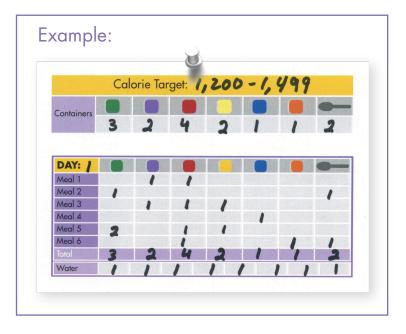
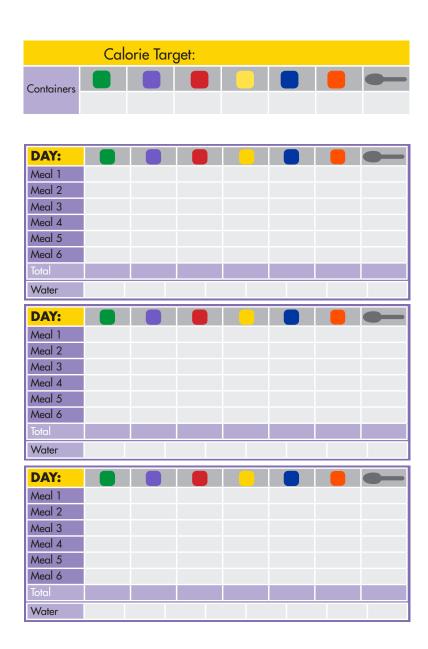
TALLY SHEET

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.





	_			
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				<u> </u>
DAY:				
Meal 1				
Meal 1 Meal 2				
Meal 1 Meal 2 Meal 3				
Meal 1 Meal 2 Meal 3 Meal 4				
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5				
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6				
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total				
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6				
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total				
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total Water			•	
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total Water			•	
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total Water DAY: Meal 1 Meal 2 Meal 3			0	
Meal 1 Meal 2 Meal 3 Meal 4 Meal 5 Meal 6 Total Water DAY: Meal 1 Meal 2 Meal 3 Meal 4			•	
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 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			•	
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 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				