
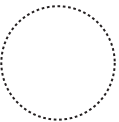

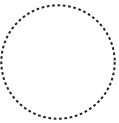

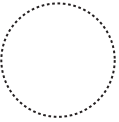

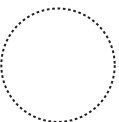

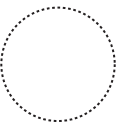

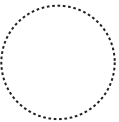


# Diário semanal de acompanhamento das emoções


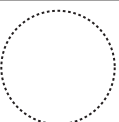

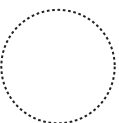

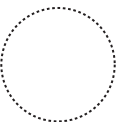


DOMINGO _____ DE _____ DE _____	
Como me senti	3 coisas legais que eu fiz ou aprendi
 Manhã _____ 	_____
 Tarde _____ 	_____
 Noite _____ 	_____

SEGUNDA-FEIRA _____ DE _____ DE _____	
Como me senti	3 coisas legais que eu fiz ou aprendi
 Manhã _____ 	_____
 Tarde _____ 	_____
 Noite _____ 	_____

TERÇA-FEIRA _____ DE _____ DE _____	
Como me senti	3 coisas legais que eu fiz ou aprendi
 Manhã _____ 	_____
 Tarde _____ 	_____
 Noite _____ 	_____

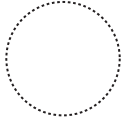
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Como me senti

3 coisas legais que eu fiz ou aprendi



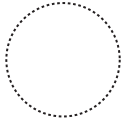
Manhã \_\_\_\_\_



\_\_\_\_\_



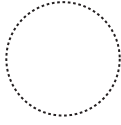
Tarde \_\_\_\_\_



\_\_\_\_\_



Noite \_\_\_\_\_



\_\_\_\_\_

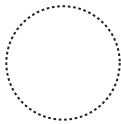
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Como me senti

3 coisas legais que eu fiz ou aprendi



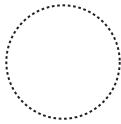
Manhã \_\_\_\_\_



\_\_\_\_\_



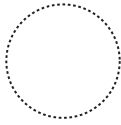
Tarde \_\_\_\_\_



\_\_\_\_\_



Noite \_\_\_\_\_



\_\_\_\_\_

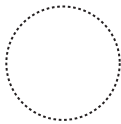
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Como me senti

3 coisas legais que eu fiz ou aprendi



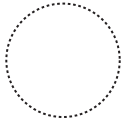
Manhã \_\_\_\_\_



\_\_\_\_\_



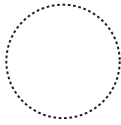
Tarde \_\_\_\_\_



\_\_\_\_\_



Noite \_\_\_\_\_



\_\_\_\_\_

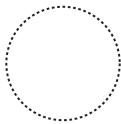
**SÁBADO** \_\_\_\_\_ **DE** \_\_\_\_\_ **DE** \_\_\_\_\_

Como me senti

3 coisas legais que eu fiz ou aprendi



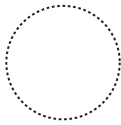
Manhã \_\_\_\_\_



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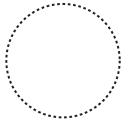
Tarde \_\_\_\_\_



\_\_\_\_\_



Noite \_\_\_\_\_



\_\_\_\_\_