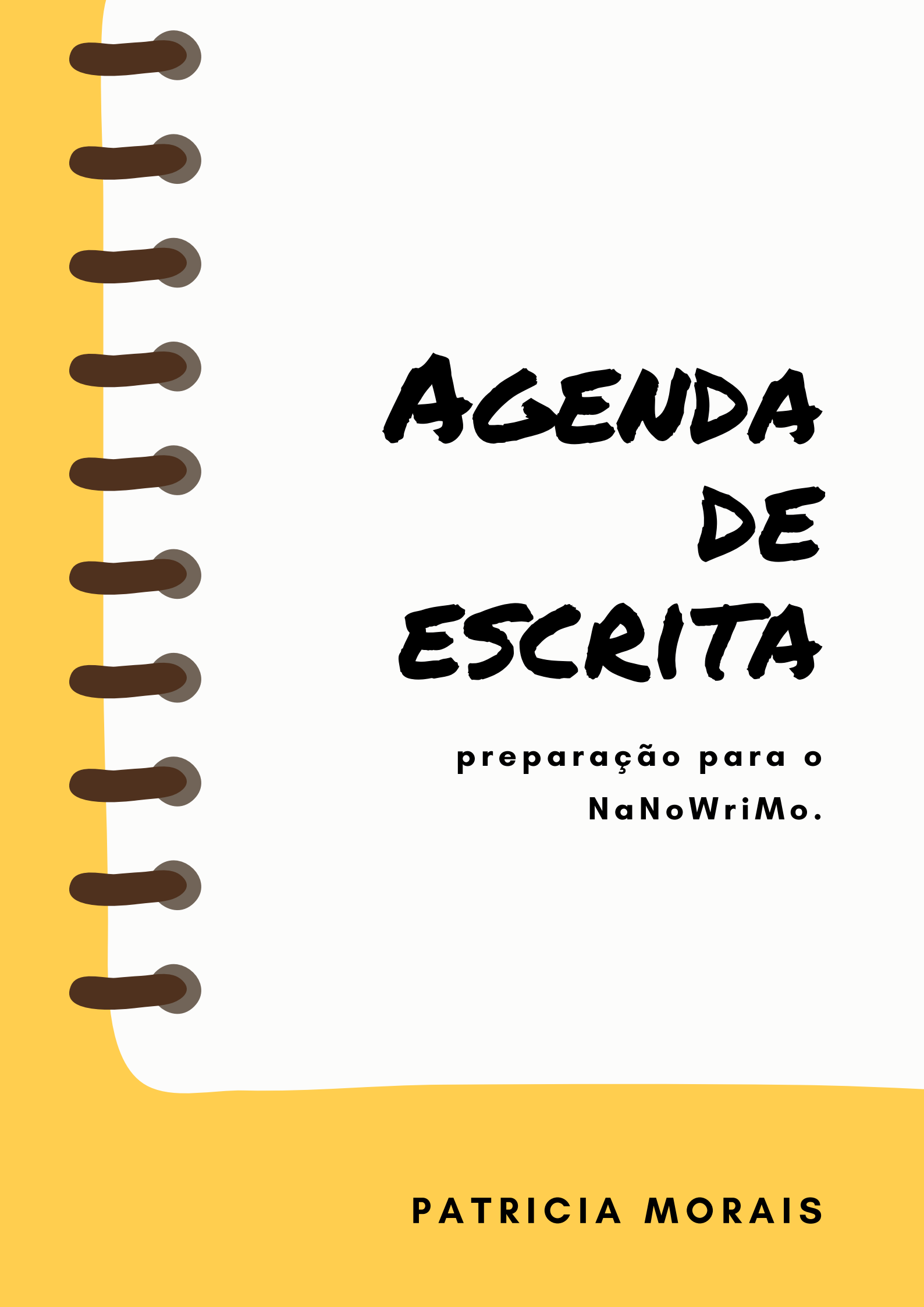




AGENDA DE ESCRITA

preparação para o
NaNoWriMo.

PATRICIA MORAIS

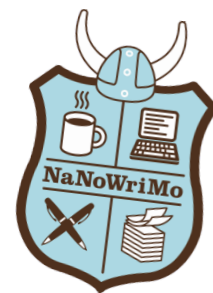
**ESTA AGENDA
PERTENCE A**

NANOWRIMO 2020

O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



Objetivos a
Alcançar

Desafios

Toma Nota!

DOMINGO

8

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

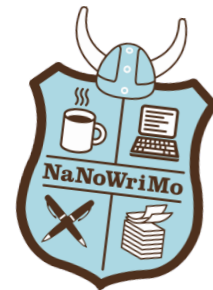
Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐☐☐☐☐☐

O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



SEGUNDA

2

01:00

02:00

03:00

04:00

05:00

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

24:00

TERÇA

3

01:00

02:00

03:00

04:00

05:00

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

24:00

QUARTA

4

01:00

02:00

03:00

04:00

05:00

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

24:00

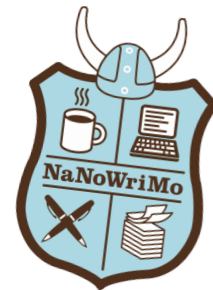
Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐
☐
☐
☐
☐
☐


O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



QUINTA

5

01:00

02:00

03:00

04:00

05:00

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

24:00

SEXTA

6

01:00

02:00

03:00

04:00

05:00

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

24:00

SÁBADO

7

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

DOMINGO

8

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

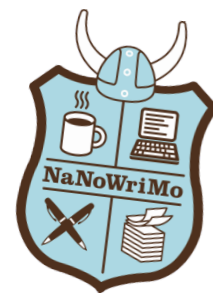
Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐
☐
☐
☐
☐
☐


O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



SEGUNDA

9

01:00

02:00

03:00

04:00

05:00

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

24:00

TERÇA

10

01:00

02:00

03:00

04:00

05:00

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

24:00

QUARTA

11

01:00

02:00

03:00

04:00

05:00

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

24:00

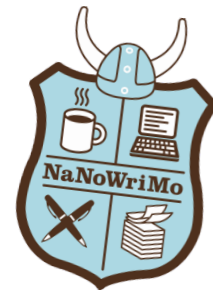
Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐
☐
☐
☐
☐
☐


O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



QUINTA

12

01:00

02:00

03:00

04:00

05:00

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

24:00

SEXTA

13

01:00

02:00

03:00

04:00

05:00

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

24:00

SÁBADO

14

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

DOMINGO

15

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

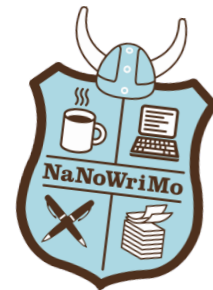
Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐
☐
☐
☐
☐
☐


O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



SEGUNDA

16

01:00

02:00

03:00

04:00

05:00

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

24:00

TERÇA

17

01:00

02:00

03:00

04:00

05:00

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

24:00

QUARTA

18

01:00

02:00

03:00

04:00

05:00

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

24:00

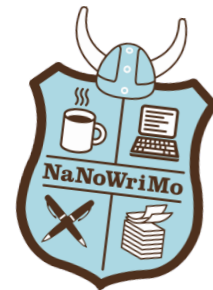
Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐
☐
☐
☐
☐
☐


O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



QUINTA

19

01:00

02:00

03:00

04:00

05:00

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

24:00

SEXTA

20

01:00

02:00

03:00

04:00

05:00

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

24:00

SÁBADO

21

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

DOMINGO

22

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

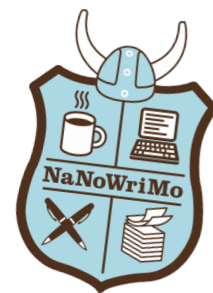
Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐
☐
☐
☐
☐
☐


O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



SEGUNDA

23

01:00

02:00

03:00

04:00

05:00

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

24:00

TERÇA

24

01:00

02:00

03:00

04:00

05:00

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

24:00

QUARTA

25

01:00

02:00

03:00

04:00

05:00

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

24:00

Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

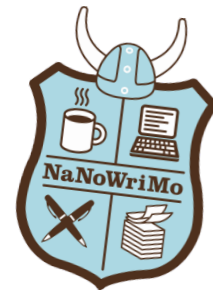
☐
☐
☐
☐
☐
☐


www.patricia-morais.com

O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



QUINTA

26

01:00

02:00

03:00

04:00

05:00

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

24:00

SEXTA

27

01:00

02:00

03:00

04:00

05:00

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

24:00

SÁBADO

28

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

DOMINGO

29

:00

:00

:00

:00

:00

:00

:00

:00

:00

:00

Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

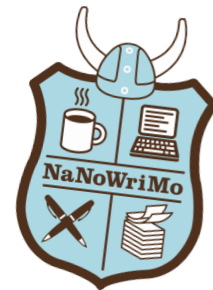
☐
☐
☐
☐
☐
☐


www.patricia-morais.com

O MEU HORÁRIO DE ESCRITA

PARA O

N A N O W R I M O



SEGUNDA

30

01:00

02:00

03:00

04:00

05:00

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

24:00

Lições
aprendidas

Para o
próximo ano

Utiliza as caixas para marcares com cores diferentes as diferentes atividades do teu dia.

☐☐☐☐☐☐

