

ClarityDTX | HIV Lab Tracker

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

Date	CD4 Count	CD4%	Viral Load	CD4:CD8	Lipids	Notes

Quick Reference: Track CD4 and viral load trends over time. Undetectable = Untransmittable (U=U).

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