

# TALLY SHEET

We created this super-simple, printable tally sheet to help you keep track of your 21 Day Fix portions. 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	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				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							

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							