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| |  | | --- | | CALENDARIO  DIARIO | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | FECHA | |  | | |  |  |  |  | | --- | --- | --- | --- | | ¡BEBIDA! | | | | |  |  |  |  | |  |  |  |  | | |
| |  | | --- | | Lista de tareas pendientes | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | | | |  |  | | --- | --- | | ¿Qué se come? | | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  |  | | --- | --- | | Notas importantes | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  | | --- | | Necesidad de comprar | |  | | | |  | | --- | | Actividad física | |  | |
| |  | | --- | | Gastado | |  | | |  | | --- | | 3 pensamientos positivos del día | |  | | |