

## Coisas a fazer

24 setembro 2026

quinta-feira

## Para hoje

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## Prioridade

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## A fazer

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. On the left side, there is a vertical column of small circles, likely representing binder holes. The paper is otherwise blank, with no text or markings.

## Água e comida

[illegible]

## Lembrete

[illegible]

## Atividades

|       |  |
|-------|--|
| 06:00 |  |
| 07:00 |  |
| 08:00 |  |
| 09:00 |  |
| 10:00 |  |
| 11:00 |  |
| 12:00 |  |
| 13:00 |  |
| 14:00 |  |
| 15:00 |  |
| 16:00 |  |
| 17:00 |  |
| 18:00 |  |
| 19:00 |  |
| 20:00 |  |
| 21:00 |  |
| 22:00 |  |
| 23:00 |  |

## Notas

[illegible]