Monday.

Three horizontal lines for notes on Tuesday.

Three horizontal lines for notes on Wednesday.

7
quinta

Zzz... 10h

8
sexta

Zzz... 10h

9
sábado

Zzz... 10h

10
domingo

Zzz... 10h

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

14
quinta

Grid of dots for writing on Friday.

Four horizontal lines for writing on Friday.

Zzz... 10h
Progress bar with a water drop icon on the left and a bed icon on the right.

15
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h
Progress bar with a water drop icon on the left and a bed icon on the right.

16
sábado

Grid of dots for writing on Sunday.

Zzz... 10h
Progress bar with a water drop icon on the left and a bed icon on the right.

17
domingo

Grid of dots for writing on Sunday.

Zzz... 10h
Progress bar with a water drop icon on the left and a bed icon on the right.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Dezembro

18
segunda

19
terça

20
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

21
quinta

Grid of dots for writing on Friday.

Four horizontal lines for notes on Friday.

Timeline for Friday with 'Zzz...' at the start and '10h' at the end. Includes a water drop icon and a coffee cup icon.

22
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for notes on Saturday.

Timeline for Saturday with 'Zzz...' at the start and '10h' at the end. Includes a water drop icon and a coffee cup icon.

23
sábado

**Fim do semestre
2023.2**

Grid of dots for writing on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end. Includes a water drop icon and a coffee cup icon.

24
domingo

Grid of dots for writing on Sunday.

Timeline for Sunday with 'Zzz...' at the start and '10h' at the end. Includes a water drop icon and a coffee cup icon.

CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

Dezembro

25
segunda

26
terça

27
quarta

Zzz... 10h

Zzz... 10h

Zzz... 10h

NÃO POSSO ESQUECER

28
quinta

Grid of dots for writing on Friday.


Four horizontal lines for writing on Friday.

Zzz... 10h


29
sexta

Grid of dots for writing on Saturday.

Four horizontal lines for writing on Saturday.

Zzz... 10h



30
sábado

Grid of dots for writing on Sunday.

Zzz... 10h


31
domingo

Grid of dots for writing on Sunday.

Zzz... 10h


CONTROLE DE HÁBITOS

	S	T	Q	Q	S	S	D
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

MINHAS LEMBRANÇAS

MELHORES LUGARES

MINHAS CONQUISTAS

MELHORES LIVROS

MELHORES FILMES

MINHAS LEMBRANÇAS

MELHORES SÉRIES

MELHORES MÚSICAS

METAS PARA 2024

PESSOAS

PESSOAS



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