

Agosto

Somos lo que hacemos día a día
De modo que la excelencia no es un acto,
sino un hábito

- Aristóteles -



| 1 | 2 | 3 | 4 | 5 | 6 |
|-------|-------|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |



| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|-------|-------|-------|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |

_____ kg
 P: _____ cm
 C: _____ cm
 C: _____ cm
 M: _____ cm

Pescado
 ○○○
 Legumbre
 ○○
 Pecados
 ○○
 #ERJ
 ○

_____ kg
 P: _____ cm
 C: _____ cm
 C: _____ cm
 M: _____ cm

Pescado
 ○○○
 Legumbre
 ○○
 Pecados
 ○○
 #ERJ
 ○



| | | | | | | |
|-------|-------|-------|-------|---|-------|-------|
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 28 | 29 | 30 | 31 | Notas: _____ _____ _____ _____ _____ | | |
| _____ | _____ | _____ | _____ | | | |
| _____ | _____ | _____ | _____ | | | |
| _____ | _____ | _____ | _____ | | | |
| _____ | _____ | _____ | _____ | | | |

| | |
|--|--|
| _____ kg P: _____ cm C: _____ cm C: _____ cm M: _____ cm | Pescado ○○○ Legumbre ○○ Pecados ○○ #ERJ ○ |
| _____ kg P: _____ cm C: _____ cm C: _____ cm M: _____ cm | Pescado ○○○ Legumbre ○○ Pecados ○○ #ERJ ○ |
| _____ kg P: _____ cm C: _____ cm C: _____ cm M: _____ cm | Pescado ○○○ Legumbre ○○ Pecados ○○ #ERJ ○ |