

ClarityDTX | AFib Episode Log

Print this page. Fill in one row per day (or per event). Bring to your next appointment.

Date	Onset Time	Duration	HR (bpm)	Symptoms	Trigger	Self-Converted?

Quick Reference: Note what you were doing before onset. Track caffeine, alcohol, sleep, and stress as possible triggers.

Free mobile app: claritydtx.com/afib/ | Free Notion template: clarityapps.notion.site