

# Plan de hábitos y cuidados

## Programa "Gana salud: cuídate"

| ¿QUÉ ME<br>PROPONGO? | LUN                      | MAR                      | MIE                      | JUE                      | VIE                      | SAB                      | DOM                      |
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Notas

Evaluación

# Pla d' hàbits y cuidats

## Programa "Guanya salut: cuida't"

QUÈ ME  
PROPÒS?

DILL

DMT

DMC

DJS

DV

DSB

DMG

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Notes

Avaluació



Ajuntament  
de Palma

És Salut

Centre Municipal de  
Promoció de la Salut

