

ClarityDTX | HIV Wellness Log

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

Date	Energy (1-10)	Mood (1-10)	GI Issues	Sleep (hrs)	Exercise	Notes

Quick Reference: ART side effects often improve over time. Track patterns to discuss switches with your provider.

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