

# 21 day<sup>®</sup> FIX EXTREME

## COUNTDOWN TO COMPETITION TALLY SHEET

These Tally Sheets will help you keep track of your portion allotments, while on the **Countdown to Competition** plan. Note **Eating Plan** Tally Sheets are also available.

You'll want to make additional copies or you can find the Tally Sheets at [TeamBeachbody.com](http://TeamBeachbody.com) under [GET FIT>FITNESS TOOLS>WORKOUT SHEETS](#).

CALORIE TARGET: 1,200 - 1,400							
CONTAINERS	●	●	●	●	●	●	●
EXTREME	3	2	4	2	1	1	2
COUNTDOWN	3	1	6	1	0	0	3

DAY: 1	●	●	●	●	●	●	●
MEAL 1	1	1	1				
MEAL 2			2	1			1
MEAL 3		1	1				1
MEAL 4	2				1		
MEAL 5				1			
MEAL 6	2	1	2	1			2
MEAL 7	1			1			
MEAL 8			2			1	
TOTAL	6	2	10	3	1	1	5
WATER	1	1	1	1	1	1	1

**IMPORTANT:** If you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, issues with blood sugar regulation, or if you are pregnant or breast feeding, please consult your physician before starting this Countdown to Competition. Also, listen to your body—if you are feeling light-headed or experiencing discomfort, you should return to the 21 Day Fix EXTREME Eating Plan.

© 2015 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC is the owner of the 21 Day Fix, Shakeology, Your Daily Dose of Dense Nutrition, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. If you are a member of the Team Beachbody community, contact your Coach for information and support, or log in at [TeamBeachbody.com](http://TeamBeachbody.com). For Beachbody and Team Beachbody Customer Service, go to [Beachbody.com](http://Beachbody.com). 21EINS1102








## CALORIE TARGET:








CONTAINERS							
EXTREME							
COUNTDOWN							








DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
MEAL 7							
MEAL 8							
TOTAL							
WATER							








DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
MEAL 7							
MEAL 8							
TOTAL							
WATER							

DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
MEAL 7							
MEAL 8							
TOTAL							
WATER							

DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
MEAL 7							
MEAL 8							
TOTAL							
WATER							

DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
MEAL 7							
MEAL 8							
TOTAL							
WATER							

DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
MEAL 7							
MEAL 8							
TOTAL							
WATER							

DAY:							
MEAL 1							
MEAL 2							
MEAL 3							
MEAL 4							
MEAL 5							
MEAL 6							
MEAL 7							
MEAL 8							
TOTAL							
WATER							