

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

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

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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							