

21 day **FIX** 21 day **FIX** EXTREME EATING PLAN TALLY SHEET

We created this super-simple, printable tally sheet to help you keep track of your 21 Day Fix® and 21 Day Fix EXTREME® portions. Note **Countdown to Competition** Tally Sheets are also available.

You can print out copies and write in your entries by hand.

Example:

Calorie Target: 1,200–1,499

Containers	Green	Purple	Red	Yellow	Blue	Orange	Grey Spoon
	4	2	4	2	1	1	3

DAY: 1	Green	Purple	Red	Yellow	Blue	Orange	Grey Spoon
Meal 1		1	1				
Meal 2	1						1
Meal 3		1	1	1			
Meal 4	1				1		
Meal 5	2		1	1		1	1
Meal 6							
Total	4	2	4	2	1	1	3
Water	1	1	1	1	1	1	1

CALORIE TARGET:

Containers							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							