

ClarityDTX | HIV ART Medication Tracker

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

Date	Time Taken	Missed?	Side Effects	Mood	Energy	Notes

Quick Reference: ART adherence above 95% is critical for viral suppression. Log every dose, every day.

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