

Medication **Ativan**
Valium Multiplier 10
Original Dose **5.000**
Current Dose **5.000**
Start Date **January 1, 2006**
Dry Dose **4.500**
Dissolve Dose **0.500**
Water in ML **250**
ML Increments **2**
Display Dates **no**

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.500	250	0.500	2	248	4.996	49.960	0.0040	0.08%			0.00%	
		4.500	250	0.500	4	246	4.992	49.920	0.0040	0.08%			0.16%	
		4.500	250	0.500	6	244	4.988	49.880	0.0040	0.08%			0.24%	
		4.500	250	0.500	8	242	4.984	49.840	0.0040	0.08%			0.32%	
		4.500	250	0.500	10	240	4.980	49.800	0.0040	0.08%			0.40%	
		4.500	250	0.500	12	238	4.976	49.760	0.0040	0.08%			0.48%	
		4.500	250	0.500	14	236	4.972	49.720	0.0040	0.08%			0.56%	
		4.500	250	0.500	16	234	4.968	49.680	0.0040	0.08%			0.64%	
		4.500	250	0.500	18	232	4.964	49.640	0.0040	0.08%			0.72%	
		4.500	250	0.500	20	230	4.960	49.600	0.0040	0.08%			0.80%	
		4.500	250	0.500	22	228	4.956	49.560	0.0040	0.08%			0.88%	
		4.500	250	0.500	24	226	4.952	49.520	0.0040	0.08%			0.96%	
		4.500	250	0.500	26	224	4.948	49.480	0.0040	0.08%			1.04%	
		4.500	250	0.500	28	222	4.944	49.440	0.0040	0.08%	0.052	1.04%	0.520	1.12%
		4.500	250	0.500	30	220	4.940	49.400	0.0040	0.08%			1.20%	
		4.500	250	0.500	32	218	4.936	49.360	0.0040	0.08%			1.28%	
		4.500	250	0.500	34	216	4.932	49.320	0.0040	0.08%			1.36%	
		4.500	250	0.500	36	214	4.928	49.280	0.0040	0.08%			1.44%	
		4.500	250	0.500	38	212	4.924	49.240	0.0040	0.08%			1.52%	
		4.500	250	0.500	40	210	4.920	49.200	0.0040	0.08%			1.60%	
		4.500	250	0.500	42	208	4.916	49.160	0.0040	0.08%			1.68%	
		4.500	250	0.500	44	206	4.912	49.120	0.0040	0.08%			1.76%	
		4.500	250	0.500	46	204	4.908	49.080	0.0040	0.08%			1.84%	
		4.500	250	0.500	48	202	4.904	49.040	0.0040	0.08%			1.92%	
		4.500	250	0.500	50	200	4.900	49.000	0.0040	0.08%			2.00%	
		4.500	250	0.500	52	198	4.896	48.960	0.0040	0.08%			2.08%	
		4.500	250	0.500	54	196	4.892	48.920	0.0040	0.08%			2.16%	
		4.500	250	0.500	56	194	4.888	48.880	0.0040	0.08%	0.052	1.13%	0.520	2.24%
		4.500	250	0.500	58	192	4.884	48.840	0.0040	0.08%			2.32%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.500	250	0.500	60	190	4.880	48.800	0.0040	0.08%			2.40%	
		4.500	250	0.500	62	188	4.876	48.760	0.0040	0.08%			2.48%	
		4.500	250	0.500	64	186	4.872	48.720	0.0040	0.08%			2.56%	
		4.500	250	0.500	66	184	4.868	48.680	0.0040	0.08%			2.64%	
		4.500	250	0.500	68	182	4.864	48.640	0.0040	0.08%			2.72%	
		4.500	250	0.500	70	180	4.860	48.600	0.0040	0.08%			2.80%	
		4.500	250	0.500	72	178	4.856	48.560	0.0040	0.08%			2.88%	
		4.500	250	0.500	74	176	4.852	48.520	0.0040	0.08%			2.96%	
		4.500	250	0.500	76	174	4.848	48.480	0.0040	0.08%			3.04%	
		4.500	250	0.500	78	172	4.844	48.440	0.0040	0.08%			3.12%	
		4.500	250	0.500	80	170	4.840	48.400	0.0040	0.08%			3.20%	
		4.500	250	0.500	82	168	4.836	48.360	0.0040	0.08%			3.28%	
		4.500	250	0.500	84	166	4.832	48.320	0.0040	0.08%	0.052	1.15%	0.520	3.36%
		4.500	250	0.500	86	164	4.828	48.280	0.0040	0.08%			3.44%	
		4.500	250	0.500	88	162	4.824	48.240	0.0040	0.08%			3.52%	
		4.500	250	0.500	90	160	4.820	48.200	0.0040	0.08%			3.60%	
		4.500	250	0.500	92	158	4.816	48.160	0.0040	0.08%			3.68%	
		4.500	250	0.500	94	156	4.812	48.120	0.0040	0.08%			3.76%	
		4.500	250	0.500	96	154	4.808	48.080	0.0040	0.08%			3.84%	
		4.500	250	0.500	98	152	4.804	48.040	0.0040	0.08%			3.92%	
		4.500	250	0.500	100	150	4.800	48.000	0.0040	0.08%			4.00%	
		4.500	250	0.500	102	148	4.796	47.960	0.0040	0.08%			4.08%	
		4.500	250	0.500	104	146	4.792	47.920	0.0040	0.08%			4.16%	
		4.500	250	0.500	106	144	4.788	47.880	0.0040	0.08%			4.24%	
		4.500	250	0.500	108	142	4.784	47.840	0.0040	0.08%			4.32%	
		4.500	250	0.500	110	140	4.780	47.800	0.0040	0.08%			4.40%	
		4.500	250	0.500	112	138	4.776	47.760	0.0040	0.08%	0.052	1.16%	0.520	4.48%
		4.500	250	0.500	114	136	4.772	47.720	0.0040	0.08%			4.56%	
		4.500	250	0.500	116	134	4.768	47.680	0.0040	0.08%			4.64%	
		4.500	250	0.500	118	132	4.764	47.640	0.0040	0.08%			4.72%	
		4.500	250	0.500	120	130	4.760	47.600	0.0040	0.08%			4.80%	
		4.500	250	0.500	122	128	4.756	47.560	0.0040	0.08%			4.88%	
		4.500	250	0.500	124	126	4.752	47.520	0.0040	0.08%			4.96%	
		4.500	250	0.500	126	124	4.748	47.480	0.0040	0.08%			5.04%	
		4.500	250	0.500	128	122	4.744	47.440	0.0040	0.08%			5.12%	
		4.500	250	0.500	130	120	4.740	47.400	0.0040	0.08%			5.20%	
		4.500	250	0.500	132	118	4.736	47.360	0.0040	0.08%			5.28%	
		4.500	250	0.500	134	116	4.732	47.320	0.0040	0.08%			5.36%	
		4.500	250	0.500	136	114	4.728	47.280	0.0040	0.08%			5.44%	
		4.500	250	0.500	138	112	4.724	47.240	0.0040	0.08%			5.52%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.500	250	0.500	140	110	4.720	47.200	0.0040	0.08%	0.052	1.17%	0.520	5.60%
		4.500	250	0.500	142	108	4.716	47.160	0.0040	0.08%				5.68%
		4.500	250	0.500	144	106	4.712	47.120	0.0040	0.08%				5.76%
		4.500	250	0.500	146	104	4.708	47.080	0.0040	0.08%				5.84%
		4.500	250	0.500	148	102	4.704	47.040	0.0040	0.08%				5.92%
		4.500	250	0.500	150	100	4.700	47.000	0.0040	0.09%				6.00%
		4.500	250	0.500	152	98	4.696	46.960	0.0040	0.09%				6.08%
		4.500	250	0.500	154	96	4.692	46.920	0.0040	0.09%				6.16%
		4.500	250	0.500	156	94	4.688	46.880	0.0040	0.09%				6.24%
		4.500	250	0.500	158	92	4.684	46.840	0.0040	0.09%				6.32%
		4.500	250	0.500	160	90	4.680	46.800	0.0040	0.09%				6.40%
		4.500	250	0.500	162	88	4.676	46.760	0.0040	0.09%				6.48%
		4.500	250	0.500	164	86	4.672	46.720	0.0040	0.09%				6.56%
		4.500	250	0.500	166	84	4.668	46.680	0.0040	0.09%				6.64%
		4.500	250	0.500	168	82	4.664	46.640	0.0040	0.09%	0.052	1.19%	0.520	6.72%
		4.500	250	0.500	170	80	4.660	46.600	0.0040	0.09%				6.80%
		4.500	250	0.500	172	78	4.656	46.560	0.0040	0.09%				6.88%
		4.500	250	0.500	174	76	4.652	46.520	0.0040	0.09%				6.96%
		4.500	250	0.500	176	74	4.648	46.480	0.0040	0.09%				7.04%
		4.500	250	0.500	178	72	4.644	46.440	0.0040	0.09%				7.12%
		4.500	250	0.500	180	70	4.640	46.400	0.0040	0.09%				7.20%
		4.500	250	0.500	182	68	4.636	46.360	0.0040	0.09%				7.28%
		4.500	250	0.500	184	66	4.632	46.320	0.0040	0.09%				7.36%
		4.500	250	0.500	186	64	4.628	46.280	0.0040	0.09%				7.44%
		4.500	250	0.500	188	62	4.624	46.240	0.0040	0.09%				7.52%
		4.500	250	0.500	190	60	4.620	46.200	0.0040	0.09%				7.60%
		4.500	250	0.500	192	58	4.616	46.160	0.0040	0.09%				7.68%
		4.500	250	0.500	194	56	4.612	46.120	0.0040	0.09%				7.76%
		4.500	250	0.500	196	54	4.608	46.080	0.0040	0.09%	0.052	1.20%	0.520	7.84%
		4.500	250	0.500	198	52	4.604	46.040	0.0040	0.09%				7.92%
		4.500	250	0.500	200	50	4.600	46.000	0.0040	0.09%				8.00%
		4.500	250	0.500	202	48	4.596	45.960	0.0040	0.09%				8.08%
		4.500	250	0.500	204	46	4.592	45.920	0.0040	0.09%				8.16%
		4.500	250	0.500	206	44	4.588	45.880	0.0040	0.09%				8.24%
		4.500	250	0.500	208	42	4.584	45.840	0.0040	0.09%				8.32%
		4.500	250	0.500	210	40	4.580	45.800	0.0040	0.09%				8.40%
		4.500	250	0.500	212	38	4.576	45.760	0.0040	0.09%				8.48%
		4.500	250	0.500	214	36	4.572	45.720	0.0040	0.09%				8.56%
		4.500	250	0.500	216	34	4.568	45.680	0.0040	0.09%				8.64%
		4.500	250	0.500	218	32	4.564	45.640	0.0040	0.09%				8.72%

[illegible]

Medication Ativan
Valium Multiplier 10
Original Dose 5.000
Current Dose 4.500
Start Date May 6, 2006
Dry Dose 4.000
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	250	0.500	2	248	4.496	44.960	0.0040	0.09%			10.08%	
		4.000	250	0.500	4	246	4.492	44.920	0.0040	0.09%			10.16%	
		4.000	250	0.500	6	244	4.488	44.880	0.0040	0.09%			10.24%	
		4.000	250	0.500	8	242	4.484	44.840	0.0040	0.09%			10.32%	
		4.000	250	0.500	10	240	4.480	44.800	0.0040	0.09%			10.40%	
		4.000	250	0.500	12	238	4.476	44.760	0.0040	0.09%			10.48%	
		4.000	250	0.500	14	236	4.472	44.720	0.0040	0.09%			10.56%	
		4.000	250	0.500	16	234	4.468	44.680	0.0040	0.09%			10.64%	
		4.000	250	0.500	18	232	4.464	44.640	0.0040	0.09%			10.72%	
		4.000	250	0.500	20	230	4.460	44.600	0.0040	0.09%			10.80%	
		4.000	250	0.500	22	228	4.456	44.560	0.0040	0.09%			10.88%	
		4.000	250	0.500	24	226	4.452	44.520	0.0040	0.09%			10.96%	
		4.000	250	0.500	26	224	4.448	44.480	0.0040	0.09%			11.04%	
		4.000	250	0.500	28	222	4.444	44.440	0.0040	0.09%	0.052	1.16%	0.520	11.12%
		4.000	250	0.500	30	220	4.440	44.400	0.0040	0.09%			11.20%	
		4.000	250	0.500	32	218	4.436	44.360	0.0040	0.09%			11.28%	
		4.000	250	0.500	34	216	4.432	44.320	0.0040	0.09%			11.36%	
		4.000	250	0.500	36	214	4.428	44.280	0.0040	0.09%			11.44%	
		4.000	250	0.500	38	212	4.424	44.240	0.0040	0.09%			11.52%	
		4.000	250	0.500	40	210	4.420	44.200	0.0040	0.09%			11.60%	
		4.000	250	0.500	42	208	4.416	44.160	0.0040	0.09%			11.68%	
		4.000	250	0.500	44	206	4.412	44.120	0.0040	0.09%			11.76%	
		4.000	250	0.500	46	204	4.408	44.080	0.0040	0.09%			11.84%	
		4.000	250	0.500	48	202	4.404	44.040	0.0040	0.09%			11.92%	
		4.000	250	0.500	50	200	4.400	44.000	0.0040	0.09%			12.00%	
		4.000	250	0.500	52	198	4.396	43.960	0.0040	0.09%			12.08%	
		4.000	250	0.500	54	196	4.392	43.920	0.0040	0.09%			12.16%	
		4.000	250	0.500	56	194	4.388	43.880	0.0040	0.09%	0.052	1.26%	0.520	12.24%
		4.000	250	0.500	58	192	4.384	43.840	0.0040	0.09%			12.32%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	250	0.500	60	190	4.380	43.800	0.0040	0.09%			12.40%	
		4.000	250	0.500	62	188	4.376	43.760	0.0040	0.09%			12.48%	
		4.000	250	0.500	64	186	4.372	43.720	0.0040	0.09%			12.56%	
		4.000	250	0.500	66	184	4.368	43.680	0.0040	0.09%			12.64%	
		4.000	250	0.500	68	182	4.364	43.640	0.0040	0.09%			12.72%	
		4.000	250	0.500	70	180	4.360	43.600	0.0040	0.09%			12.80%	
		4.000	250	0.500	72	178	4.356	43.560	0.0040	0.09%			12.88%	
		4.000	250	0.500	74	176	4.352	43.520	0.0040	0.09%			12.96%	
		4.000	250	0.500	76	174	4.348	43.480	0.0040	0.09%			13.04%	
		4.000	250	0.500	78	172	4.344	43.440	0.0040	0.09%			13.12%	
		4.000	250	0.500	80	170	4.340	43.400	0.0040	0.09%			13.20%	
		4.000	250	0.500	82	168	4.336	43.360	0.0040	0.09%			13.28%	
		4.000	250	0.500	84	166	4.332	43.320	0.0040	0.09%	0.052	1.28%	0.520	13.36%
		4.000	250	0.500	86	164	4.328	43.280	0.0040	0.09%			13.44%	
		4.000	250	0.500	88	162	4.324	43.240	0.0040	0.09%			13.52%	
		4.000	250	0.500	90	160	4.320	43.200	0.0040	0.09%			13.60%	
		4.000	250	0.500	92	158	4.316	43.160	0.0040	0.09%			13.68%	
		4.000	250	0.500	94	156	4.312	43.120	0.0040	0.09%			13.76%	
		4.000	250	0.500	96	154	4.308	43.080	0.0040	0.09%			13.84%	
		4.000	250	0.500	98	152	4.304	43.040	0.0040	0.09%			13.92%	
		4.000	250	0.500	100	150	4.300	43.000	0.0040	0.09%			14.00%	
		4.000	250	0.500	102	148	4.296	42.960	0.0040	0.09%			14.08%	
		4.000	250	0.500	104	146	4.292	42.920	0.0040	0.09%			14.16%	
		4.000	250	0.500	106	144	4.288	42.880	0.0040	0.09%			14.24%	
		4.000	250	0.500	108	142	4.284	42.840	0.0040	0.09%			14.32%	
		4.000	250	0.500	110	140	4.280	42.800	0.0040	0.09%			14.40%	
		4.000	250	0.500	112	138	4.276	42.760	0.0040	0.09%	0.052	1.29%	0.520	14.48%
		4.000	250	0.500	114	136	4.272	42.720	0.0040	0.09%			14.56%	
		4.000	250	0.500	116	134	4.268	42.680	0.0040	0.09%			14.64%	
		4.000	250	0.500	118	132	4.264	42.640	0.0040	0.09%			14.72%	
		4.000	250	0.500	120	130	4.260	42.600	0.0040	0.09%			14.80%	
		4.000	250	0.500	122	128	4.256	42.560	0.0040	0.09%			14.88%	
		4.000	250	0.500	124	126	4.252	42.520	0.0040	0.09%			14.96%	
		4.000	250	0.500	126	124	4.248	42.480	0.0040	0.09%			15.04%	
		4.000	250	0.500	128	122	4.244	42.440	0.0040	0.09%			15.12%	
		4.000	250	0.500	130	120	4.240	42.400	0.0040	0.09%			15.20%	
		4.000	250	0.500	132	118	4.236	42.360	0.0040	0.09%			15.28%	
		4.000	250	0.500	134	116	4.232	42.320	0.0040	0.09%			15.36%	
		4.000	250	0.500	136	114	4.228	42.280	0.0040	0.09%			15.44%	
		4.000	250	0.500	138	112	4.224	42.240	0.0040	0.09%			15.52%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	250	0.500	140	110	4.220	42.200	0.0040	0.09%	0.052	1.31%	0.520	15.60%
		4.000	250	0.500	142	108	4.216	42.160	0.0040	0.09%				15.68%
		4.000	250	0.500	144	106	4.212	42.120	0.0040	0.09%				15.76%
		4.000	250	0.500	146	104	4.208	42.080	0.0040	0.09%				15.84%
		4.000	250	0.500	148	102	4.204	42.040	0.0040	0.10%				15.92%
		4.000	250	0.500	150	100	4.200	42.000	0.0040	0.10%				16.00%
		4.000	250	0.500	152	98	4.196	41.960	0.0040	0.10%				16.08%
		4.000	250	0.500	154	96	4.192	41.920	0.0040	0.10%				16.16%
		4.000	250	0.500	156	94	4.188	41.880	0.0040	0.10%				16.24%
		4.000	250	0.500	158	92	4.184	41.840	0.0040	0.10%				16.32%
		4.000	250	0.500	160	90	4.180	41.800	0.0040	0.10%				16.40%
		4.000	250	0.500	162	88	4.176	41.760	0.0040	0.10%				16.48%
		4.000	250	0.500	164	86	4.172	41.720	0.0040	0.10%				16.56%
		4.000	250	0.500	166	84	4.168	41.680	0.0040	0.10%				16.64%
		4.000	250	0.500	168	82	4.164	41.640	0.0040	0.10%	0.052	1.33%	0.520	16.72%
		4.000	250	0.500	170	80	4.160	41.600	0.0040	0.10%				16.80%
		4.000	250	0.500	172	78	4.156	41.560	0.0040	0.10%				16.88%
		4.000	250	0.500	174	76	4.152	41.520	0.0040	0.10%				16.96%
		4.000	250	0.500	176	74	4.148	41.480	0.0040	0.10%				17.04%
		4.000	250	0.500	178	72	4.144	41.440	0.0040	0.10%				17.12%
		4.000	250	0.500	180	70	4.140	41.400	0.0040	0.10%				17.20%
		4.000	250	0.500	182	68	4.136	41.360	0.0040	0.10%				17.28%
		4.000	250	0.500	184	66	4.132	41.320	0.0040	0.10%				17.36%
		4.000	250	0.500	186	64	4.128	41.280	0.0040	0.10%				17.44%
		4.000	250	0.500	188	62	4.124	41.240	0.0040	0.10%				17.52%
		4.000	250	0.500	190	60	4.120	41.200	0.0040	0.10%				17.60%
		4.000	250	0.500	192	58	4.116	41.160	0.0040	0.10%				17.68%
		4.000	250	0.500	194	56	4.112	41.120	0.0040	0.10%				17.76%
		4.000	250	0.500	196	54	4.108	41.080	0.0040	0.10%	0.052	1.34%	0.520	17.84%
		4.000	250	0.500	198	52	4.104	41.040	0.0040	0.10%				17.92%
		4.000	250	0.500	200	50	4.100	41.000	0.0040	0.10%				18.00%
		4.000	250	0.500	202	48	4.096	40.960	0.0040	0.10%				18.08%
		4.000	250	0.500	204	46	4.092	40.920	0.0040	0.10%				18.16%
		4.000	250	0.500	206	44	4.088	40.880	0.0040	0.10%				18.24%
		4.000	250	0.500	208	42	4.084	40.840	0.0040	0.10%				18.32%
		4.000	250	0.500	210	40	4.080	40.800	0.0040	0.10%				18.40%
		4.000	250	0.500	212	38	4.076	40.760	0.0040	0.10%				18.48%
		4.000	250	0.500	214	36	4.072	40.720	0.0040	0.10%				18.56%
		4.000	250	0.500	216	34	4.068	40.680	0.0040	0.10%				18.64%
		4.000	250	0.500	218	32	4.064	40.640	0.0040	0.10%				18.72%

[illegible]

Medication Ativan
Valium Multiplier 10
Original Dose 5.000
Current Dose 4.000
Start Date September 8, 2006
Dry Dose 3.500
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.500	250	0.500	2	248	3.996	39.960	0.0040	0.10%			20.08%	
		3.500	250	0.500	4	246	3.992	39.920	0.0040	0.10%			20.16%	
		3.500	250	0.500	6	244	3.988	39.880	0.0040	0.10%			20.24%	
		3.500	250	0.500	8	242	3.984	39.840	0.0040	0.10%			20.32%	
		3.500	250	0.500	10	240	3.980	39.800	0.0040	0.10%			20.40%	
		3.500	250	0.500	12	238	3.976	39.760	0.0040	0.10%			20.48%	
		3.500	250	0.500	14	236	3.972	39.720	0.0040	0.10%			20.56%	
		3.500	250	0.500	16	234	3.968	39.680	0.0040	0.10%			20.64%	
		3.500	250	0.500	18	232	3.964	39.640	0.0040	0.10%			20.72%	
		3.500	250	0.500	20	230	3.960	39.600	0.0040	0.10%			20.80%	
		3.500	250	0.500	22	228	3.956	39.560	0.0040	0.10%			20.88%	
		3.500	250	0.500	24	226	3.952	39.520	0.0040	0.10%			20.96%	
		3.500	250	0.500	26	224	3.948	39.480	0.0040	0.10%			21.04%	
		3.500	250	0.500	28	222	3.944	39.440	0.0040	0.10%	0.052	1.30%	0.520	21.12%
		3.500	250	0.500	30	220	3.940	39.400	0.0040	0.10%			21.20%	
		3.500	250	0.500	32	218	3.936	39.360	0.0040	0.10%			21.28%	
		3.500	250	0.500	34	216	3.932	39.320	0.0040	0.10%			21.36%	
		3.500	250	0.500	36	214	3.928	39.280	0.0040	0.10%			21.44%	
		3.500	250	0.500	38	212	3.924	39.240	0.0040	0.10%			21.52%	
		3.500	250	0.500	40	210	3.920	39.200	0.0040	0.10%			21.60%	
		3.500	250	0.500	42	208	3.916	39.160	0.0040	0.10%			21.68%	
		3.500	250	0.500	44	206	3.912	39.120	0.0040	0.10%			21.76%	
		3.500	250	0.500	46	204	3.908	39.080	0.0040	0.10%			21.84%	
		3.500	250	0.500	48	202	3.904	39.040	0.0040	0.10%			21.92%	
		3.500	250	0.500	50	200	3.900	39.000	0.0040	0.10%			22.00%	
		3.500	250	0.500	52	198	3.896	38.960	0.0040	0.10%			22.08%	
		3.500	250	0.500	54	196	3.892	38.920	0.0040	0.10%			22.16%	
		3.500	250	0.500	56	194	3.888	38.880	0.0040	0.10%	0.052	1.42%	0.520	22.24%
		3.500	250	0.500	58	192	3.884	38.840	0.0040	0.10%			22.32%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.500	250	0.500	60	190	3.880	38.800	0.0040	0.10%			22.40%	
		3.500	250	0.500	62	188	3.876	38.760	0.0040	0.10%			22.48%	
		3.500	250	0.500	64	186	3.872	38.720	0.0040	0.10%			22.56%	
		3.500	250	0.500	66	184	3.868	38.680	0.0040	0.10%			22.64%	
		3.500	250	0.500	68	182	3.864	38.640	0.0040	0.10%			22.72%	
		3.500	250	0.500	70	180	3.860	38.600	0.0040	0.10%			22.80%	
		3.500	250	0.500	72	178	3.856	38.560	0.0040	0.10%			22.88%	
		3.500	250	0.500	74	176	3.852	38.520	0.0040	0.10%			22.96%	
		3.500	250	0.500	76	174	3.848	38.480	0.0040	0.10%			23.04%	
		3.500	250	0.500	78	172	3.844	38.440	0.0040	0.10%			23.12%	
		3.500	250	0.500	80	170	3.840	38.400	0.0040	0.10%			23.20%	
		3.500	250	0.500	82	168	3.836	38.360	0.0040	0.10%			23.28%	
		3.500	250	0.500	84	166	3.832	38.320	0.0040	0.10%	0.052	1.44%	0.520	23.36%
		3.500	250	0.500	86	164	3.828	38.280	0.0040	0.10%			23.44%	
		3.500	250	0.500	88	162	3.824	38.240	0.0040	0.10%			23.52%	
		3.500	250	0.500	90	160	3.820	38.200	0.0040	0.10%			23.60%	
		3.500	250	0.500	92	158	3.816	38.160	0.0040	0.10%			23.68%	
		3.500	250	0.500	94	156	3.812	38.120	0.0040	0.10%			23.76%	
		3.500	250	0.500	96	154	3.808	38.080	0.0040	0.10%			23.84%	
		3.500	250	0.500	98	152	3.804	38.040	0.0040	0.11%			23.92%	
		3.500	250	0.500	100	150	3.800	38.000	0.0040	0.11%			24.00%	
		3.500	250	0.500	102	148	3.796	37.960	0.0040	0.11%			24.08%	
		3.500	250	0.500	104	146	3.792	37.920	0.0040	0.11%			24.16%	
		3.500	250	0.500	106	144	3.788	37.880	0.0040	0.11%			24.24%	
		3.500	250	0.500	108	142	3.784	37.840	0.0040	0.11%			24.32%	
		3.500	250	0.500	110	140	3.780	37.800	0.0040	0.11%			24.40%	
		3.500	250	0.500	112	138	3.776	37.760	0.0040	0.11%	0.052	1.46%	0.520	24.48%
		3.500	250	0.500	114	136	3.772	37.720	0.0040	0.11%			24.56%	
		3.500	250	0.500	116	134	3.768	37.680	0.0040	0.11%			24.64%	
		3.500	250	0.500	118	132	3.764	37.640	0.0040	0.11%			24.72%	
		3.500	250	0.500	120	130	3.760	37.600	0.0040	0.11%			24.80%	
		3.500	250	0.500	122	128	3.756	37.560	0.0040	0.11%			24.88%	
		3.500	250	0.500	124	126	3.752	37.520	0.0040	0.11%			24.96%	
		3.500	250	0.500	126	124	3.748	37.480	0.0040	0.11%			25.04%	
		3.500	250	0.500	128	122	3.744	37.440	0.0040	0.11%			25.12%	
		3.500	250	0.500	130	120	3.740	37.400	0.0040	0.11%			25.20%	
		3.500	250	0.500	132	118	3.736	37.360	0.0040	0.11%			25.28%	
		3.500	250	0.500	134	116	3.732	37.320	0.0040	0.11%			25.36%	
		3.500	250	0.500	136	114	3.728	37.280	0.0040	0.11%			25.44%	
		3.500	250	0.500	138	112	3.724	37.240	0.0040	0.11%			25.52%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.500	250	0.500	140	110	3.720	37.200	0.0040	0.11%	0.052	1.48%	0.520	25.60%
		3.500	250	0.500	142	108	3.716	37.160	0.0040	0.11%				25.68%
		3.500	250	0.500	144	106	3.712	37.120	0.0040	0.11%				25.76%
		3.500	250	0.500	146	104	3.708	37.080	0.0040	0.11%				25.84%
		3.500	250	0.500	148	102	3.704	37.040	0.0040	0.11%				25.92%
		3.500	250	0.500	150	100	3.700	37.000	0.0040	0.11%				26.00%
		3.500	250	0.500	152	98	3.696	36.960	0.0040	0.11%				26.08%
		3.500	250	0.500	154	96	3.692	36.920	0.0040	0.11%				26.16%
		3.500	250	0.500	156	94	3.688	36.880	0.0040	0.11%				26.24%
		3.500	250	0.500	158	92	3.684	36.840	0.0040	0.11%				26.32%
		3.500	250	0.500	160	90	3.680	36.800	0.0040	0.11%				26.40%
		3.500	250	0.500	162	88	3.676	36.760	0.0040	0.11%				26.48%
		3.500	250	0.500	164	86	3.672	36.720	0.0040	0.11%				26.56%
		3.500	250	0.500	166	84	3.668	36.680	0.0040	0.11%				26.64%
		3.500	250	0.500	168	82	3.664	36.640	0.0040	0.11%	0.052	1.51%	0.520	26.72%
		3.500	250	0.500	170	80	3.660	36.600	0.0040	0.11%				26.80%
		3.500	250	0.500	172	78	3.656	36.560	0.0040	0.11%				26.88%
		3.500	250	0.500	174	76	3.652	36.520	0.0040	0.11%				26.96%
		3.500	250	0.500	176	74	3.648	36.480	0.0040	0.11%				27.04%
		3.500	250	0.500	178	72	3.644	36.440	0.0040	0.11%				27.12%
		3.500	250	0.500	180	70	3.640	36.400	0.0040	0.11%				27.20%
		3.500	250	0.500	182	68	3.636	36.360	0.0040	0.11%				27.28%
		3.500	250	0.500	184	66	3.632	36.320	0.0040	0.11%				27.36%
		3.500	250	0.500	186	64	3.628	36.280	0.0040	0.11%				27.44%
		3.500	250	0.500	188	62	3.624	36.240	0.0040	0.11%				27.52%
		3.500	250	0.500	190	60	3.620	36.200	0.0040	0.11%				27.60%
		3.500	250	0.500	192	58	3.616	36.160	0.0040	0.11%				27.68%
		3.500	250	0.500	194	56	3.612	36.120	0.0040	0.11%				27.76%
		3.500	250	0.500	196	54	3.608	36.080	0.0040	0.11%	0.052	1.53%	0.520	27.84%
		3.500	250	0.500	198	52	3.604	36.040	0.0040	0.11%				27.92%
		3.500	250	0.500	200	50	3.600	36.000	0.0040	0.11%				28.00%
		3.500	250	0.500	202	48	3.596	35.960	0.0040	0.11%				28.08%
		3.500	250	0.500	204	46	3.592	35.920	0.0040	0.11%				28.16%
		3.500	250	0.500	206	44	3.588	35.880	0.0040	0.11%				28.24%
		3.500	250	0.500	208	42	3.584	35.840	0.0040	0.11%				28.32%
		3.500	250	0.500	210	40	3.580	35.800	0.0040	0.11%				28.40%
		3.500	250	0.500	212	38	3.576	35.760	0.0040	0.11%				28.48%
		3.500	250	0.500	214	36	3.572	35.720	0.0040	0.11%				28.56%
		3.500	250	0.500	216	34	3.568	35.680	0.0040	0.11%				28.64%
		3.500	250	0.500	218	32	3.564	35.640	0.0040	0.11%				28.72%

[illegible]

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 3.500
Start Date January 11, 2007
Dry Dose 3.000
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	250	0.500	2	248	3.496	34.960	0.0040	0.11%			30.08%	
		3.000	250	0.500	4	246	3.492	34.920	0.0040	0.11%			30.16%	
		3.000	250	0.500	6	244	3.488	34.880	0.0040	0.11%			30.24%	
		3.000	250	0.500	8	242	3.484	34.840	0.0040	0.11%			30.32%	
		3.000	250	0.500	10	240	3.480	34.800	0.0040	0.11%			30.40%	
		3.000	250	0.500	12	238	3.476	34.760	0.0040	0.11%			30.48%	
		3.000	250	0.500	14	236	3.472	34.720	0.0040	0.12%			30.56%	
		3.000	250	0.500	16	234	3.468	34.680	0.0040	0.12%			30.64%	
		3.000	250	0.500	18	232	3.464	34.640	0.0040	0.12%			30.72%	
		3.000	250	0.500	20	230	3.460	34.600	0.0040	0.12%			30.80%	
		3.000	250	0.500	22	228	3.456	34.560	0.0040	0.12%			30.88%	
		3.000	250	0.500	24	226	3.452	34.520	0.0040	0.12%			30.96%	
		3.000	250	0.500	26	224	3.448	34.480	0.0040	0.12%			31.04%	
		3.000	250	0.500	28	222	3.444	34.440	0.0040	0.12%	0.052	1.49%	0.520	31.12%
		3.000	250	0.500	30	220	3.440	34.400	0.0040	0.12%			31.20%	
		3.000	250	0.500	32	218	3.436	34.360	0.0040	0.12%			31.28%	
		3.000	250	0.500	34	216	3.432	34.320	0.0040	0.12%			31.36%	
		3.000	250	0.500	36	214	3.428	34.280	0.0040	0.12%			31.44%	
		3.000	250	0.500	38	212	3.424	34.240	0.0040	0.12%			31.52%	
		3.000	250	0.500	40	210	3.420	34.200	0.0040	0.12%			31.60%	
		3.000	250	0.500	42	208	3.416	34.160	0.0040	0.12%			31.68%	
		3.000	250	0.500	44	206	3.412	34.120	0.0040	0.12%			31.76%	
		3.000	250	0.500	46	204	3.408	34.080	0.0040	0.12%			31.84%	
		3.000	250	0.500	48	202	3.404	34.040	0.0040	0.12%			31.92%	
		3.000	250	0.500	50	200	3.400	34.000	0.0040	0.12%			32.00%	
		3.000	250	0.500	52	198	3.396	33.960	0.0040	0.12%			32.08%	
		3.000	250	0.500	54	196	3.392	33.920	0.0040	0.12%			32.16%	
		3.000	250	0.500	56	194	3.388	33.880	0.0040	0.12%	0.052	1.63%	0.520	32.24%
		3.000	250	0.500	58	192	3.384	33.840	0.0040	0.12%			32.32%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	250	0.500	60	190	3.380	33.800	0.0040	0.12%			32.40%	
		3.000	250	0.500	62	188	3.376	33.760	0.0040	0.12%			32.48%	
		3.000	250	0.500	64	186	3.372	33.720	0.0040	0.12%			32.56%	
		3.000	250	0.500	66	184	3.368	33.680	0.0040	0.12%			32.64%	
		3.000	250	0.500	68	182	3.364	33.640	0.0040	0.12%			32.72%	
		3.000	250	0.500	70	180	3.360	33.600	0.0040	0.12%			32.80%	
		3.000	250	0.500	72	178	3.356	33.560	0.0040	0.12%			32.88%	
		3.000	250	0.500	74	176	3.352	33.520	0.0040	0.12%			32.96%	
		3.000	250	0.500	76	174	3.348	33.480	0.0040	0.12%			33.04%	
		3.000	250	0.500	78	172	3.344	33.440	0.0040	0.12%			33.12%	
		3.000	250	0.500	80	170	3.340	33.400	0.0040	0.12%			33.20%	
		3.000	250	0.500	82	168	3.336	33.360	0.0040	0.12%			33.28%	
		3.000	250	0.500	84	166	3.332	33.320	0.0040	0.12%	0.052	1.65%	0.520	33.36%
		3.000	250	0.500	86	164	3.328	33.280	0.0040	0.12%			33.44%	
		3.000	250	0.500	88	162	3.324	33.240	0.0040	0.12%			33.52%	
		3.000	250	0.500	90	160	3.320	33.200	0.0040	0.12%			33.60%	
		3.000	250	0.500	92	158	3.316	33.160	0.0040	0.12%			33.68%	
		3.000	250	0.500	94	156	3.312	33.120	0.0040	0.12%			33.76%	
		3.000	250	0.500	96	154	3.308	33.080	0.0040	0.12%			33.84%	
		3.000	250	0.500	98	152	3.304	33.040	0.0040	0.12%			33.92%	
		3.000	250	0.500	100	150	3.300	33.000	0.0040	0.12%			34.00%	
		3.000	250	0.500	102	148	3.296	32.960	0.0040	0.12%			34.08%	
		3.000	250	0.500	104	146	3.292	32.920	0.0040	0.12%			34.16%	
		3.000	250	0.500	106	144	3.288	32.880	0.0040	0.12%			34.24%	
		3.000	250	0.500	108	142	3.284	32.840	0.0040	0.12%			34.32%	
		3.000	250	0.500	110	140	3.280	32.800	0.0040	0.12%			34.40%	
		3.000	250	0.500	112	138	3.276	32.760	0.0040	0.12%	0.052	1.68%	0.520	34.48%
		3.000	250	0.500	114	136	3.272	32.720	0.0040	0.12%			34.56%	
		3.000	250	0.500	116	134	3.268	32.680	0.0040	0.12%			34.64%	
		3.000	250	0.500	118	132	3.264	32.640	0.0040	0.12%			34.72%	
		3.000	250	0.500	120	130	3.260	32.600	0.0040	0.12%			34.80%	
		3.000	250	0.500	122	128	3.256	32.560	0.0040	0.12%			34.88%	
		3.000	250	0.500	124	126	3.252	32.520	0.0040	0.12%			34.96%	
		3.000	250	0.500	126	124	3.248	32.480	0.0040	0.12%			35.04%	
		3.000	250	0.500	128	122	3.244	32.440	0.0040	0.12%			35.12%	
		3.000	250	0.500	130	120	3.240	32.400	0.0040	0.12%			35.20%	
		3.000	250	0.500	132	118	3.236	32.360	0.0040	0.12%			35.28%	
		3.000	250	0.500	134	116	3.232	32.320	0.0040	0.12%			35.36%	
		3.000	250	0.500	136	114	3.228	32.280	0.0040	0.12%			35.44%	
		3.000	250	0.500	138	112	3.224	32.240	0.0040	0.12%			35.52%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	250	0.500	140	110	3.220	32.200	0.0040	0.12%	0.052	1.71%	0.520	35.60%
		3.000	250	0.500	142	108	3.216	32.160	0.0040	0.12%				35.68%
		3.000	250	0.500	144	106	3.212	32.120	0.0040	0.12%				35.76%
		3.000	250	0.500	146	104	3.208	32.080	0.0040	0.12%				35.84%
		3.000	250	0.500	148	102	3.204	32.040	0.0040	0.12%				35.92%
		3.000	250	0.500	150	100	3.200	32.000	0.0040	0.12%				36.00%
		3.000	250	0.500	152	98	3.196	31.960	0.0040	0.13%				36.08%
		3.000	250	0.500	154	96	3.192	31.920	0.0040	0.13%				36.16%
		3.000	250	0.500	156	94	3.188	31.880	0.0040	0.13%				36.24%
		3.000	250	0.500	158	92	3.184	31.840	0.0040	0.13%				36.32%
		3.000	250	0.500	160	90	3.180	31.800	0.0040	0.13%				36.40%
		3.000	250	0.500	162	88	3.176	31.760	0.0040	0.13%				36.48%
		3.000	250	0.500	164	86	3.172	31.720	0.0040	0.13%				36.56%
		3.000	250	0.500	166	84	3.168	31.680	0.0040	0.13%				36.64%
		3.000	250	0.500	168	82	3.164	31.640	0.0040	0.13%	0.052	1.74%	0.520	36.72%
		3.000	250	0.500	170	80	3.160	31.600	0.0040	0.13%				36.80%
		3.000	250	0.500	172	78	3.156	31.560	0.0040	0.13%				36.88%
		3.000	250	0.500	174	76	3.152	31.520	0.0040	0.13%				36.96%
		3.000	250	0.500	176	74	3.148	31.480	0.0040	0.13%				37.04%
		3.000	250	0.500	178	72	3.144	31.440	0.0040	0.13%				37.12%
		3.000	250	0.500	180	70	3.140	31.400	0.0040	0.13%				37.20%
		3.000	250	0.500	182	68	3.136	31.360	0.0040	0.13%				37.28%
		3.000	250	0.500	184	66	3.132	31.320	0.0040	0.13%				37.36%
		3.000	250	0.500	186	64	3.128	31.280	0.0040	0.13%				37.44%
		3.000	250	0.500	188	62	3.124	31.240	0.0040	0.13%				37.52%
		3.000	250	0.500	190	60	3.120	31.200	0.0040	0.13%				37.60%
		3.000	250	0.500	192	58	3.116	31.160	0.0040	0.13%				37.68%
		3.000	250	0.500	194	56	3.112	31.120	0.0040	0.13%				37.76%
		3.000	250	0.500	196	54	3.108	31.080	0.0040	0.13%	0.052	1.77%	0.520	37.84%
		3.000	250	0.500	198	52	3.104	31.040	0.0040	0.13%				37.92%
		3.000	250	0.500	200	50	3.100	31.000	0.0040	0.13%				38.00%
		3.000	250	0.500	202	48	3.096	30.960	0.0040	0.13%				38.08%
		3.000	250	0.500	204	46	3.092	30.920	0.0040	0.13%				38.16%
		3.000	250	0.500	206	44	3.088	30.880	0.0040	0.13%				38.24%
		3.000	250	0.500	208	42	3.084	30.840	0.0040	0.13%				38.32%
		3.000	250	0.500	210	40	3.080	30.800	0.0040	0.13%				38.40%
		3.000	250	0.500	212	38	3.076	30.760	0.0040	0.13%				38.48%
		3.000	250	0.500	214	36	3.072	30.720	0.0040	0.13%				38.56%
		3.000	250	0.500	216	34	3.068	30.680	0.0040	0.13%				38.64%
		3.000	250	0.500	218	32	3.064	30.640	0.0040	0.13%				38.72%

[illegible]

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 3.000
Start Date May 16, 2007
Dry Dose 2.500
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	Valium mg drop	cumulative % drop
		2.500	250	0.500	2	248	2.996	29.960	0.0040	0.13%				40.08%
		2.500	250	0.500	4	246	2.992	29.920	0.0040	0.13%				40.16%
		2.500	250	0.500	6	244	2.988	29.880	0.0040	0.13%				40.24%
		2.500	250	0.500	8	242	2.984	29.840	0.0040	0.13%				40.32%
		2.500	250	0.500	10	240	2.980	29.800	0.0040	0.13%				40.40%
		2.500	250	0.500	12	238	2.976	29.760	0.0040	0.13%				40.48%
		2.500	250	0.500	14	236	2.972	29.720	0.0040	0.13%				40.56%
		2.500	250	0.500	16	234	2.968	29.680	0.0040	0.13%				40.64%
		2.500	250	0.500	18	232	2.964	29.640	0.0040	0.13%				40.72%
		2.500	250	0.500	20	230	2.960	29.600	0.0040	0.13%				40.80%
		2.500	250	0.500	22	228	2.956	29.560	0.0040	0.14%				40.88%
		2.500	250	0.500	24	226	2.952	29.520	0.0040	0.14%				40.96%
		2.500	250	0.500	26	224	2.948	29.480	0.0040	0.14%				41.04%
		2.500	250	0.500	28	222	2.944	29.440	0.0040	0.14%	0.052	1.74%	0.520	41.12%
		2.500	250	0.500	30	220	2.940	29.400	0.0040	0.14%				41.20%
		2.500	250	0.500	32	218	2.936	29.360	0.0040	0.14%				41.28%
		2.500	250	0.500	34	216	2.932	29.320	0.0040	0.14%				41.36%
		2.500	250	0.500	36	214	2.928	29.280	0.0040	0.14%				41.44%
		2.500	250	0.500	38	212	2.924	29.240	0.0040	0.14%				41.52%
		2.500	250	0.500	40	210	2.920	29.200	0.0040	0.14%				41.60%
		2.500	250	0.500	42	208	2.916	29.160	0.0040	0.14%				41.68%
		2.500	250	0.500	44	206	2.912	29.120	0.0040	0.14%				41.76%
		2.500	250	0.500	46	204	2.908	29.080	0.0040	0.14%				41.84%
		2.500	250	0.500	48	202	2.904	29.040	0.0040	0.14%				41.92%
		2.500	250	0.500	50	200	2.900	29.000	0.0040	0.14%				42.00%
		2.500	250	0.500	52	198	2.896	28.960	0.0040	0.14%				42.08%
		2.500	250	0.500	54	196	2.892	28.920	0.0040	0.14%				42.16%
		2.500	250	0.500	56	194	2.888	28.880	0.0040	0.14%	0.052	1.90%	0.520	42.24%
		2.500	250	0.500	58	192	2.884	28.840	0.0040	0.14%				42.32%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		2.500	250	0.500	60	190	2.880	28.800	0.0040	0.14%			42.40%
		2.500	250	0.500	62	188	2.876	28.760	0.0040	0.14%			42.48%
		2.500	250	0.500	64	186	2.872	28.720	0.0040	0.14%			42.56%
		2.500	250	0.500	66	184	2.868	28.680	0.0040	0.14%			42.64%
		2.500	250	0.500	68	182	2.864	28.640	0.0040	0.14%			42.72%
		2.500	250	0.500	70	180	2.860	28.600	0.0040	0.14%			42.80%
		2.500	250	0.500	72	178	2.856	28.560	0.0040	0.14%			42.88%
		2.500	250	0.500	74	176	2.852	28.520	0.0040	0.14%			42.96%
		2.500	250	0.500	76	174	2.848	28.480	0.0040	0.14%			43.04%
		2.500	250	0.500	78	172	2.844	28.440	0.0040	0.14%			43.12%
		2.500	250	0.500	80	170	2.840	28.400	0.0040	0.14%			43.20%
		2.500	250	0.500	82	168	2.836	28.360	0.0040	0.14%			43.28%
		2.500	250	0.500	84	166	2.832	28.320	0.0040	0.14%	0.052	1.94%	0.520 43.36%
		2.500	250	0.500	86	164	2.828	28.280	0.0040	0.14%			43.44%
		2.500	250	0.500	88	162	2.824	28.240	0.0040	0.14%			43.52%
		2.500	250	0.500	90	160	2.820	28.200	0.0040	0.14%			43.60%
		2.500	250	0.500	92	158	2.816	28.160	0.0040	0.14%			43.68%
		2.500	250	0.500	94	156	2.812	28.120	0.0040	0.14%			43.76%
		2.500	250	0.500	96	154	2.808	28.080	0.0040	0.14%			43.84%
		2.500	250	0.500	98	152	2.804	28.040	0.0040	0.14%			43.92%
		2.500	250	0.500	100	150	2.800	28.000	0.0040	0.14%			44.00%
		2.500	250	0.500	102	148	2.796	27.960	0.0040	0.14%			44.08%
		2.500	250	0.500	104	146	2.792	27.920	0.0040	0.14%			44.16%
		2.500	250	0.500	106	144	2.788	27.880	0.0040	0.14%			44.24%
		2.500	250	0.500	108	142	2.784	27.840	0.0040	0.14%			44.32%
		2.500	250	0.500	110	140	2.780	27.800	0.0040	0.14%			44.40%
		2.500	250	0.500	112	138	2.776	27.760	0.0040	0.14%	0.052	1.98%	0.520 44.48%
		2.500	250	0.500	114	136	2.772	27.720	0.0040	0.14%			44.56%
		2.500	250	0.500	116	134	2.768	27.680	0.0040	0.14%			44.64%
		2.500	250	0.500	118	132	2.764	27.640	0.0040	0.14%			44.72%
		2.500	250	0.500	120	130	2.760	27.600	0.0040	0.14%			44.80%
		2.500	250	0.500	122	128	2.756	27.560	0.0040	0.14%			44.88%
		2.500	250	0.500	124	126	2.752	27.520	0.0040	0.15%			44.96%
		2.500	250	0.500	126	124	2.748	27.480	0.0040	0.15%			45.04%
		2.500	250	0.500	128	122	2.744	27.440	0.0040	0.15%			45.12%
		2.500	250	0.500	130	120	2.740	27.400	0.0040	0.15%			45.20%
		2.500	250	0.500	132	118	2.736	27.360	0.0040	0.15%			45.28%
		2.500	250	0.500	134	116	2.732	27.320	0.0040	0.15%			45.36%
		2.500	250	0.500	136	114	2.728	27.280	0.0040	0.15%			45.44%
		2.500	250	0.500	138	112	2.724	27.240	0.0040	0.15%			45.52%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.500	250	0.500	140	110	2.720	27.200	0.0040	0.15%	0.052	2.02%	0.520	45.60%
		2.500	250	0.500	142	108	2.716	27.160	0.0040	0.15%				45.68%
		2.500	250	0.500	144	106	2.712	27.120	0.0040	0.15%				45.76%
		2.500	250	0.500	146	104	2.708	27.080	0.0040	0.15%				45.84%
		2.500	250	0.500	148	102	2.704	27.040	0.0040	0.15%				45.92%
		2.500	250	0.500	150	100	2.700	27.000	0.0040	0.15%				46.00%
		2.500	250	0.500	152	98	2.696	26.960	0.0040	0.15%				46.08%
		2.500	250	0.500	154	96	2.692	26.920	0.0040	0.15%				46.16%
		2.500	250	0.500	156	94	2.688	26.880	0.0040	0.15%				46.24%
		2.500	250	0.500	158	92	2.684	26.840	0.0040	0.15%				46.32%
		2.500	250	0.500	160	90	2.680	26.800	0.0040	0.15%				46.40%
		2.500	250	0.500	162	88	2.676	26.760	0.0040	0.15%				46.48%
		2.500	250	0.500	164	86	2.672	26.720	0.0040	0.15%				46.56%
		2.500	250	0.500	166	84	2.668	26.680	0.0040	0.15%				46.64%
		2.500	250	0.500	168	82	2.664	26.640	0.0040	0.15%	0.052	2.06%	0.520	46.72%
		2.500	250	0.500	170	80	2.660	26.600	0.0040	0.15%				46.80%
		2.500	250	0.500	172	78	2.656	26.560	0.0040	0.15%				46.88%
		2.500	250	0.500	174	76	2.652	26.520	0.0040	0.15%				46.96%
		2.500	250	0.500	176	74	2.648	26.480	0.0040	0.15%				47.04%
		2.500	250	0.500	178	72	2.644	26.440	0.0040	0.15%				47.12%
		2.500	250	0.500	180	70	2.640	26.400	0.0040	0.15%				47.20%
		2.500	250	0.500	182	68	2.636	26.360	0.0040	0.15%				47.28%
		2.500	250	0.500	184	66	2.632	26.320	0.0040	0.15%				47.36%
		2.500	250	0.500	186	64	2.628	26.280	0.0040	0.15%				47.44%
		2.500	250	0.500	188	62	2.624	26.240	0.0040	0.15%				47.52%
		2.500	250	0.500	190	60	2.620	26.200	0.0040	0.15%				47.60%
		2.500	250	0.500	192	58	2.616	26.160	0.0040	0.15%				47.68%
		2.500	250	0.500	194	56	2.612	26.120	0.0040	0.15%				47.76%
		2.500	250	0.500	196	54	2.608	26.080	0.0040	0.15%	0.052	2.10%	0.520	47.84%
		2.500	250	0.500	198	52	2.604	26.040	0.0040	0.15%				47.92%
		2.500	250	0.500	200	50	2.600	26.000	0.0040	0.15%				48.00%
		2.500	250	0.500	202	48	2.596	25.960	0.0040	0.15%				48.08%
		2.500	250	0.500	204	46	2.592	25.920	0.0040	0.15%				48.16%
		2.500	250	0.500	206	44	2.588	25.880	0.0040	0.15%				48.24%
		2.500	250	0.500	208	42	2.584	25.840	0.0040	0.15%				48.32%
		2.500	250	0.500	210	40	2.580	25.800	0.0040	0.15%				48.40%
		2.500	250	0.500	212	38	2.576	25.760	0.0040	0.16%				48.48%
		2.500	250	0.500	214	36	2.572	25.720	0.0040	0.16%				48.56%
		2.500	250	0.500	216	34	2.568	25.680	0.0040	0.16%				48.64%
		2.500	250	0.500	218	32	2.564	25.640	0.0040	0.16%				48.72%

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 2.500
Start Date September 18, 2007
Dry Dose 2.000
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	250	0.500	2	248	2.496	24.960	0.0040	0.16%			50.08%	
		2.000	250	0.500	4	246	2.492	24.920	0.0040	0.16%			50.16%	
		2.000	250	0.500	6	244	2.488	24.880	0.0040	0.16%			50.24%	
		2.000	250	0.500	8	242	2.484	24.840	0.0040	0.16%			50.32%	
		2.000	250	0.500	10	240	2.480	24.800	0.0040	0.16%			50.40%	
		2.000	250	0.500	12	238	2.476	24.760	0.0040	0.16%			50.48%	
		2.000	250	0.500	14	236	2.472	24.720	0.0040	0.16%			50.56%	
		2.000	250	0.500	16	234	2.468	24.680	0.0040	0.16%			50.64%	
		2.000	250	0.500	18	232	2.464	24.640	0.0040	0.16%			50.72%	
		2.000	250	0.500	20	230	2.460	24.600	0.0040	0.16%			50.80%	
		2.000	250	0.500	22	228	2.456	24.560	0.0040	0.16%			50.88%	
		2.000	250	0.500	24	226	2.452	24.520	0.0040	0.16%			50.96%	
		2.000	250	0.500	26	224	2.448	24.480	0.0040	0.16%			51.04%	
		2.000	250	0.500	28	222	2.444	24.440	0.0040	0.16%	0.052	2.08%	0.520	51.12%
		2.000	250	0.500	30	220	2.440	24.400	0.0040	0.16%			51.20%	
		2.000	250	0.500	32	218	2.436	24.360	0.0040	0.16%			51.28%	
		2.000	250	0.500	34	216	2.432	24.320	0.0040	0.16%			51.36%	
		2.000	250	0.500	36	214	2.428	24.280	0.0040	0.16%			51.44%	
		2.000	250	0.500	38	212	2.424	24.240	0.0040	0.16%			51.52%	
		2.000	250	0.500	40	210	2.420	24.200	0.0040	0.17%			51.60%	
		2.000	250	0.500	42	208	2.416	24.160	0.0040	0.17%			51.68%	
		2.000	250	0.500	44	206	2.412	24.120	0.0040	0.17%			51.76%	
		2.000	250	0.500	46	204	2.408	24.080	0.0040	0.17%			51.84%	
		2.000	250	0.500	48	202	2.404	24.040	0.0040	0.17%			51.92%	
		2.000	250	0.500	50	200	2.400	24.000	0.0040	0.17%			52.00%	
		2.000	250	0.500	52	198	2.396	23.960	0.0040	0.17%			52.08%	
		2.000	250	0.500	54	196	2.392	23.920	0.0040	0.17%			52.16%	
		2.000	250	0.500	56	194	2.388	23.880	0.0040	0.17%	0.052	2.29%	0.520	52.24%
		2.000	250	0.500	58	192	2.384	23.840	0.0040	0.17%			52.32%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	250	0.500	60	190	2.380	23.800	0.0040	0.17%			52.40%	
		2.000	250	0.500	62	188	2.376	23.760	0.0040	0.17%			52.48%	
		2.000	250	0.500	64	186	2.372	23.720	0.0040	0.17%			52.56%	
		2.000	250	0.500	66	184	2.368	23.680	0.0040	0.17%			52.64%	
		2.000	250	0.500	68	182	2.364	23.640	0.0040	0.17%			52.72%	
		2.000	250	0.500	70	180	2.360	23.600	0.0040	0.17%			52.80%	
		2.000	250	0.500	72	178	2.356	23.560	0.0040	0.17%			52.88%	
		2.000	250	0.500	74	176	2.352	23.520	0.0040	0.17%			52.96%	
		2.000	250	0.500	76	174	2.348	23.480	0.0040	0.17%			53.04%	
		2.000	250	0.500	78	172	2.344	23.440	0.0040	0.17%			53.12%	
		2.000	250	0.500	80	170	2.340	23.400	0.0040	0.17%			53.20%	
		2.000	250	0.500	82	168	2.336	23.360	0.0040	0.17%			53.28%	
		2.000	250	0.500	84	166	2.332	23.320	0.0040	0.17%	0.052	2.35%	0.520	53.36%
		2.000	250	0.500	86	164	2.328	23.280	0.0040	0.17%			53.44%	
		2.000	250	0.500	88	162	2.324	23.240	0.0040	0.17%			53.52%	
		2.000	250	0.500	90	160	2.320	23.200	0.0040	0.17%			53.60%	
		2.000	250	0.500	92	158	2.316	23.160	0.0040	0.17%			53.68%	
		2.000	250	0.500	94	156	2.312	23.120	0.0040	0.17%			53.76%	
		2.000	250	0.500	96	154	2.308	23.080	0.0040	0.17%			53.84%	
		2.000	250	0.500	98	152	2.304	23.040	0.0040	0.17%			53.92%	
		2.000	250	0.500	100	150	2.300	23.000	0.0040	0.17%			54.00%	
		2.000	250	0.500	102	148	2.296	22.960	0.0040	0.17%			54.08%	
		2.000	250	0.500	104	146	2.292	22.920	0.0040	0.17%			54.16%	
		2.000	250	0.500	106	144	2.288	22.880	0.0040	0.17%			54.24%	
		2.000	250	0.500	108	142	2.284	22.840	0.0040	0.17%			54.32%	
		2.000	250	0.500	110	140	2.280	22.800	0.0040	0.18%			54.40%	
		2.000	250	0.500	112	138	2.276	22.760	0.0040	0.18%	0.052	2.40%	0.520	54.48%
		2.000	250	0.500	114	136	2.272	22.720	0.0040	0.18%			54.56%	
		2.000	250	0.500	116	134	2.268	22.680	0.0040	0.18%			54.64%	
		2.000	250	0.500	118	132	2.264	22.640	0.0040	0.18%			54.72%	
		2.000	250	0.500	120	130	2.260	22.600	0.0040	0.18%			54.80%	
		2.000	250	0.500	122	128	2.256	22.560	0.0040	0.18%			54.88%	
		2.000	250	0.500	124	126	2.252	22.520	0.0040	0.18%			54.96%	
		2.000	250	0.500	126	124	2.248	22.480	0.0040	0.18%			55.04%	
		2.000	250	0.500	128	122	2.244	22.440	0.0040	0.18%			55.12%	
		2.000	250	0.500	130	120	2.240	22.400	0.0040	0.18%			55.20%	
		2.000	250	0.500	132	118	2.236	22.360	0.0040	0.18%			55.28%	
		2.000	250	0.500	134	116	2.232	22.320	0.0040	0.18%			55.36%	
		2.000	250	0.500	136	114	2.228	22.280	0.0040	0.18%			55.44%	
		2.000	250	0.500	138	112	2.224	22.240	0.0040	0.18%			55.52%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		2.000	250	0.500	140	110	2.220	22.200	0.0040	0.18%	0.052	2.46%	0.520	55.60%
		2.000	250	0.500	142	108	2.216	22.160	0.0040	0.18%				55.68%
		2.000	250	0.500	144	106	2.212	22.120	0.0040	0.18%				55.76%
		2.000	250	0.500	146	104	2.208	22.080	0.0040	0.18%				55.84%
		2.000	250	0.500	148	102	2.204	22.040	0.0040	0.18%				55.92%
		2.000	250	0.500	150	100	2.200	22.000	0.0040	0.18%				56.00%
		2.000	250	0.500	152	98	2.196	21.960	0.0040	0.18%				56.08%
		2.000	250	0.500	154	96	2.192	21.920	0.0040	0.18%				56.16%
		2.000	250	0.500	156	94	2.188	21.880	0.0040	0.18%				56.24%
		2.000	250	0.500	158	92	2.184	21.840	0.0040	0.18%				56.32%
		2.000	250	0.500	160	90	2.180	21.800	0.0040	0.18%				56.40%
		2.000	250	0.500	162	88	2.176	21.760	0.0040	0.18%				56.48%
		2.000	250	0.500	164	86	2.172	21.720	0.0040	0.18%				56.56%
		2.000	250	0.500	166	84	2.168	21.680	0.0040	0.18%				56.64%
		2.000	250	0.500	168	82	2.164	21.640	0.0040	0.18%	0.052	2.52%	0.520	56.72%
		2.000	250	0.500	170	80	2.160	21.600	0.0040	0.18%				56.80%
		2.000	250	0.500	172	78	2.156	21.560	0.0040	0.19%				56.88%
		2.000	250	0.500	174	76	2.152	21.520	0.0040	0.19%				56.96%
		2.000	250	0.500	176	74	2.148	21.480	0.0040	0.19%				57.04%
		2.000	250	0.500	178	72	2.144	21.440	0.0040	0.19%				57.12%
		2.000	250	0.500	180	70	2.140	21.400	0.0040	0.19%				57.20%
		2.000	250	0.500	182	68	2.136	21.360	0.0040	0.19%				57.28%
		2.000	250	0.500	184	66	2.132	21.320	0.0040	0.19%				57.36%
		2.000	250	0.500	186	64	2.128	21.280	0.0040	0.19%				57.44%
		2.000	250	0.500	188	62	2.124	21.240	0.0040	0.19%				57.52%
		2.000	250	0.500	190	60	2.120	21.200	0.0040	0.19%				57.60%
		2.000	250	0.500	192	58	2.116	21.160	0.0040	0.19%				57.68%
		2.000	250	0.500	194	56	2.112	21.120	0.0040	0.19%				57.76%
		2.000	250	0.500	196	54	2.108	21.080	0.0040	0.19%	0.052	2.59%	0.520	57.84%
		2.000	250	0.500	198	52	2.104	21.040	0.0040	0.19%				57.92%
		2.000	250	0.500	200	50	2.100	21.000	0.0040	0.19%				58.00%
		2.000	250	0.500	202	48	2.096	20.960	0.0040	0.19%				58.08%
		2.000	250	0.500	204	46	2.092	20.920	0.0040	0.19%				58.16%
		2.000	250	0.500	206	44	2.088	20.880	0.0040	0.19%				58.24%
		2.000	250	0.500	208	42	2.084	20.840	0.0040	0.19%				58.32%
		2.000	250	0.500	210	40	2.080	20.800	0.0040	0.19%				58.40%
		2.000	250	0.500	212	38	2.076	20.760	0.0040	0.19%				58.48%
		2.000	250	0.500	214	36	2.072	20.720	0.0040	0.19%				58.56%
		2.000	250	0.500	216	34	2.068	20.680	0.0040	0.19%				58.64%
		2.000	250	0.500	218	32	2.064	20.640	0.0040	0.19%				58.72%

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 2.000
Start Date January 21, 2008
Dry Dose 1.500
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.500	250	0.500	2	248	1.996	19.960	0.0040	0.20%			60.08%	
		1.500	250	0.500	4	246	1.992	19.920	0.0040	0.20%			60.16%	
		1.500	250	0.500	6	244	1.988	19.880	0.0040	0.20%			60.24%	
		1.500	250	0.500	8	242	1.984	19.840	0.0040	0.20%			60.32%	
		1.500	250	0.500	10	240	1.980	19.800	0.0040	0.20%			60.40%	
		1.500	250	0.500	12	238	1.976	19.760	0.0040	0.20%			60.48%	
		1.500	250	0.500	14	236	1.972	19.720	0.0040	0.20%			60.56%	
		1.500	250	0.500	16	234	1.968	19.680	0.0040	0.20%			60.64%	
		1.500	250	0.500	18	232	1.964	19.640	0.0040	0.20%			60.72%	
		1.500	250	0.500	20	230	1.960	19.600	0.0040	0.20%			60.80%	
		1.500	250	0.500	22	228	1.956	19.560	0.0040	0.20%			60.88%	
		1.500	250	0.500	24	226	1.952	19.520	0.0040	0.20%			60.96%	
		1.500	250	0.500	26	224	1.948	19.480	0.0040	0.20%			61.04%	
		1.500	250	0.500	28	222	1.944	19.440	0.0040	0.21%	0.052	2.61%	0.520	61.12%
		1.500	250	0.500	30	220	1.940	19.400	0.0040	0.21%			61.20%	
		1.500	250	0.500	32	218	1.936	19.360	0.0040	0.21%			61.28%	
		1.500	250	0.500	34	216	1.932	19.320	0.0040	0.21%			61.36%	
		1.500	250	0.500	36	214	1.928	19.280	0.0040	0.21%			61.44%	
		1.500	250	0.500	38	212	1.924	19.240	0.0040	0.21%			61.52%	
		1.500	250	0.500	40	210	1.920	19.200	0.0040	0.21%			61.60%	
		1.500	250	0.500	42	208	1.916	19.160	0.0040	0.21%			61.68%	
		1.500	250	0.500	44	206	1.912	19.120	0.0040	0.21%			61.76%	
		1.500	250	0.500	46	204	1.908	19.080	0.0040	0.21%			61.84%	
		1.500	250	0.500	48	202	1.904	19.040	0.0040	0.21%			61.92%	
		1.500	250	0.500	50	200	1.900	19.000	0.0040	0.21%			62.00%	
		1.500	250	0.500	52	198	1.896	18.960	0.0040	0.21%			62.08%	
		1.500	250	0.500	54	196	1.892	18.920	0.0040	0.21%			62.16%	
		1.500	250	0.500	56	194	1.888	18.880	0.0040	0.21%	0.052	2.88%	0.520	62.24%
		1.500	250	0.500	58	192	1.884	18.840	0.0040	0.21%			62.32%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.500	250	0.500	60	190	1.880	18.800	0.0040	0.21%			62.40%	
		1.500	250	0.500	62	188	1.876	18.760	0.0040	0.21%			62.48%	
		1.500	250	0.500	64	186	1.872	18.720	0.0040	0.21%			62.56%	
		1.500	250	0.500	66	184	1.868	18.680	0.0040	0.21%			62.64%	
		1.500	250	0.500	68	182	1.864	18.640	0.0040	0.21%			62.72%	
		1.500	250	0.500	70	180	1.860	18.600	0.0040	0.21%			62.80%	
		1.500	250	0.500	72	178	1.856	18.560	0.0040	0.22%			62.88%	
		1.500	250	0.500	74	176	1.852	18.520	0.0040	0.22%			62.96%	
		1.500	250	0.500	76	174	1.848	18.480	0.0040	0.22%			63.04%	
		1.500	250	0.500	78	172	1.844	18.440	0.0040	0.22%			63.12%	
		1.500	250	0.500	80	170	1.840	18.400	0.0040	0.22%			63.20%	
		1.500	250	0.500	82	168	1.836	18.360	0.0040	0.22%			63.28%	
		1.500	250	0.500	84	166	1.832	18.320	0.0040	0.22%	0.052	2.97%	0.520	63.36%
		1.500	250	0.500	86	164	1.828	18.280	0.0040	0.22%			63.44%	
		1.500	250	0.500	88	162	1.824	18.240	0.0040	0.22%			63.52%	
		1.500	250	0.500	90	160	1.820	18.200	0.0040	0.22%			63.60%	
		1.500	250	0.500	92	158	1.816	18.160	0.0040	0.22%			63.68%	
		1.500	250	0.500	94	156	1.812	18.120	0.0040	0.22%			63.76%	
		1.500	250	0.500	96	154	1.808	18.080	0.0040	0.22%			63.84%	
		1.500	250	0.500	98	152	1.804	18.040	0.0040	0.22%			63.92%	
		1.500	250	0.500	100	150	1.800	18.000	0.0040	0.22%			64.00%	
		1.500	250	0.500	102	148	1.796	17.960	0.0040	0.22%			64.08%	
		1.500	250	0.500	104	146	1.792	17.920	0.0040	0.22%			64.16%	
		1.500	250	0.500	106	144	1.788	17.880	0.0040	0.22%			64.24%	
		1.500	250	0.500	108	142	1.784	17.840	0.0040	0.22%			64.32%	
		1.500	250	0.500	110	140	1.780	17.800	0.0040	0.22%			64.40%	
		1.500	250	0.500	112	138	1.776	17.760	0.0040	0.22%	0.052	3.06%	0.520	64.48%
		1.500	250	0.500	114	136	1.772	17.720	0.0040	0.23%			64.56%	
		1.500	250	0.500	116	134	1.768	17.680	0.0040	0.23%			64.64%	
		1.500	250	0.500	118	132	1.764	17.640	0.0040	0.23%			64.72%	
		1.500	250	0.500	120	130	1.760	17.600	0.0040	0.23%			64.80%	
		1.500	250	0.500	122	128	1.756	17.560	0.0040	0.23%			64.88%	
		1.500	250	0.500	124	126	1.752	17.520	0.0040	0.23%			64.96%	
		1.500	250	0.500	126	124	1.748	17.480	0.0040	0.23%			65.04%	
		1.500	250	0.500	128	122	1.744	17.440	0.0040	0.23%			65.12%	
		1.500	250	0.500	130	120	1.740	17.400	0.0040	0.23%			65.20%	
		1.500	250	0.500	132	118	1.736	17.360	0.0040	0.23%			65.28%	
		1.500	250	0.500	134	116	1.732	17.320	0.0040	0.23%			65.36%	
		1.500	250	0.500	136	114	1.728	17.280	0.0040	0.23%			65.44%	
		1.500	250	0.500	138	112	1.724	17.240	0.0040	0.23%			65.52%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.500	250	0.500	140	110	1.720	17.200	0.0040	0.23%	0.052	3.15%	0.520	65.60%
		1.500	250	0.500	142	108	1.716	17.160	0.0040	0.23%				65.68%
		1.500	250	0.500	144	106	1.712	17.120	0.0040	0.23%				65.76%
		1.500	250	0.500	146	104	1.708	17.080	0.0040	0.23%				65.84%
		1.500	250	0.500	148	102	1.704	17.040	0.0040	0.23%				65.92%
		1.500	250	0.500	150	100	1.700	17.000	0.0040	0.23%				66.00%
		1.500	250	0.500	152	98	1.696	16.960	0.0040	0.24%				66.08%
		1.500	250	0.500	154	96	1.692	16.920	0.0040	0.24%				66.16%
		1.500	250	0.500	156	94	1.688	16.880	0.0040	0.24%				66.24%
		1.500	250	0.500	158	92	1.684	16.840	0.0040	0.24%				66.32%
		1.500	250	0.500	160	90	1.680	16.800	0.0040	0.24%				66.40%
		1.500	250	0.500	162	88	1.676	16.760	0.0040	0.24%				66.48%
		1.500	250	0.500	164	86	1.672	16.720	0.0040	0.24%				66.56%
		1.500	250	0.500	166	84	1.668	16.680	0.0040	0.24%				66.64%
		1.500	250	0.500	168	82	1.664	16.640	0.0040	0.24%	0.052	3.26%	0.520	66.72%
		1.500	250	0.500	170	80	1.660	16.600	0.0040	0.24%				66.80%
		1.500	250	0.500	172	78	1.656	16.560	0.0040	0.24%				66.88%
		1.500	250	0.500	174	76	1.652	16.520	0.0040	0.24%				66.96%
		1.500	250	0.500	176	74	1.648	16.480	0.0040	0.24%				67.04%
		1.500	250	0.500	178	72	1.644	16.440	0.0040	0.24%				67.12%
		1.500	250	0.500	180	70	1.640	16.400	0.0040	0.24%				67.20%
		1.500	250	0.500	182	68	1.636	16.360	0.0040	0.24%				67.28%
		1.500	250	0.500	184	66	1.632	16.320	0.0040	0.24%				67.36%
		1.500	250	0.500	186	64	1.628	16.280	0.0040	0.25%				67.44%
		1.500	250	0.500	188	62	1.624	16.240	0.0040	0.25%				67.52%
		1.500	250	0.500	190	60	1.620	16.200	0.0040	0.25%				67.60%
		1.500	250	0.500	192	58	1.616	16.160	0.0040	0.25%				67.68%
		1.500	250	0.500	194	56	1.612	16.120	0.0040	0.25%				67.76%
		1.500	250	0.500	196	54	1.608	16.080	0.0040	0.25%	0.052	3.37%	0.520	67.84%
		1.500	250	0.500	198	52	1.604	16.040	0.0040	0.25%				67.92%
		1.500	250	0.500	200	50	1.600	16.000	0.0040	0.25%				68.00%
		1.500	250	0.500	202	48	1.596	15.960	0.0040	0.25%				68.08%
		1.500	250	0.500	204	46	1.592	15.920	0.0040	0.25%				68.16%
		1.500	250	0.500	206	44	1.588	15.880	0.0040	0.25%				68.24%
		1.500	250	0.500	208	42	1.584	15.840	0.0040	0.25%				68.32%
		1.500	250	0.500	210	40	1.580	15.800	0.0040	0.25%				68.40%
		1.500	250	0.500	212	38	1.576	15.760	0.0040	0.25%				68.48%
		1.500	250	0.500	214	36	1.572	15.720	0.0040	0.25%				68.56%
		1.500	250	0.500	216	34	1.568	15.680	0.0040	0.25%				68.64%
		1.500	250	0.500	218	32	1.564	15.640	0.0040	0.26%				68.72%

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 1.500
Start Date May 25, 2008
Dry Dose 1.000
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	250	0.500	2	248	1.496	14.960	0.0040	0.27%			70.08%	
		1.000	250	0.500	4	246	1.492	14.920	0.0040	0.27%			70.16%	
		1.000	250	0.500	6	244	1.488	14.880	0.0040	0.27%			70.24%	
		1.000	250	0.500	8	242	1.484	14.840	0.0040	0.27%			70.32%	
		1.000	250	0.500	10	240	1.480	14.800	0.0040	0.27%			70.40%	
		1.000	250	0.500	12	238	1.476	14.760	0.0040	0.27%			70.48%	
		1.000	250	0.500	14	236	1.472	14.720	0.0040	0.27%			70.56%	
		1.000	250	0.500	16	234	1.468	14.680	0.0040	0.27%			70.64%	
		1.000	250	0.500	18	232	1.464	14.640	0.0040	0.27%			70.72%	
		1.000	250	0.500	20	230	1.460	14.600	0.0040	0.27%			70.80%	
		1.000	250	0.500	22	228	1.456	14.560	0.0040	0.27%			70.88%	
		1.000	250	0.500	24	226	1.452	14.520	0.0040	0.27%			70.96%	
		1.000	250	0.500	26	224	1.448	14.480	0.0040	0.28%			71.04%	
		1.000	250	0.500	28	222	1.444	14.440	0.0040	0.28%	0.052	3.48%	0.520	71.12%
		1.000	250	0.500	30	220	1.440	14.400	0.0040	0.28%			71.20%	
		1.000	250	0.500	32	218	1.436	14.360	0.0040	0.28%			71.28%	
		1.000	250	0.500	34	216	1.432	14.320	0.0040	0.28%			71.36%	
		1.000	250	0.500	36	214	1.428	14.280	0.0040	0.28%			71.44%	
		1.000	250	0.500	38	212	1.424	14.240	0.0040	0.28%			71.52%	
		1.000	250	0.500	40	210	1.420	14.200	0.0040	0.28%			71.60%	
		1.000	250	0.500	42	208	1.416	14.160	0.0040	0.28%			71.68%	
		1.000	250	0.500	44	206	1.412	14.120	0.0040	0.28%			71.76%	
		1.000	250	0.500	46	204	1.408	14.080	0.0040	0.28%			71.84%	
		1.000	250	0.500	48	202	1.404	14.040	0.0040	0.28%			71.92%	
		1.000	250	0.500	50	200	1.400	14.000	0.0040	0.28%			72.00%	
		1.000	250	0.500	52	198	1.396	13.960	0.0040	0.29%			72.08%	
		1.000	250	0.500	54	196	1.392	13.920	0.0040	0.29%			72.16%	
		1.000	250	0.500	56	194	1.388	13.880	0.0040	0.29%	0.052	3.88%	0.520	72.24%
		1.000	250	0.500	58	192	1.384	13.840	0.0040	0.29%			72.32%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		1.000	250	0.500	60	190	1.380	13.800	0.0040	0.29%			72.40%
		1.000	250	0.500	62	188	1.376	13.760	0.0040	0.29%			72.48%
		1.000	250	0.500	64	186	1.372	13.720	0.0040	0.29%			72.56%
		1.000	250	0.500	66	184	1.368	13.680	0.0040	0.29%			72.64%
		1.000	250	0.500	68	182	1.364	13.640	0.0040	0.29%			72.72%
		1.000	250	0.500	70	180	1.360	13.600	0.0040	0.29%			72.80%
		1.000	250	0.500	72	178	1.356	13.560	0.0040	0.29%			72.88%
		1.000	250	0.500	74	176	1.352	13.520	0.0040	0.29%			72.96%
		1.000	250	0.500	76	174	1.348	13.480	0.0040	0.30%			73.04%
		1.000	250	0.500	78	172	1.344	13.440	0.0040	0.30%			73.12%
		1.000	250	0.500	80	170	1.340	13.400	0.0040	0.30%			73.20%
		1.000	250	0.500	82	168	1.336	13.360	0.0040	0.30%			73.28%
		1.000	250	0.500	84	166	1.332	13.320	0.0040	0.30%	0.052	4.03%	0.520 73.36%
		1.000	250	0.500	86	164	1.328	13.280	0.0040	0.30%			73.44%
		1.000	250	0.500	88	162	1.324	13.240	0.0040	0.30%			73.52%
		1.000	250	0.500	90	160	1.320	13.200	0.0040	0.30%			73.60%
		1.000	250	0.500	92	158	1.316	13.160	0.0040	0.30%			73.68%
		1.000	250	0.500	94	156	1.312	13.120	0.0040	0.30%			73.76%
		1.000	250	0.500	96	154	1.308	13.080	0.0040	0.30%			73.84%
		1.000	250	0.500	98	152	1.304	13.040	0.0040	0.31%			73.92%
		1.000	250	0.500	100	150	1.300	13.000	0.0040	0.31%			74.00%
		1.000	250	0.500	102	148	1.296	12.960	0.0040	0.31%			74.08%
		1.000	250	0.500	104	146	1.292	12.920	0.0040	0.31%			74.16%
		1.000	250	0.500	106	144	1.288	12.880	0.0040	0.31%			74.24%
		1.000	250	0.500	108	142	1.284	12.840	0.0040	0.31%			74.32%
		1.000	250	0.500	110	140	1.280	12.800	0.0040	0.31%			74.40%
		1.000	250	0.500	112	138	1.276	12.760	0.0040	0.31%	0.052	4.20%	0.520 74.48%
		1.000	250	0.500	114	136	1.272	12.720	0.0040	0.31%			74.56%
		1.000	250	0.500	116	134	1.268	12.680	0.0040	0.31%			74.64%
		1.000	250	0.500	118	132	1.264	12.640	0.0040	0.32%			74.72%
		1.000	250	0.500	120	130	1.260	12.600	0.0040	0.32%			74.80%
		1.000	250	0.500	122	128	1.256	12.560	0.0040	0.32%			74.88%
		1.000	250	0.500	124	126	1.252	12.520	0.0040	0.32%			74.96%
		1.000	250	0.500	126	124	1.248	12.480	0.0040	0.32%			75.04%
		1.000	250	0.500	128	122	1.244	12.440	0.0040	0.32%			75.12%
		1.000	250	0.500	130	120	1.240	12.400	0.0040	0.32%			75.20%
		1.000	250	0.500	132	118	1.236	12.360	0.0040	0.32%			75.28%
		1.000	250	0.500	134	116	1.232	12.320	0.0040	0.32%			75.36%
		1.000	250	0.500	136	114	1.228	12.280	0.0040	0.32%			75.44%
		1.000	250	0.500	138	112	1.224	12.240	0.0040	0.33%			75.52%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	250	0.500	140	110	1.220	12.200	0.0040	0.33%	0.052	4.39%	0.520	75.60%
		1.000	250	0.500	142	108	1.216	12.160	0.0040	0.33%				75.68%
		1.000	250	0.500	144	106	1.212	12.120	0.0040	0.33%				75.76%
		1.000	250	0.500	146	104	1.208	12.080	0.0040	0.33%				75.84%
		1.000	250	0.500	148	102	1.204	12.040	0.0040	0.33%				75.92%
		1.000	250	0.500	150	100	1.200	12.000	0.0040	0.33%				76.00%
		1.000	250	0.500	152	98	1.196	11.960	0.0040	0.33%				76.08%
		1.000	250	0.500	154	96	1.192	11.920	0.0040	0.33%				76.16%
		1.000	250	0.500	156	94	1.188	11.880	0.0040	0.34%				76.24%
		1.000	250	0.500	158	92	1.184	11.840	0.0040	0.34%				76.32%
		1.000	250	0.500	160	90	1.180	11.800	0.0040	0.34%				76.40%
		1.000	250	0.500	162	88	1.176	11.760	0.0040	0.34%				76.48%
		1.000	250	0.500	164	86	1.172	11.720	0.0040	0.34%				76.56%
		1.000	250	0.500	166	84	1.168	11.680	0.0040	0.34%				76.64%
		1.000	250	0.500	168	82	1.164	11.640	0.0040	0.34%	0.052	4.59%	0.520	76.72%
		1.000	250	0.500	170	80	1.160	11.600	0.0040	0.34%				76.80%
		1.000	250	0.500	172	78	1.156	11.560	0.0040	0.34%				76.88%
		1.000	250	0.500	174	76	1.152	11.520	0.0040	0.35%				76.96%
		1.000	250	0.500	176	74	1.148	11.480	0.0040	0.35%				77.04%
		1.000	250	0.500	178	72	1.144	11.440	0.0040	0.35%				77.12%
		1.000	250	0.500	180	70	1.140	11.400	0.0040	0.35%				77.20%
		1.000	250	0.500	182	68	1.136	11.360	0.0040	0.35%				77.28%
		1.000	250	0.500	184	66	1.132	11.320	0.0040	0.35%				77.36%
		1.000	250	0.500	186	64	1.128	11.280	0.0040	0.35%				77.44%
		1.000	250	0.500	188	62	1.124	11.240	0.0040	0.35%				77.52%
		1.000	250	0.500	190	60	1.120	11.200	0.0040	0.36%				77.60%
		1.000	250	0.500	192	58	1.116	11.160	0.0040	0.36%				77.68%
		1.000	250	0.500	194	56	1.112	11.120	0.0040	0.36%				77.76%
		1.000	250	0.500	196	54	1.108	11.080	0.0040	0.36%	0.052	4.81%	0.520	77.84%
		1.000	250	0.500	198	52	1.104	11.040	0.0040	0.36%				77.92%
		1.000	250	0.500	200	50	1.100	11.000	0.0040	0.36%				78.00%
		1.000	250	0.500	202	48	1.096	10.960	0.0040	0.36%				78.08%
		1.000	250	0.500	204	46	1.092	10.920	0.0040	0.36%				78.16%
		1.000	250	0.500	206	44	1.088	10.880	0.0040	0.37%				78.24%
		1.000	250	0.500	208	42	1.084	10.840	0.0040	0.37%				78.32%
		1.000	250	0.500	210	40	1.080	10.800	0.0040	0.37%				78.40%
		1.000	250	0.500	212	38	1.076	10.760	0.0040	0.37%				78.48%
		1.000	250	0.500	214	36	1.072	10.720	0.0040	0.37%				78.56%
		1.000	250	0.500	216	34	1.068	10.680	0.0040	0.37%				78.64%
		1.000	250	0.500	218	32	1.064	10.640	0.0040	0.37%				78.72%

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 1.000
Start Date September 27, 2008
Dry Dose 0.500
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		0.500	250	0.500	2	248	0.996	9.960	0.0040	0.40%			80.08%
		0.500	250	0.500	4	246	0.992	9.920	0.0040	0.40%			80.16%
		0.500	250	0.500	6	244	0.988	9.880	0.0040	0.40%			80.24%
		0.500	250	0.500	8	242	0.984	9.840	0.0040	0.40%			80.32%
		0.500	250	0.500	10	240	0.980	9.800	0.0040	0.41%			80.40%
		0.500	250	0.500	12	238	0.976	9.760	0.0040	0.41%			80.48%
		0.500	250	0.500	14	236	0.972	9.720	0.0040	0.41%			80.56%
		0.500	250	0.500	16	234	0.968	9.680	0.0040	0.41%			80.64%
		0.500	250	0.500	18	232	0.964	9.640	0.0040	0.41%			80.72%
		0.500	250	0.500	20	230	0.960	9.600	0.0040	0.41%			80.80%
		0.500	250	0.500	22	228	0.956	9.560	0.0040	0.42%			80.88%
		0.500	250	0.500	24	226	0.952	9.520	0.0040	0.42%			80.96%
		0.500	250	0.500	26	224	0.948	9.480	0.0040	0.42%			81.04%
		0.500	250	0.500	28	222	0.944	9.440	0.0040	0.42%	0.052	5.22%	81.12%
		0.500	250	0.500	30	220	0.940	9.400	0.0040	0.42%			81.20%
		0.500	250	0.500	32	218	0.936	9.360	0.0040	0.43%			81.28%
		0.500	250	0.500	34	216	0.932	9.320	0.0040	0.43%			81.36%
		0.500	250	0.500	36	214	0.928	9.280	0.0040	0.43%			81.44%
		0.500	250	0.500	38	212	0.924	9.240	0.0040	0.43%			81.52%
		0.500	250	0.500	40	210	0.920	9.200	0.0040	0.43%			81.60%
		0.500	250	0.500	42	208	0.916	9.160	0.0040	0.43%			81.68%
		0.500	250	0.500	44	206	0.912	9.120	0.0040	0.44%			81.76%
		0.500	250	0.500	46	204	0.908	9.080	0.0040	0.44%			81.84%
		0.500	250	0.500	48	202	0.904	9.040	0.0040	0.44%			81.92%
		0.500	250	0.500	50	200	0.900	9.000	0.0040	0.44%			82.00%
		0.500	250	0.500	52	198	0.896	8.960	0.0040	0.44%			82.08%
		0.500	250	0.500	54	196	0.892	8.920	0.0040	0.45%			82.16%
		0.500	250	0.500	56	194	0.888	8.880	0.0040	0.45%	0.052	5.93%	82.24%
		0.500	250	0.500	58	192	0.884	8.840	0.0040	0.45%			82.32%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		0.500	250	0.500	60	190	0.880	8.800	0.0040	0.45%			82.40%
		0.500	250	0.500	62	188	0.876	8.760	0.0040	0.45%			82.48%
		0.500	250	0.500	64	186	0.872	8.720	0.0040	0.46%			82.56%
		0.500	250	0.500	66	184	0.868	8.680	0.0040	0.46%			82.64%
		0.500	250	0.500	68	182	0.864	8.640	0.0040	0.46%			82.72%
		0.500	250	0.500	70	180	0.860	8.600	0.0040	0.46%			82.80%
		0.500	250	0.500	72	178	0.856	8.560	0.0040	0.47%			82.88%
		0.500	250	0.500	74	176	0.852	8.520	0.0040	0.47%			82.96%
		0.500	250	0.500	76	174	0.848	8.480	0.0040	0.47%			83.04%
		0.500	250	0.500	78	172	0.844	8.440	0.0040	0.47%			83.12%
		0.500	250	0.500	80	170	0.840	8.400	0.0040	0.47%			83.20%
		0.500	250	0.500	82	168	0.836	8.360	0.0040	0.48%			83.28%
		0.500	250	0.500	84	166	0.832	8.320	0.0040	0.48%	0.052	6.31%	0.520 83.36%
		0.500	250	0.500	86	164	0.828	8.280	0.0040	0.48%			83.44%
		0.500	250	0.500	88	162	0.824	8.240	0.0040	0.48%			83.52%
		0.500	250	0.500	90	160	0.820	8.200	0.0040	0.49%			83.60%
		0.500	250	0.500	92	158	0.816	8.160	0.0040	0.49%			83.68%
		0.500	250	0.500	94	156	0.812	8.120	0.0040	0.49%			83.76%
		0.500	250	0.500	96	154	0.808	8.080	0.0040	0.49%			83.84%
		0.500	250	0.500	98	152	0.804	8.040	0.0040	0.50%			83.92%
		0.500	250	0.500	100	150	0.800	8.000	0.0040	0.50%			84.00%
		0.500	250	0.500	102	148	0.796	7.960	0.0040	0.50%			84.08%
		0.500	250	0.500	104	146	0.792	7.920	0.0040	0.50%			84.16%
		0.500	250	0.500	106	144	0.788	7.880	0.0040	0.51%			84.24%
		0.500	250	0.500	108	142	0.784	7.840	0.0040	0.51%			84.32%
		0.500	250	0.500	110	140	0.780	7.800	0.0040	0.51%			84.40%
		0.500	250	0.500	112	138	0.776	7.760	0.0040	0.51%	0.052	6.73%	0.520 84.48%
		0.500	250	0.500	114	136	0.772	7.720	0.0040	0.52%			84.56%
		0.500	250	0.500	116	134	0.768	7.680	0.0040	0.52%			84.64%
		0.500	250	0.500	118	132	0.764	7.640	0.0040	0.52%			84.72%
		0.500	250	0.500	120	130	0.760	7.600	0.0040	0.52%			84.80%
		0.500	250	0.500	122	128	0.756	7.560	0.0040	0.53%			84.88%
		0.500	250	0.500	124	126	0.752	7.520	0.0040	0.53%			84.96%
		0.500	250	0.500	126	124	0.748	7.480	0.0040	0.53%			85.04%
		0.500	250	0.500	128	122	0.744	7.440	0.0040	0.53%			85.12%
		0.500	250	0.500	130	120	0.740	7.400	0.0040	0.54%			85.20%
		0.500	250	0.500	132	118	0.736	7.360	0.0040	0.54%			85.28%
		0.500	250	0.500	134	116	0.732	7.320	0.0040	0.54%			85.36%
		0.500	250	0.500	136	114	0.728	7.280	0.0040	0.55%			85.44%
		0.500	250	0.500	138	112	0.724	7.240	0.0040	0.55%			85.52%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.500	250	0.500	140	110	0.720	7.200	0.0040	0.55%	0.052	7.22%	0.520	85.60%
		0.500	250	0.500	142	108	0.716	7.160	0.0040	0.56%				85.68%
		0.500	250	0.500	144	106	0.712	7.120	0.0040	0.56%				85.76%
		0.500	250	0.500	146	104	0.708	7.080	0.0040	0.56%				85.84%
		0.500	250	0.500	148	102	0.704	7.040	0.0040	0.56%				85.92%
		0.500	250	0.500	150	100	0.700	7.000	0.0040	0.57%				86.00%
		0.500	250	0.500	152	98	0.696	6.960	0.0040	0.57%				86.08%
		0.500	250	0.500	154	96	0.692	6.920	0.0040	0.57%				86.16%
		0.500	250	0.500	156	94	0.688	6.880	0.0040	0.58%				86.24%
		0.500	250	0.500	158	92	0.684	6.840	0.0040	0.58%				86.32%
		0.500	250	0.500	160	90	0.680	6.800	0.0040	0.58%				86.40%
		0.500	250	0.500	162	88	0.676	6.760	0.0040	0.59%				86.48%
		0.500	250	0.500	164	86	0.672	6.720	0.0040	0.59%				86.56%
		0.500	250	0.500	166	84	0.668	6.680	0.0040	0.60%				86.64%
		0.500	250	0.500	168	82	0.664	6.640	0.0040	0.60%	0.052	7.78%	0.520	86.72%
		0.500	250	0.500	170	80	0.660	6.600	0.0040	0.60%				86.80%
		0.500	250	0.500	172	78	0.656	6.560	0.0040	0.61%				86.88%
		0.500	250	0.500	174	76	0.652	6.520	0.0040	0.61%				86.96%
		0.500	250	0.500	176	74	0.648	6.480	0.0040	0.61%				87.04%
		0.500	250	0.500	178	72	0.644	6.440	0.0040	0.62%				87.12%
		0.500	250	0.500	180	70	0.640	6.400	0.0040	0.62%				87.20%
		0.500	250	0.500	182	68	0.636	6.360	0.0040	0.63%				87.28%
		0.500	250	0.500	184	66	0.632	6.320	0.0040	0.63%				87.36%
		0.500	250	0.500	186	64	0.628	6.280	0.0040	0.63%				87.44%
		0.500	250	0.500	188	62	0.624	6.240	0.0040	0.64%				87.52%
		0.500	250	0.500	190	60	0.620	6.200	0.0040	0.64%				87.60%
		0.500	250	0.500	192	58	0.616	6.160	0.0040	0.65%				87.68%
		0.500	250	0.500	194	56	0.612	6.120	0.0040	0.65%				87.76%
		0.500	250	0.500	196	54	0.608	6.080	0.0040	0.65%	0.052	8.43%	0.520	87.84%
		0.500	250	0.500	198	52	0.604	6.040	0.0040	0.66%				87.92%
		0.500	250	0.500	200	50	0.600	6.000	0.0040	0.66%				88.00%
		0.500	250	0.500	202	48	0.596	5.960	0.0040	0.67%				88.08%
		0.500	250	0.500	204	46	0.592	5.920	0.0040	0.67%				88.16%
		0.500	250	0.500	206	44	0.588	5.880	0.0040	0.68%				88.24%
		0.500	250	0.500	208	42	0.584	5.840	0.0040	0.68%				88.32%
		0.500	250	0.500	210	40	0.580	5.800	0.0040	0.68%				88.40%
		0.500	250	0.500	212	38	0.576	5.760	0.0040	0.69%				88.48%
		0.500	250	0.500	214	36	0.572	5.720	0.0040	0.69%				88.56%
		0.500	250	0.500	216	34	0.568	5.680	0.0040	0.70%				88.64%
		0.500	250	0.500	218	32	0.564	5.640	0.0040	0.70%				88.72%

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 0.500
Start Date January 30, 2009
Dry Dose 0.000
Dissolve Dose 0.500
Water in ML **250**
ML Increments **2**
Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
	0.000	250	0.500	2	248	0.496	4.960	0.0040	0.80%				90.08%
	0.000	250	0.500	4	246	0.492	4.920	0.0040	0.81%				90.16%
	0.000	250	0.500	6	244	0.488	4.880	0.0040	0.81%				90.24%
	0.000	250	0.500	8	242	0.484	4.840	0.0040	0.82%				90.32%
	0.000	250	0.500	10	240	0.480	4.800	0.0040	0.83%				90.40%
	0.000	250	0.500	12	238	0.476	4.760	0.0040	0.83%				90.48%
	0.000	250	0.500	14	236	0.472	4.720	0.0040	0.84%				90.56%
	0.000	250	0.500	16	234	0.468	4.680	0.0040	0.85%				90.64%
	0.000	250	0.500	18	232	0.464	4.640	0.0040	0.85%				90.72%
	0.000	250	0.500	20	230	0.460	4.600	0.0040	0.86%				90.80%
	0.000	250	0.500	22	228	0.456	4.560	0.0040	0.87%				90.88%
	0.000	250	0.500	24	226	0.452	4.520	0.0040	0.88%				90.96%
	0.000	250	0.500	26	224	0.448	4.480	0.0040	0.88%				91.04%
	0.000	250	0.500	28	222	0.444	4.440	0.0040	0.89%	0.052	10.48%	0.520	91.12%
	0.000	250	0.500	30	220	0.440	4.400	0.0040	0.90%				91.20%
	0.000	250	0.500	32	218	0.436	4.360	0.0040	0.91%				91.28%
	0.000	250	0.500	34	216	0.432	4.320	0.0040	0.92%				91.36%
	0.000	250	0.500	36	214	0.428	4.280	0.0040	0.93%				91.44%
	0.000	250	0.500	38	212	0.424	4.240	0.0040	0.93%				91.52%
	0.000	250	0.500	40	210	0.420	4.200	0.0040	0.94%				91.60%
	0.000	250	0.500	42	208	0.416	4.160	0.0040	0.95%				91.68%
	0.000	250	0.500	44	206	0.412	4.120	0.0040	0.96%				91.76%
	0.000	250	0.500	46	204	0.408	4.080	0.0040	0.97%				91.84%
	0.000	250	0.500	48	202	0.404	4.040	0.0040	0.98%				91.92%
	0.000	250	0.500	50	200	0.400	4.000	0.0040	0.99%				92.00%
	0.000	250	0.500	52	198	0.396	3.960	0.0040	1.00%				92.08%
	0.000	250	0.500	54	196	0.392	3.920	0.0040	1.01%				92.16%
	0.000	250	0.500	56	194	0.388	3.880	0.0040	1.02%	0.052	12.61%	0.520	92.24%
	0.000	250	0.500	58	192	0.384	3.840	0.0040	1.03%				92.32%

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	250	0.500	60	190	0.380	3.800	0.0040	1.04%			92.40%	
		0.000	250	0.500	62	188	0.376	3.760	0.0040	1.05%			92.48%	
		0.000	250	0.500	64	186	0.372	3.720	0.0040	1.06%			92.56%	
		0.000	250	0.500	66	184	0.368	3.680	0.0040	1.08%			92.64%	
		0.000	250	0.500	68	182	0.364	3.640	0.0040	1.09%			92.72%	
		0.000	250	0.500	70	180	0.360	3.600	0.0040	1.10%			92.80%	
		0.000	250	0.500	72	178	0.356	3.560	0.0040	1.11%			92.88%	
		0.000	250	0.500	74	176	0.352	3.520	0.0040	1.12%			92.96%	
		0.000	250	0.500	76	174	0.348	3.480	0.0040	1.14%			93.04%	
		0.000	250	0.500	78	172	0.344	3.440	0.0040	1.15%			93.12%	
		0.000	250	0.500	80	170	0.340	3.400	0.0040	1.16%			93.20%	
		0.000	250	0.500	82	168	0.336	3.360	0.0040	1.18%			93.28%	
		0.000	250	0.500	84	166	0.332	3.320	0.0040	1.19%	0.052	14.43%	0.520	93.36%
		0.000	250	0.500	86	164	0.328	3.280	0.0040	1.20%			93.44%	
		0.000	250	0.500	88	162	0.324	3.240	0.0040	1.22%			93.52%	
		0.000	250	0.500	90	160	0.320	3.200	0.0040	1.23%			93.60%	
		0.000	250	0.500	92	158	0.316	3.160	0.0040	1.25%			93.68%	
		0.000	250	0.500	94	156	0.312	3.120	0.0040	1.27%			93.76%	
		0.000	250	0.500	96	154	0.308	3.080	0.0040	1.28%			93.84%	
		0.000	250	0.500	98	152	0.304	3.040	0.0040	1.30%			93.92%	
		0.000	250	0.500	100	150	0.300	3.000	0.0040	1.32%			94.00%	
		0.000	250	0.500	102	148	0.296	2.960	0.0040	1.33%			94.08%	
		0.000	250	0.500	104	146	0.292	2.920	0.0040	1.35%			94.16%	
		0.000	250	0.500	106	144	0.288	2.880	0.0040	1.37%			94.24%	
		0.000	250	0.500	108	142	0.284	2.840	0.0040	1.39%			94.32%	
		0.000	250	0.500	110	140	0.280	2.800	0.0040	1.41%			94.40%	
		0.000	250	0.500	112	138	0.276	2.760	0.0040	1.43%	0.052	16.87%	0.520	94.48%
		0.000	250	0.500	114	136	0.272	2.720	0.0040	1.45%			94.56%	
		0.000	250	0.500	116	134	0.268	2.680	0.0040	1.47%			94.64%	
		0.000	250	0.500	118	132	0.264	2.640	0.0040	1.49%			94.72%	
		0.000	250	0.500	120	130	0.260	2.600	0.0040	1.52%			94.80%	
		0.000	250	0.500	122	128	0.256	2.560	0.0040	1.54%			94.88%	
		0.000	250	0.500	124	126	0.252	2.520	0.0040	1.56%			94.96%	
		0.000	250	0.500	126	124	0.248	2.480	0.0040	1.59%			95.04%	
		0.000	250	0.500	128	122	0.244	2.440	0.0040	1.61%			95.12%	
		0.000	250	0.500	130	120	0.240	2.400	0.0040	1.64%			95.20%	
		0.000	250	0.500	132	118	0.236	2.360	0.0040	1.67%			95.28%	
		0.000	250	0.500	134	116	0.232	2.320	0.0040	1.69%			95.36%	
		0.000	250	0.500	136	114	0.228	2.280	0.0040	1.72%			95.44%	
		0.000	250	0.500	138	112	0.224	2.240	0.0040	1.75%			95.52%	

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		0.000	250	0.500	140	110	0.220	2.200	0.0040	1.79%	0.052	20.29%	0.520	95.60%
		0.000	250	0.500	142	108	0.216	2.160	0.0040	1.82%				95.68%
		0.000	250	0.500	144	106	0.212	2.120	0.0040	1.85%				95.76%
		0.000	250	0.500	146	104	0.208	2.080	0.0040	1.89%				95.84%
		0.000	250	0.500	148	102	0.204	2.040	0.0040	1.92%				95.92%
		0.000	250	0.500	150	100	0.200	2.000	0.0040	1.96%				96.00%
		0.000	250	0.500	152	98	0.196	1.960	0.0040	2.00%				96.08%
		0.000	250	0.500	154	96	0.192	1.920	0.0040	2.04%				96.16%
		0.000	250	0.500	156	94	0.188	1.880	0.0040	2.08%				96.24%
		0.000	250	0.500	158	92	0.184	1.840	0.0040	2.13%				96.32%
		0.000	250	0.500	160	90	0.180	1.800	0.0040	2.17%				96.40%
		0.000	250	0.500	162	88	0.176	1.760	0.0040	2.22%				96.48%
		0.000	250	0.500	164	86	0.172	1.720	0.0040	2.27%				96.56%
		0.000	250	0.500	166	84	0.168	1.680	0.0040	2.33%				96.64%
		0.000	250	0.500	168	82	0.164	1.640	0.0040	2.38%	0.052	25.45%	0.520	96.72%
		0.000	250	0.500	170	80	0.160	1.600	0.0040	2.44%				96.80%
		0.000	250	0.500	172	78	0.156	1.560	0.0040	2.50%				96.88%
		0.000	250	0.500	174	76	0.152	1.520	0.0040	2.56%				96.96%
		0.000	250	0.500	176	74	0.148	1.480	0.0040	2.63%				97.04%
		0.000	250	0.500	178	72	0.144	1.440	0.0040	2.70%				97.12%
		0.000	250	0.500	180	70	0.140	1.400	0.0040	2.78%				97.20%
		0.000	250	0.500	182	68	0.136	1.360	0.0040	2.86%				97.28%
		0.000	250	0.500	184	66	0.132	1.320	0.0040	2.94%				97.36%
		0.000	250	0.500	186	64	0.128	1.280	0.0040	3.03%				97.44%
		0.000	250	0.500	188	62	0.124	1.240	0.0040	3.13%				97.52%
		0.000	250	0.500	190	60	0.120	1.200	0.0040	3.23%				97.60%
		0.000	250	0.500	192	58	0.116	1.160	0.0040	3.33%				97.68%
		0.000	250	0.500	194	56	0.112	1.120	0.0040	3.45%				97.76%
		0.000	250	0.500	196	54	0.108	1.080	0.0040	3.57%	0.052	34.15%	0.520	97.84%
		0.000	250	0.500	198	52	0.104	1.040	0.0040	3.70%				97.92%
		0.000	250	0.500	200	50	0.100	1.000	0.0040	3.85%				98.00%
		0.000	250	0.500	202	48	0.096	0.960	0.0040	4.00%				98.08%
		0.000	250	0.500	204	46	0.092	0.920	0.0040	4.17%				98.16%
		0.000	250	0.500	206	44	0.088	0.880	0.0040	4.35%				98.24%
		0.000	250	0.500	208	42	0.084	0.840	0.0040	4.55%				98.32%
		0.000	250	0.500	210	40	0.080	0.800	0.0040	4.76%				98.40%
		0.000	250	0.500	212	38	0.076	0.760	0.0040	5.00%				98.48%
		0.000	250	0.500	214	36	0.072	0.720	0.0040	5.26%				98.56%
		0.000	250	0.500	216	34	0.068	0.680	0.0040	5.56%				98.64%
		0.000	250	0.500	218	32	0.064	0.640	0.0040	5.88%				98.72%

