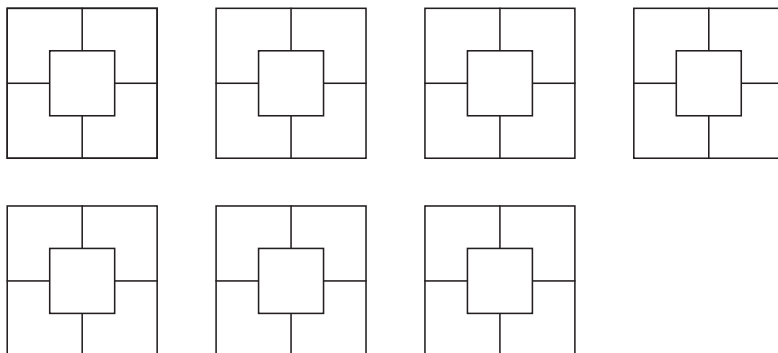


Mês _____

- Criação
- Manutenção
- Consolidação



Hábitos

Meta Fase:

- _____
- _____
- _____
- _____
- _____

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” — Aristotle

Mês _____

- Criação
- Manutenção
- Consolidação

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Hábitos

Meta Fase:

- _____
- _____
- _____
- _____
- _____

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” — Aristotle