

21 day  
**FIX**

21 day<sup>®</sup>  
**FIX**  
**EXTREME**

## EATING PLAN TALLY SHEET

We created this super-simple, editable tally sheet to help you keep track of your 21 Day Fix and 21 Day Fix Extreme portions. You can enter your portions directly into this sheet. Note Countdown to Competition Tally Sheets are also available.

Adobe Acrobat Reader is needed to fill in the editable tally. Use Adobe Acrobat Reader to open the file directly after downloading.

Example:



Calorie Target: 1,200 - 1,499








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








  








DAY: 1	Green	Purple	Red	Yellow	Blue	Orange	Spoon
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
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							

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							