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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| DIARIO |  |  |  |  |  |  |  |
| DUCHA/BAÑO |  |  |  |  |  |  |  |
| LAVADO DE PELO |  |  |  |  |  |  |  |
| HIGIENE BUCAL |  |  |  |  |  |  |  |
| CORTE DE UÑAS |  |  |  |  |  |  |  |
| AFEITADO |  |  |  |  |  |  |  |
| HIDRATACIÓN |  |  |  |  |  |  |  |
| OTROS |  |  |  |  |  |  |  |
| FIRMA |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| DIARIO |  |  |  |  |  |  |  |
| DUCHA/BAÑO |  |  |  |  |  |  |  |
| LAVADO DE PELO |  |  |  |  |  |  |  |
| HIGIENE BUCAL |  |  |  |  |  |  |  |
| CORTE DE UÑAS |  |  |  |  |  |  |  |
| AFEITADO |  |  |  |  |  |  |  |
| HIDRATACIÓN |  |  |  |  |  |  |  |
| OTROS |  |  |  |  |  |  |  |
| FIRMA |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| DIARIO |  |  |  |  |  |  |  |
| DUCHA/BAÑO |  |  |  |  |  |  |  |
| LAVADO DE PELO |  |  |  |  |  |  |  |
| HIGIENE BUCAL |  |  |  |  |  |  |  |
| CORTE DE UÑAS |  |  |  |  |  |  |  |
| AFEITADO |  |  |  |  |  |  |  |
| HIDRATACIÓN |  |  |  |  |  |  |  |
| OTROS |  |  |  |  |  |  |  |
| FIRMA |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| DIARIO |  |  |  |  |  |  |  |
| DUCHA/BAÑO |  |  |  |  |  |  |  |
| LAVADO DE PELO |  |  |  |  |  |  |  |
| HIGIENE BUCAL |  |  |  |  |  |  |  |
| CORTE DE UÑAS |  |  |  |  |  |  |  |
| AFEITADO |  |  |  |  |  |  |  |
| HIDRATACIÓN |  |  |  |  |  |  |  |
| OTROS |  |  |  |  |  |  |  |
| FIRMA |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 29 | 30 | 31 |  |  |  |  |
| DIARIO |  |  |  |  |  |  |  |
| DUCHA/BAÑO |  |  |  |  |  |  |  |
| LAVADO DE PELO |  |  |  |  |  |  |  |
| HIGIENE BUCAL |  |  |  |  |  |  |  |
| CORTE DE UÑAS |  |  |  |  |  |  |  |
| AFEITADO |  |  |  |  |  |  |  |
| HIDRATACIÓN |  |  |  |  |  |  |  |
| OTROS |  |  |  |  |  |  |  |
| FIRMA |  |  |  |  |  |  |  |