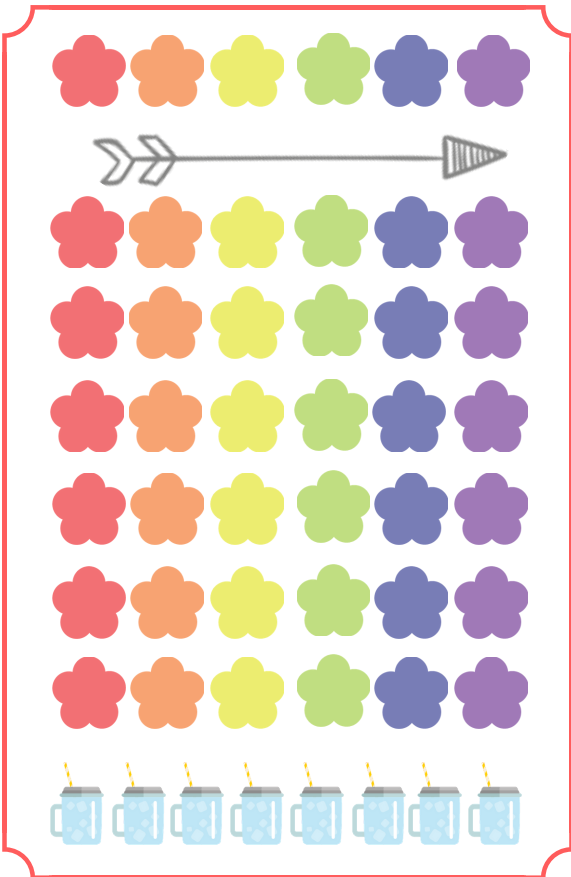
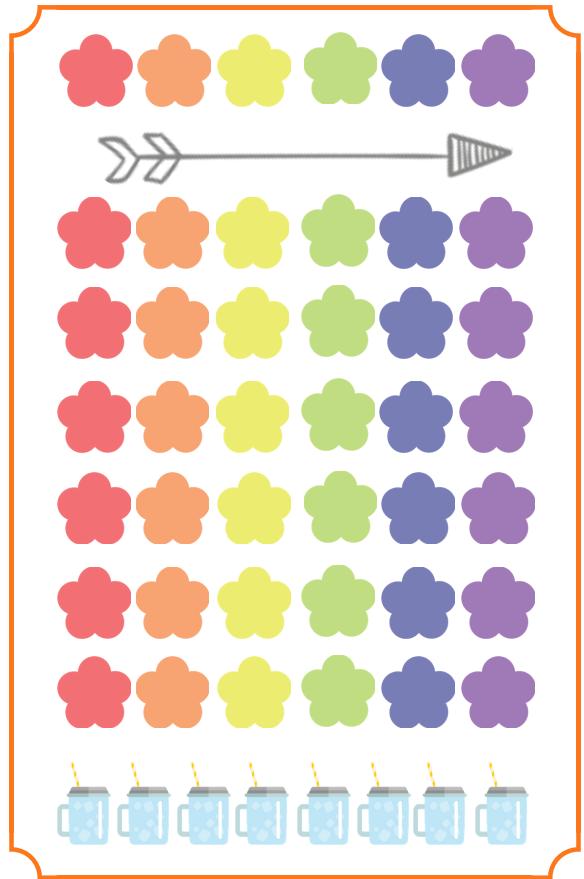


# 21 Day Fix printable (sticker) meal trackers



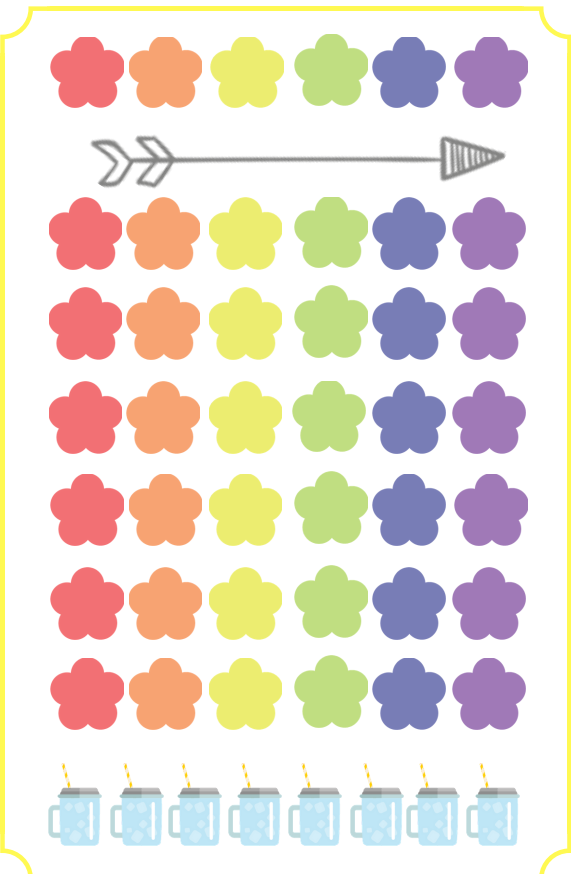
A red-bordered card for meal tracking. It features a horizontal row of six colored flower icons (red, orange, yellow, green, blue, purple) at the top. Below this is a horizontal arrow pointing to the right. The main body of the card contains six rows of the same six colored flower icons. At the bottom, there is a row of eight blue water bottle icons with yellow straws.

workout:



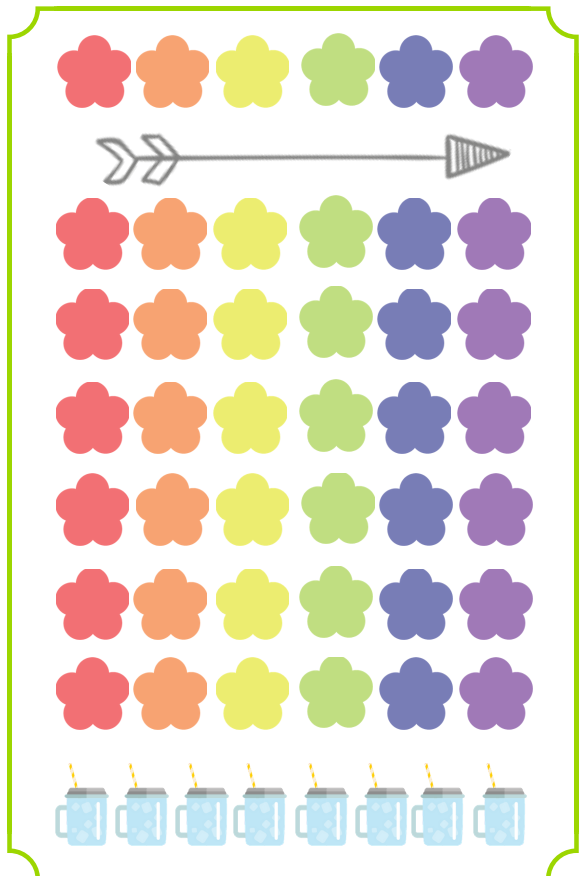
An orange-bordered card for meal tracking. It features a horizontal row of six colored flower icons (red, orange, yellow, green, blue, purple) at the top. Below this is a horizontal arrow pointing to the right. The main body of the card contains six rows of the same six colored flower icons. At the bottom, there is a row of eight blue water bottle icons with yellow straws.

workout:



A yellow-bordered card for meal tracking. It features a horizontal row of six colored flower icons (red, orange, yellow, green, blue, purple) at the top. Below this is a horizontal arrow pointing to the right. The main body of the card contains six rows of the same six colored flower icons. At the bottom, there is a row of eight blue water bottle icons with yellow straws.

workout:



A green-bordered card for meal tracking. It features a horizontal row of six colored flower icons (red, orange, yellow, green, blue, purple) at the top. Below this is a horizontal arrow pointing to the right. The main body of the card contains six rows of the same six colored flower icons. At the bottom, there is a row of eight blue water bottle icons with yellow straws.

workout: