```vba
Sub AjusteColunas()
    Dim sheet As Worksheet
    Set sheet = Plan1
    sheet.Range("A1:C10").Select
    Selection.Clear
    sheet.Columns("A:C").EntireColumn.AutoFit ' Ajusta o tamanho das colunas

    sheet.Range("A:A").Select
    ActiveCell.FormulaR1C1 = "Coluna 1"

    sheet.Range("B:B").Select
    ActiveCell.FormulaR1C1 = "Coluna 2 Coluna 2 Coluna 2"

    sheet.Range("C:C").Select
    ActiveCell.FormulaR1C1 = "Coluna 3 Coluna 3 Coluna 3"

    sheet.Range("A1:C1").Select
    Selection.Font.Bold = True

    sheet.Columns("A:C").EntireColumn.AutoFit ' Ajusta o tamanho das colunas

End Sub
```