

1 Cafés

ESPRESSO
CURTO
CARIÓCA
DOPPIO
MACCHIATO
ESPECIARIAS

CAFÉ FILTRADO
FRENSA FRANCESA

IRISH COFFEE

2 Macchiatos

LATTE MACCHIATO
MOCHA

3 Cappuccinos

CAPPUCCINO ITALIANO
CAPPUCCINO CREMA
CAPPUCCINO FIT

4 Lattes

LATTE
SWISS CHOCOLATE

5

CHÁ
CHÁ
CHÁ

6

CAFÉ
ESPR

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ICED

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CHÁS
ICED

ZAPR

SODA

FREE

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ANSA

SODA

7

E PE

Journal

This Journal Belongs To:



Special Dates TO REMEMBER



Lined writing area consisting of two columns of horizontal lines for notes.

My life Achievements



1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



Things I'm Grateful for

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Monthly
Planner



GOALS FOR THIS MONTH



GET THINGS DONE!

- _____
- _____
- _____
- _____
- _____
- _____

IMPORTANT NOTES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

REMEMBER THESE DATES

IDEAL BODY

MY 4-WEEK WORKOUT PLANNER
...DON'T FORGET YOUR COFFEE

Month: _____



MON

TUE

WED

THU

FRI

WEEK 1

--	--	--	--	--

WEEK 2

--	--	--	--	--

WEEK 3

--	--	--	--	--

WEEK 4

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