

Planning Semanal

¿CÓMO TE SIENTES HOY?



¿Feliz?
L M X
J V SD



¿Triste?
L M X
J V SD



¿Curioso?
L M X
J V SD



¿Enojado?
L M X
J V SD



¿Divertido?
L M X
J V SD



LUNES



MARTES



MIÉRCOLES



JUEVES



VIERNES



SÁBADO



DOMINGO

EVENTOS IMPORTANTES

OBJETIVOS

AGRADECIMIENTOS

MIS MÁS TERRIBLES
PESADILLAS



jaguar



Planning Mensual



LUNES

MARTES

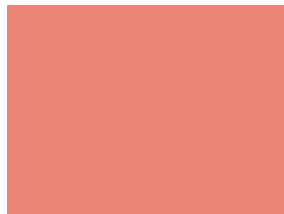
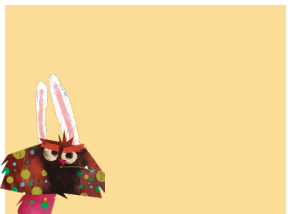
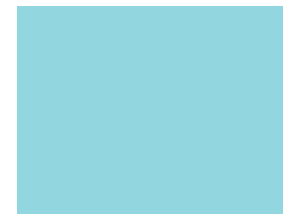
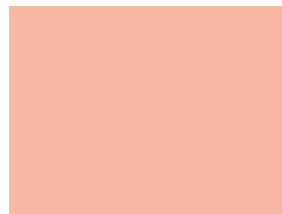
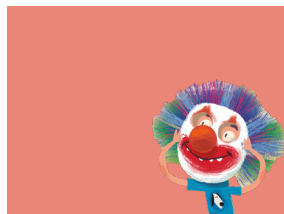
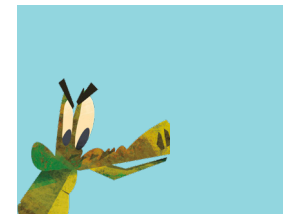
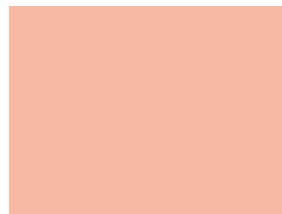
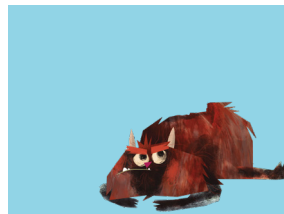
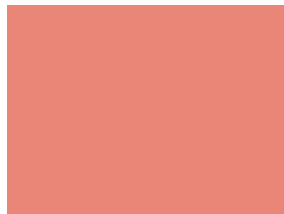
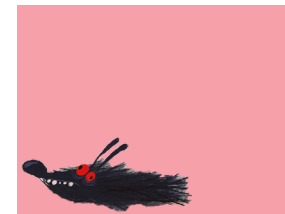
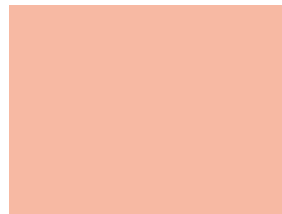
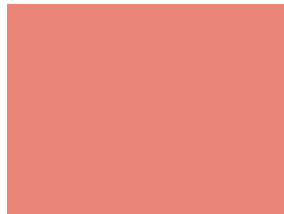
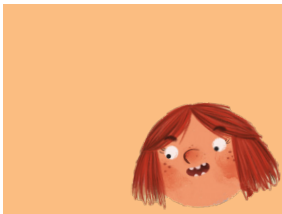
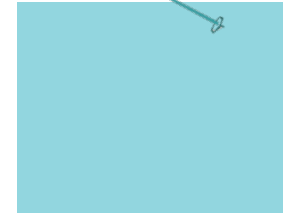
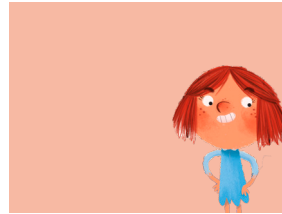
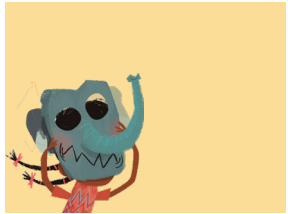
MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO



IMPORTANTE

Planning Familiar



DAR LOS
¡BUENOS DÍAS!



HACER EL DESAYUNO JUNTOS



HACER LA CAMA



AYUDAR CON LA
LIMPIEZA DE LA CASA



DAR LAS GRACIAS



DISFRUTAR DE UNA PELÍCULA



VISITAR A LA FAMILIA



HACER UN DIBUJO



COMER CHUCHES



SALIR A PASEAR CON LA
MASCOTA



AYUDAR A UN AMIGO



HACER POMPAS DE
JABÓN



COMER HELADOS



HACER
COSQUILLAS



HACER FIGURAS DE PAPEL



¡VAMOS A
DISFRAZARNOS!



CONSTRUIR ALGO
JUNTOS



PARTICIPAR EN UNA CARRERA



REGALAR ABRAZOS



SALIR A DAR UN PASEO AL
PARQUE



BAILAR NUESTRA
CANCIÓN FAVORITA



DAR UN PASEO EN BICICLETA



LEER UN LIBRO



COMER EN UN
RESTAURANTE



DISFRUTAR DE UN JUEGO DE
MESA



PELEA DE COJINES



CANTAR



ACAMPAR



IR A UN MUSEO



MIS MÁS TERRIBLES
PESADILLAS

Jaquar



MIS MÁS TERRIBLES PESADILLAS

Planning Semanal



jaguar

URGENTE

IDEAS

OBJETIVOS

LUNES

MARTES

MIÉRCOLES

Mirar el instagram de @edicionesjaguar

JUEVES

VIERNES

SÁBADO

Mirar las novedades
www.edicionesjaguar.com

DOMINGO

Hora de dormir con un cuento de
Ediciones Jaguar



Menú Semanal

jesca



COMPRA

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

DESAYUNO

Blank light blue box for breakfast on Monday.

Blank light blue box for breakfast on Tuesday.

Blank light blue box for breakfast on Wednesday.

Blank light blue box for breakfast on Thursday.

Blank light blue box for breakfast on Friday.

ALMUERZO

Blank light blue box for lunch on Monday.

Blank light blue box for lunch on Tuesday.

Blank light blue box for lunch on Wednesday.

Blank light blue box for lunch on Thursday.

Blank light blue box for lunch on Friday.

COMIDA

Blank yellow box for dinner on Monday.

Blank yellow box for dinner on Tuesday.

Blank yellow box for dinner on Wednesday.

Blank yellow box for dinner on Thursday.

Blank yellow box for dinner on Friday.

MERIENDA

Blank light orange box for afternoon snack on Monday.

Blank light orange box for afternoon snack on Tuesday.

Blank light orange box for afternoon snack on Wednesday.

Blank light orange box for afternoon snack on Thursday.

Blank light orange box for afternoon snack on Friday.

CENA

Blank pink box for dinner on Monday.

Blank pink box for dinner on Tuesday.

Blank pink box for dinner on Wednesday.

Blank pink box for dinner on Thursday.

Blank pink box for dinner on Friday.

Vertical green-bordered box with 20 horizontal lines for shopping list.

