

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 **1**
 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	1	249	4.998	49.980	0.0020	0.04%			0.00%	
		4.500	250	0.500	2	248	4.996	49.960	0.0020	0.04%			0.08%	
		4.500	250	0.500	3	247	4.994	49.940	0.0020	0.04%			0.12%	
		4.500	250	0.500	4	246	4.992	49.920	0.0020	0.04%			0.16%	
		4.500	250	0.500	5	245	4.990	49.900	0.0020	0.04%			0.20%	
		4.500	250	0.500	6	244	4.988	49.880	0.0020	0.04%			0.24%	
		4.500	250	0.500	7	243	4.986	49.860	0.0020	0.04%			0.28%	
		4.500	250	0.500	8	242	4.984	49.840	0.0020	0.04%			0.32%	
		4.500	250	0.500	9	241	4.982	49.820	0.0020	0.04%			0.36%	
		4.500	250	0.500	10	240	4.980	49.800	0.0020	0.04%			0.40%	
		4.500	250	0.500	11	239	4.978	49.780	0.0020	0.04%			0.44%	
		4.500	250	0.500	12	238	4.976	49.760	0.0020	0.04%			0.48%	
		4.500	250	0.500	13	237	4.974	49.740	0.0020	0.04%			0.52%	
		4.500	250	0.500	14	236	4.972	49.720	0.0020	0.04%	0.026	0.52%	0.260	0.56%
		4.500	250	0.500	15	235	4.970	49.700	0.0020	0.04%			0.60%	
		4.500	250	0.500	16	234	4.968	49.680	0.0020	0.04%			0.64%	
		4.500	250	0.500	17	233	4.966	49.660	0.0020	0.04%			0.68%	
		4.500	250	0.500	18	232	4.964	49.640	0.0020	0.04%			0.72%	
		4.500	250	0.500	19	231	4.962	49.620	0.0020	0.04%			0.76%	
		4.500	250	0.500	20	230	4.960	49.600	0.0020	0.04%			0.80%	
		4.500	250	0.500	21	229	4.958	49.580	0.0020	0.04%			0.84%	
		4.500	250	0.500	22	228	4.956	49.560	0.0020	0.04%			0.88%	
		4.500	250	0.500	23	227	4.954	49.540	0.0020	0.04%			0.92%	
		4.500	250	0.500	24	226	4.952	49.520	0.0020	0.04%			0.96%	
		4.500	250	0.500	25	225	4.950	49.500	0.0020	0.04%			1.00%	
		4.500	250	0.500	26	224	4.948	49.480	0.0020	0.04%			1.04%	
		4.500	250	0.500	27	223	4.946	49.460	0.0020	0.04%			1.08%	
		4.500	250	0.500	28	222	4.944	49.440	0.0020	0.04%	0.026	0.56%	0.260	1.12%
		4.500	250	0.500	29	221	4.942	49.420	0.0020	0.04%			1.16%	

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	30	220	4.940	49.400	0.0020	0.04%			1.20%	
		4.500	250	0.500	31	219	4.938	49.380	0.0020	0.04%			1.24%	
		4.500	250	0.500	32	218	4.936	49.360	0.0020	0.04%			1.28%	
		4.500	250	0.500	33	217	4.934	49.340	0.0020	0.04%			1.32%	
		4.500	250	0.500	34	216	4.932	49.320	0.0020	0.04%			1.36%	
		4.500	250	0.500	35	215	4.930	49.300	0.0020	0.04%			1.40%	
		4.500	250	0.500	36	214	4.928	49.280	0.0020	0.04%			1.44%	
		4.500	250	0.500	37	213	4.926	49.260	0.0020	0.04%			1.48%	
		4.500	250	0.500	38	212	4.924	49.240	0.0020	0.04%			1.52%	
		4.500	250	0.500	39	211	4.922	49.220	0.0020	0.04%			1.56%	
		4.500	250	0.500	40	210	4.920	49.200	0.0020	0.04%			1.60%	
		4.500	250	0.500	41	209	4.918	49.180	0.0020	0.04%			1.64%	
		4.500	250	0.500	42	208	4.916	49.160	0.0020	0.04%	0.026	0.57%	0.260	1.68%
		4.500	250	0.500	43	207	4.914	49.140	0.0020	0.04%			1.72%	
		4.500	250	0.500	44	206	4.912	49.120	0.0020	0.04%			1.76%	
		4.500	250	0.500	45	205	4.910	49.100	0.0020	0.04%			1.80%	
		4.500	250	0.500	46	204	4.908	49.080	0.0020	0.04%			1.84%	
		4.500	250	0.500	47	203	4.906	49.060	0.0020	0.04%			1.88%	
		4.500	250	0.500	48	202	4.904	49.040	0.0020	0.04%			1.92%	
		4.500	250	0.500	49	201	4.902	49.020	0.0020	0.04%			1.96%	
		4.500	250	0.500	50	200	4.900	49.000	0.0020	0.04%			2.00%	
		4.500	250	0.500	51	199	4.898	48.980	0.0020	0.04%			2.04%	
		4.500	250	0.500	52	198	4.896	48.960	0.0020	0.04%			2.08%	
		4.500	250	0.500	53	197	4.894	48.940	0.0020	0.04%			2.12%	
		4.500	250	0.500	54	196	4.892	48.920	0.0020	0.04%			2.16%	
		4.500	250	0.500	55	195	4.890	48.900	0.0020	0.04%			2.20%	
		4.500	250	0.500	56	194	4.888	48.880	0.0020	0.04%	0.026	0.57%	0.260	2.24%
		4.500	250	0.500	57	193	4.886	48.860	0.0020	0.04%			2.28%	
		4.500	250	0.500	58	192	4.884	48.840	0.0020	0.04%			2.32%	
		4.500	250	0.500	59	191	4.882	48.820	0.0020	0.04%			2.36%	
		4.500	250	0.500	60	190	4.880	48.800	0.0020	0.04%			2.40%	
		4.500	250	0.500	61	189	4.878	48.780	0.0020	0.04%			2.44%	
		4.500	250	0.500	62	188	4.876	48.760	0.0020	0.04%			2.48%	
		4.500	250	0.500	63	187	4.874	48.740	0.0020	0.04%			2.52%	
		4.500	250	0.500	64	186	4.872	48.720	0.0020	0.04%			2.56%	
		4.500	250	0.500	65	185	4.870	48.700	0.0020	0.04%			2.60%	
		4.500	250	0.500	66	184	4.868	48.680	0.0020	0.04%			2.64%	
		4.500	250	0.500	67	183	4.866	48.660	0.0020	0.04%			2.68%	
		4.500	250	0.500	68	182	4.864	48.640	0.0020	0.04%			2.72%	
		4.500	250	0.500	69	181	4.862	48.620	0.0020	0.04%			2.76%	

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	70	180	4.860	48.600	0.0020	0.04%	0.026	0.57%	0.260	2.80%
		4.500	250	0.500	71	179	4.858	48.580	0.0020	0.04%				2.84%
		4.500	250	0.500	72	178	4.856	48.560	0.0020	0.04%				2.88%
		4.500	250	0.500	73	177	4.854	48.540	0.0020	0.04%				2.92%
		4.500	250	0.500	74	176	4.852	48.520	0.0020	0.04%				2.96%
		4.500	250	0.500	75	175	4.850	48.500	0.0020	0.04%				3.00%
		4.500	250	0.500	76	174	4.848	48.480	0.0020	0.04%				3.04%
		4.500	250	0.500	77	173	4.846	48.460	0.0020	0.04%				3.08%
		4.500	250	0.500	78	172	4.844	48.440	0.0020	0.04%				3.12%
		4.500	250	0.500	79	171	4.842	48.420	0.0020	0.04%				3.16%
		4.500	250	0.500	80	170	4.840	48.400	0.0020	0.04%				3.20%
		4.500	250	0.500	81	169	4.838	48.380	0.0020	0.04%				3.24%
		4.500	250	0.500	82	168	4.836	48.360	0.0020	0.04%				3.28%
		4.500	250	0.500	83	167	4.834	48.340	0.0020	0.04%				3.32%
		4.500	250	0.500	84	166	4.832	48.320	0.0020	0.04%	0.026	0.58%	0.260	3.36%
		4.500	250	0.500	85	165	4.830	48.300	0.0020	0.04%				3.40%
		4.500	250	0.500	86	164	4.828	48.280	0.0020	0.04%				3.44%
		4.500	250	0.500	87	163	4.826	48.260	0.0020	0.04%				3.48%
		4.500	250	0.500	88	162	4.824	48.240	0.0020	0.04%				3.52%
		4.500	250	0.500	89	161	4.822	48.220	0.0020	0.04%				3.56%
		4.500	250	0.500	90	160	4.820	48.200	0.0020	0.04%				3.60%
		4.500	250	0.500	91	159	4.818	48.180	0.0020	0.04%				3.64%
		4.500	250	0.500	92	158	4.816	48.160	0.0020	0.04%				3.68%
		4.500	250	0.500	93	157	4.814	48.140	0.0020	0.04%				3.72%
		4.500	250	0.500	94	156	4.812	48.120	0.0020	0.04%				3.76%
		4.500	250	0.500	95	155	4.810	48.100	0.0020	0.04%				3.80%
		4.500	250	0.500	96	154	4.808	48.080	0.0020	0.04%				3.84%
		4.500	250	0.500	97	153	4.806	48.060	0.0020	0.04%				3.88%
		4.500	250	0.500	98	152	4.804	48.040	0.0020	0.04%	0.026	0.58%	0.260	3.92%
		4.500	250	0.500	99	151	4.802	48.020	0.0020	0.04%				3.96%
		4.500	250	0.500	100	150	4.800	48.000	0.0020	0.04%				4.00%
		4.500	250	0.500	101	149	4.798	47.980	0.0020	0.04%				4.04%
		4.500	250	0.500	102	148	4.796	47.960	0.0020	0.04%				4.08%
		4.500	250	0.500	103	147	4.794	47.940	0.0020	0.04%				4.12%
		4.500	250	0.500	104	146	4.792	47.920	0.0020	0.04%				4.16%
		4.500	250	0.500	105	145	4.790	47.900	0.0020	0.04%				4.20%
		4.500	250	0.500	106	144	4.788	47.880	0.0020	0.04%				4.24%
		4.500	250	0.500	107	143	4.786	47.860	0.0020	0.04%				4.28%
		4.500	250	0.500	108	142	4.784	47.840	0.0020	0.04%				4.32%
		4.500	250	0.500	109	141	4.782	47.820	0.0020	0.04%				4.36%

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	110	140	4.780	47.800	0.0020	0.04%			4.40%	
		4.500	250	0.500	111	139	4.778	47.780	0.0020	0.04%			4.44%	
		4.500	250	0.500	112	138	4.776	47.760	0.0020	0.04%	0.026	0.58%	0.260	4.48%
		4.500	250	0.500	113	137	4.774	47.740	0.0020	0.04%				4.52%
		4.500	250	0.500	114	136	4.772	47.720	0.0020	0.04%				4.56%
		4.500	250	0.500	115	135	4.770	47.700	0.0020	0.04%				4.60%
		4.500	250	0.500	116	134	4.768	47.680	0.0020	0.04%				4.64%
		4.500	250	0.500	117	133	4.766	47.660	0.0020	0.04%				4.68%
		4.500	250	0.500	118	132	4.764	47.640	0.0020	0.04%				4.72%
		4.500	250	0.500	119	131	4.762	47.620	0.0020	0.04%				4.76%
		4.500	250	0.500	120	130	4.760	47.600	0.0020	0.04%				4.80%
		4.500	250	0.500	121	129	4.758	47.580	0.0020	0.04%				4.84%
		4.500	250	0.500	122	128	4.756	47.560	0.0020	0.04%				4.88%
		4.500	250	0.500	123	127	4.754	47.540	0.0020	0.04%				4.92%
		4.500	250	0.500	124	126	4.752	47.520	0.0020	0.04%				4.96%
		4.500	250	0.500	125	125	4.750	47.500	0.0020	0.04%				5.00%
		4.500	250	0.500	126	124	4.748	47.480	0.0020	0.04%	0.026	0.59%	0.260	5.04%
		4.500	250	0.500	127	123	4.746	47.460	0.0020	0.04%				5.08%
		4.500	250	0.500	128	122	4.744	47.440	0.0020	0.04%				5.12%
		4.500	250	0.500	129	121	4.742	47.420	0.0020	0.04%				5.16%
		4.500	250	0.500	130	120	4.740	47.400	0.0020	0.04%				5.20%
		4.500	250	0.500	131	119	4.738	47.380	0.0020	0.04%				5.24%
		4.500	250	0.500	132	118	4.736	47.360	0.0020	0.04%				5.28%
		4.500	250	0.500	133	117	4.734	47.340	0.0020	0.04%				5.32%
		4.500	250	0.500	134	116	4.732	47.320	0.0020	0.04%				5.36%
		4.500	250	0.500	135	115	4.730	47.300	0.0020	0.04%				5.40%
		4.500	250	0.500	136	114	4.728	47.280	0.0020	0.04%				5.44%
		4.500	250	0.500	137	113	4.726	47.260	0.0020	0.04%				5.48%
		4.500	250	0.500	138	112	4.724	47.240	0.0020	0.04%				5.52%
		4.500	250	0.500	139	111	4.722	47.220	0.0020	0.04%				5.56%
		4.500	250	0.500	140	110	4.720	47.200	0.0020	0.04%	0.026	0.59%	0.260	5.60%
		4.500	250	0.500	141	109	4.718	47.180	0.0020	0.04%				5.64%
		4.500	250	0.500	142	108	4.716	47.160	0.0020	0.04%				5.68%
		4.500	250	0.500	143	107	4.714	47.140	0.0020	0.04%				5.72%
		4.500	250	0.500	144	106	4.712	47.120	0.0020	0.04%				5.76%
		4.500	250	0.500	145	105	4.710	47.100	0.0020	0.04%				5.80%
		4.500	250	0.500	146	104	4.708	47.080	0.0020	0.04%				5.84%
		4.500	250	0.500	147	103	4.706	47.060	0.0020	0.04%				5.88%
		4.500	250	0.500	148	102	4.704	47.040	0.0020	0.04%				5.92%
		4.500	250	0.500	149	101	4.702	47.020	0.0020	0.04%				5.96%

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	150	100	4.700	47.000	0.0020	0.04%			6.00%	
		4.500	250	0.500	151	99	4.698	46.980	0.0020	0.04%			6.04%	
		4.500	250	0.500	152	98	4.696	46.960	0.0020	0.04%			6.08%	
		4.500	250	0.500	153	97	4.694	46.940	0.0020	0.04%			6.12%	
		4.500	250	0.500	154	96	4.692	46.920	0.0020	0.04%	0.026	0.59%	0.260	6.16%
		4.500	250	0.500	155	95	4.690	46.900	0.0020	0.04%			6.20%	
		4.500	250	0.500	156	94	4.688	46.880	0.0020	0.04%			6.24%	
		4.500	250	0.500	157	93	4.686	46.860	0.0020	0.04%			6.28%	
		4.500	250	0.500	158	92	4.684	46.840	0.0020	0.04%			6.32%	
		4.500	250	0.500	159	91	4.682	46.820	0.0020	0.04%			6.36%	
		4.500	250	0.500	160	90	4.680	46.800	0.0020	0.04%			6.40%	
		4.500	250	0.500	161	89	4.678	46.780	0.0020	0.04%			6.44%	
		4.500	250	0.500	162	88	4.676	46.760	0.0020	0.04%			6.48%	
		4.500	250	0.500	163	87	4.674	46.740	0.0020	0.04%			6.52%	
		4.500	250	0.500	164	86	4.672	46.720	0.0020	0.04%			6.56%	
		4.500	250	0.500	165	85	4.670	46.700	0.0020	0.04%			6.60%	
		4.500	250	0.500	166	84	4.668	46.680	0.0020	0.04%			6.64%	
		4.500	250	0.500	167	83	4.666	46.660	0.0020	0.04%			6.68%	
		4.500	250	0.500	168	82	4.664	46.640	0.0020	0.04%	0.026	0.60%	0.260	6.72%
		4.500	250	0.500	169	81	4.662	46.620	0.0020	0.04%			6.76%	
		4.500	250	0.500	170	80	4.660	46.600	0.0020	0.04%			6.80%	
		4.500	250	0.500	171	79	4.658	46.580	0.0020	0.04%			6.84%	
		4.500	250	0.500	172	78	4.656	46.560	0.0020	0.04%			6.88%	
		4.500	250	0.500	173	77	4.654	46.540	0.0020	0.04%			6.92%	
		4.500	250	0.500	174	76	4.652	46.520	0.0020	0.04%			6.96%	
		4.500	250	0.500	175	75	4.650	46.500	0.0020	0.04%			7.00%	
		4.500	250	0.500	176	74	4.648	46.480	0.0020	0.04%			7.04%	
		4.500	250	0.500	177	73	4.646	46.460	0.0020	0.04%			7.08%	
		4.500	250	0.500	178	72	4.644	46.440	0.0020	0.04%			7.12%	
		4.500	250	0.500	179	71	4.642	46.420	0.0020	0.04%			7.16%	
		4.500	250	0.500	180	70	4.640	46.400	0.0020	0.04%			7.20%	
		4.500	250	0.500	181	69	4.638	46.380	0.0020	0.04%			7.24%	
		4.500	250	0.500	182	68	4.636	46.360	0.0020	0.04%	0.026	0.60%	0.260	7.28%
		4.500	250	0.500	183	67	4.634	46.340	0.0020	0.04%			7.32%	
		4.500	250	0.500	184	66	4.632	46.320	0.0020	0.04%			7.36%	
		4.500	250	0.500	185	65	4.630	46.300	0.0020	0.04%			7.40%	
		4.500	250	0.500	186	64	4.628	46.280	0.0020	0.04%			7.44%	
		4.500	250	0.500	187	63	4.626	46.260	0.0020	0.04%			7.48%	
		4.500	250	0.500	188	62	4.624	46.240	0.0020	0.04%			7.52%	
		4.500	250	0.500	189	61	4.622	46.220	0.0020	0.04%			7.56%	

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	190	60	4.620	46.200	0.0020	0.04%			7.60%	
		4.500	250	0.500	191	59	4.618	46.180	0.0020	0.04%			7.64%	
		4.500	250	0.500	192	58	4.616	46.160	0.0020	0.04%			7.68%	
		4.500	250	0.500	193	57	4.614	46.140	0.0020	0.04%			7.72%	
		4.500	250	0.500	194	56	4.612	46.120	0.0020	0.04%			7.76%	
		4.500	250	0.500	195	55	4.610	46.100	0.0020	0.04%			7.80%	
		4.500	250	0.500	196	54	4.608	46.080	0.0020	0.04%	0.026	0.60%	0.260	7.84%
		4.500	250	0.500	197	53	4.606	46.060	0.0020	0.04%				7.88%
		4.500	250	0.500	198	52	4.604	46.040	0.0020	0.04%				7.92%
		4.500	250	0.500	199	51	4.602	46.020	0.0020	0.04%				7.96%
		4.500	250	0.500	200	50	4.600	46.000	0.0020	0.04%				8.00%
		4.500	250	0.500	201	49	4.598	45.980	0.0020	0.04%				8.04%
		4.500	250	0.500	202	48	4.596	45.960	0.0020	0.04%				8.08%
		4.500	250	0.500	203	47	4.594	45.940	0.0020	0.04%				8.12%
		4.500	250	0.500	204	46	4.592	45.920	0.0020	0.04%				8.16%
		4.500	250	0.500	205	45	4.590	45.900	0.0020	0.04%				8.20%
		4.500	250	0.500	206	44	4.588	45.880	0.0020	0.04%				8.24%
		4.500	250	0.500	207	43	4.586	45.860	0.0020	0.04%				8.28%
		4.500	250	0.500	208	42	4.584	45.840	0.0020	0.04%				8.32%
		4.500	250	0.500	209	41	4.582	45.820	0.0020	0.04%				8.36%
		4.500	250	0.500	210	40	4.580	45.800	0.0020	0.04%	0.026	0.61%	0.260	8.40%
		4.500	250	0.500	211	39	4.578	45.780	0.0020	0.04%				8.44%
		4.500	250	0.500	212	38	4.576	45.760	0.0020	0.04%				8.48%
		4.500	250	0.500	213	37	4.574	45.740	0.0020	0.04%				8.52%
		4.500	250	0.500	214	36	4.572	45.720	0.0020	0.04%				8.56%
		4.500	250	0.500	215	35	4.570	45.700	0.0020	0.04%				8.60%
		4.500	250	0.500	216	34	4.568	45.680	0.0020	0.04%				8.64%
		4.500	250	0.500	217	33	4.566	45.660	0.0020	0.04%				8.68%
		4.500	250	0.500	218	32	4.564	45.640	0.0020	0.04%				8.72%
		4.500	250	0.500	219	31	4.562	45.620	0.0020	0.04%				8.76%
		4.500	250	0.500	220	30	4.560	45.600	0.0020	0.04%				8.80%
		4.500	250	0.500	221	29	4.558	45.580	0.0020	0.04%				8.84%
		4.500	250	0.500	222	28	4.556	45.560	0.0020	0.04%				8.88%
		4.500	250	0.500	223	27	4.554	45.540	0.0020	0.04%				8.92%
		4.500	250	0.500	224	26	4.552	45.520	0.0020	0.04%	0.026	0.61%	0.260	8.96%
		4.500	250	0.500	225	25	4.550	45.500	0.0020	0.04%				9.00%
		4.500	250	0.500	226	24	4.548	45.480	0.0020	0.04%				9.04%
		4.500	250	0.500	227	23	4.546	45.460	0.0020	0.04%				9.08%
		4.500	250	0.500	228	22	4.544	45.440	0.0020	0.04%				9.12%
		4.500	250	0.500	229	21	4.542	45.420	0.0020	0.04%				9.16%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 4.500
 Start Date September 8, 2006
 Dry Dose 4.000
 Dissolve Dose 0.500
 Water in ML **250**
 ML Increments **1**
 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	1	249	4.498	44.980	0.0020	0.04%			10.04%	
		4.000	250	0.500	2	248	4.496	44.960	0.0020	0.04%			10.08%	
		4.000	250	0.500	3	247	4.494	44.940	0.0020	0.04%			10.12%	
		4.000	250	0.500	4	246	4.492	44.920	0.0020	0.04%			10.16%	
		4.000	250	0.500	5	245	4.490	44.900	0.0020	0.04%			10.20%	
		4.000	250	0.500	6	244	4.488	44.880	0.0020	0.04%			10.24%	
		4.000	250	0.500	7	243	4.486	44.860	0.0020	0.04%			10.28%	
		4.000	250	0.500	8	242	4.484	44.840	0.0020	0.04%			10.32%	
		4.000	250	0.500	9	241	4.482	44.820	0.0020	0.04%			10.36%	
		4.000	250	0.500	10	240	4.480	44.800	0.0020	0.04%			10.40%	
		4.000	250	0.500	11	239	4.478	44.780	0.0020	0.04%			10.44%	
		4.000	250	0.500	12	238	4.476	44.760	0.0020	0.04%			10.48%	
		4.000	250	0.500	13	237	4.474	44.740	0.0020	0.04%			10.52%	
		4.000	250	0.500	14	236	4.472	44.720	0.0020	0.04%	0.026	0.58%	0.260	10.56%
		4.000	250	0.500	15	235	4.470	44.700	0.0020	0.04%			10.60%	
		4.000	250	0.500	16	234	4.468	44.680	0.0020	0.04%			10.64%	
		4.000	250	0.500	17	233	4.466	44.660	0.0020	0.04%			10.68%	
		4.000	250	0.500	18	232	4.464	44.640	0.0020	0.04%			10.72%	
		4.000	250	0.500	19	231	4.462	44.620	0.0020	0.04%			10.76%	
		4.000	250	0.500	20	230	4.460	44.600	0.0020	0.04%			10.80%	
		4.000	250	0.500	21	229	4.458	44.580	0.0020	0.04%			10.84%	
		4.000	250	0.500	22	228	4.456	44.560	0.0020	0.04%			10.88%	
		4.000	250	0.500	23	227	4.454	44.540	0.0020	0.04%			10.92%	
		4.000	250	0.500	24	226	4.452	44.520	0.0020	0.04%			10.96%	
		4.000	250	0.500	25	225	4.450	44.500	0.0020	0.04%			11.00%	
		4.000	250	0.500	26	224	4.448	44.480	0.0020	0.04%			11.04%	
		4.000	250	0.500	27	223	4.446	44.460	0.0020	0.04%			11.08%	
		4.000	250	0.500	28	222	4.444	44.440	0.0020	0.04%	0.026	0.63%	0.260	11.12%
		4.000	250	0.500	29	221	4.442	44.420	0.0020	0.05%			11.16%	

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	30	220	4.440	44.400	0.0020	0.05%			11.20%	
		4.000	250	0.500	31	219	4.438	44.380	0.0020	0.05%			11.24%	
		4.000	250	0.500	32	218	4.436	44.360	0.0020	0.05%			11.28%	
		4.000	250	0.500	33	217	4.434	44.340	0.0020	0.05%			11.32%	
		4.000	250	0.500	34	216	4.432	44.320	0.0020	0.05%			11.36%	
		4.000	250	0.500	35	215	4.430	44.300	0.0020	0.05%			11.40%	
		4.000	250	0.500	36	214	4.428	44.280	0.0020	0.05%			11.44%	
		4.000	250	0.500	37	213	4.426	44.260	0.0020	0.05%			11.48%	
		4.000	250	0.500	38	212	4.424	44.240	0.0020	0.05%			11.52%	
		4.000	250	0.500	39	211	4.422	44.220	0.0020	0.05%			11.56%	
		4.000	250	0.500	40	210	4.420	44.200	0.0020	0.05%			11.60%	
		4.000	250	0.500	41	209	4.418	44.180	0.0020	0.05%			11.64%	
		4.000	250	0.500	42	208	4.416	44.160	0.0020	0.05%	0.026	0.63%	0.260	11.68%
		4.000	250	0.500	43	207	4.414	44.140	0.0020	0.05%			11.72%	
		4.000	250	0.500	44	206	4.412	44.120	0.0020	0.05%			11.76%	
		4.000	250	0.500	45	205	4.410	44.100	0.0020	0.05%			11.80%	
		4.000	250	0.500	46	204	4.408	44.080	0.0020	0.05%			11.84%	
		4.000	250	0.500	47	203	4.406	44.060	0.0020	0.05%			11.88%	
		4.000	250	0.500	48	202	4.404	44.040	0.0020	0.05%			11.92%	
		4.000	250	0.500	49	201	4.402	44.020	0.0020	0.05%			11.96%	
		4.000	250	0.500	50	200	4.400	44.000	0.0020	0.05%			12.00%	
		4.000	250	0.500	51	199	4.398	43.980	0.0020	0.05%			12.04%	
		4.000	250	0.500	52	198	4.396	43.960	0.0020	0.05%			12.08%	
		4.000	250	0.500	53	197	4.394	43.940	0.0020	0.05%			12.12%	
		4.000	250	0.500	54	196	4.392	43.920	0.0020	0.05%			12.16%	
		4.000	250	0.500	55	195	4.390	43.900	0.0020	0.05%			12.20%	
		4.000	250	0.500	56	194	4.388	43.880	0.0020	0.05%	0.026	0.63%	0.260	12.24%
		4.000	250	0.500	57	193	4.386	43.860	0.0020	0.05%			12.28%	
		4.000	250	0.500	58	192	4.384	43.840	0.0020	0.05%			12.32%	
		4.000	250	0.500	59	191	4.382	43.820	0.0020	0.05%			12.36%	
		4.000	250	0.500	60	190	4.380	43.800	0.0020	0.05%			12.40%	
		4.000	250	0.500	61	189	4.378	43.780	0.0020	0.05%			12.44%	
		4.000	250	0.500	62	188	4.376	43.760	0.0020	0.05%			12.48%	
		4.000	250	0.500	63	187	4.374	43.740	0.0020	0.05%			12.52%	
		4.000	250	0.500	64	186	4.372	43.720	0.0020	0.05%			12.56%	
		4.000	250	0.500	65	185	4.370	43.700	0.0020	0.05%			12.60%	
		4.000	250	0.500	66	184	4.368	43.680	0.0020	0.05%			12.64%	
		4.000	250	0.500	67	183	4.366	43.660	0.0020	0.05%			12.68%	
		4.000	250	0.500	68	182	4.364	43.640	0.0020	0.05%			12.72%	
		4.000	250	0.500	69	181	4.362	43.620	0.0020	0.05%			12.76%	

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	70	180	4.360	43.600	0.0020	0.05%	0.026	0.64%	0.260	12.80%
		4.000	250	0.500	71	179	4.358	43.580	0.0020	0.05%				12.84%
		4.000	250	0.500	72	178	4.356	43.560	0.0020	0.05%				12.88%
		4.000	250	0.500	73	177	4.354	43.540	0.0020	0.05%				12.92%
		4.000	250	0.500	74	176	4.352	43.520	0.0020	0.05%				12.96%
		4.000	250	0.500	75	175	4.350	43.500	0.0020	0.05%				13.00%
		4.000	250	0.500	76	174	4.348	43.480	0.0020	0.05%				13.04%
		4.000	250	0.500	77	173	4.346	43.460	0.0020	0.05%				13.08%
		4.000	250	0.500	78	172	4.344	43.440	0.0020	0.05%				13.12%
		4.000	250	0.500	79	171	4.342	43.420	0.0020	0.05%				13.16%
		4.000	250	0.500	80	170	4.340	43.400	0.0020	0.05%				13.20%
		4.000	250	0.500	81	169	4.338	43.380	0.0020	0.05%				13.24%
		4.000	250	0.500	82	168	4.336	43.360	0.0020	0.05%				13.28%
		4.000	250	0.500	83	167	4.334	43.340	0.0020	0.05%				13.32%
		4.000	250	0.500	84	166	4.332	43.320	0.0020	0.05%	0.026	0.64%	0.260	13.36%
		4.000	250	0.500	85	165	4.330	43.300	0.0020	0.05%				13.40%
		4.000	250	0.500	86	164	4.328	43.280	0.0020	0.05%				13.44%
		4.000	250	0.500	87	163	4.326	43.260	0.0020	0.05%				13.48%
		4.000	250	0.500	88	162	4.324	43.240	0.0020	0.05%				13.52%
		4.000	250	0.500	89	161	4.322	43.220	0.0020	0.05%				13.56%
		4.000	250	0.500	90	160	4.320	43.200	0.0020	0.05%				13.60%
		4.000	250	0.500	91	159	4.318	43.180	0.0020	0.05%				13.64%
		4.000	250	0.500	92	158	4.316	43.160	0.0020	0.05%				13.68%
		4.000	250	0.500	93	157	4.314	43.140	0.0020	0.05%				13.72%
		4.000	250	0.500	94	156	4.312	43.120	0.0020	0.05%				13.76%
		4.000	250	0.500	95	155	4.310	43.100	0.0020	0.05%				13.80%
		4.000	250	0.500	96	154	4.308	43.080	0.0020	0.05%				13.84%
		4.000	250	0.500	97	153	4.306	43.060	0.0020	0.05%				13.88%
		4.000	250	0.500	98	152	4.304	43.040	0.0020	0.05%	0.026	0.65%	0.260	13.92%
		4.000	250	0.500	99	151	4.302	43.020	0.0020	0.05%				13.96%
		4.000	250	0.500	100	150	4.300	43.000	0.0020	0.05%				14.00%
		4.000	250	0.500	101	149	4.298	42.980	0.0020	0.05%				14.04%
		4.000	250	0.500	102	148	4.296	42.960	0.0020	0.05%				14.08%
		4.000	250	0.500	103	147	4.294	42.940	0.0020	0.05%				14.12%
		4.000	250	0.500	104	146	4.292	42.920	0.0020	0.05%				14.16%
		4.000	250	0.500	105	145	4.290	42.900	0.0020	0.05%				14.20%
		4.000	250	0.500	106	144	4.288	42.880	0.0020	0.05%				14.24%
		4.000	250	0.500	107	143	4.286	42.860	0.0020	0.05%				14.28%
		4.000	250	0.500	108	142	4.284	42.840	0.0020	0.05%				14.32%
		4.000	250	0.500	109	141	4.282	42.820	0.0020	0.05%				14.36%

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	110	140	4.280	42.800	0.0020	0.05%			14.40%	
		4.000	250	0.500	111	139	4.278	42.780	0.0020	0.05%			14.44%	
		4.000	250	0.500	112	138	4.276	42.760	0.0020	0.05%	0.026	0.65%	0.260	14.48%
		4.000	250	0.500	113	137	4.274	42.740	0.0020	0.05%			14.52%	
		4.000	250	0.500	114	136	4.272	42.720	0.0020	0.05%			14.56%	
		4.000	250	0.500	115	135	4.270	42.700	0.0020	0.05%			14.60%	
		4.000	250	0.500	116	134	4.268	42.680	0.0020	0.05%			14.64%	
		4.000	250	0.500	117	133	4.266	42.660	0.0020	0.05%			14.68%	
		4.000	250	0.500	118	132	4.264	42.640	0.0020	0.05%			14.72%	
		4.000	250	0.500	119	131	4.262	42.620	0.0020	0.05%			14.76%	
		4.000	250	0.500	120	130	4.260	42.600	0.0020	0.05%			14.80%	
		4.000	250	0.500	121	129	4.258	42.580	0.0020	0.05%			14.84%	
		4.000	250	0.500	122	128	4.256	42.560	0.0020	0.05%			14.88%	
		4.000	250	0.500	123	127	4.254	42.540	0.0020	0.05%			14.92%	
		4.000	250	0.500	124	126	4.252	42.520	0.0020	0.05%			14.96%	
		4.000	250	0.500	125	125	4.250	42.500	0.0020	0.05%			15.00%	
		4.000	250	0.500	126	124	4.248	42.480	0.0020	0.05%	0.026	0.65%	0.260	15.04%
		4.000	250	0.500	127	123	4.246	42.460	0.0020	0.05%			15.08%	
		4.000	250	0.500	128	122	4.244	42.440	0.0020	0.05%			15.12%	
		4.000	250	0.500	129	121	4.242	42.420	0.0020	0.05%			15.16%	
		4.000	250	0.500	130	120	4.240	42.400	0.0020	0.05%			15.20%	
		4.000	250	0.500	131	119	4.238	42.380	0.0020	0.05%			15.24%	
		4.000	250	0.500	132	118	4.236	42.360	0.0020	0.05%			15.28%	
		4.000	250	0.500	133	117	4.234	42.340	0.0020	0.05%			15.32%	
		4.000	250	0.500	134	116	4.232	42.320	0.0020	0.05%			15.36%	
		4.000	250	0.500	135	115	4.230	42.300	0.0020	0.05%			15.40%	
		4.000	250	0.500	136	114	4.228	42.280	0.0020	0.05%			15.44%	
		4.000	250	0.500	137	113	4.226	42.260	0.0020	0.05%			15.48%	
		4.000	250	0.500	138	112	4.224	42.240	0.0020	0.05%			15.52%	
		4.000	250	0.500	139	111	4.222	42.220	0.0020	0.05%			15.56%	
		4.000	250	0.500	140	110	4.220	42.200	0.0020	0.05%	0.026	0.66%	0.260	15.60%
		4.000	250	0.500	141	109	4.218	42.180	0.0020	0.05%			15.64%	
		4.000	250	0.500	142	108	4.216	42.160	0.0020	0.05%			15.68%	
		4.000	250	0.500	143	107	4.214	42.140	0.0020	0.05%			15.72%	
		4.000	250	0.500	144	106	4.212	42.120	0.0020	0.05%			15.76%	
		4.000	250	0.500	145	105	4.210	42.100	0.0020	0.05%			15.80%	
		4.000	250	0.500	146	104	4.208	42.080	0.0020	0.05%			15.84%	
		4.000	250	0.500	147	103	4.206	42.060	0.0020	0.05%			15.88%	
		4.000	250	0.500	148	102	4.204	42.040	0.0020	0.05%			15.92%	
		4.000	250	0.500	149	101	4.202	42.020	0.0020	0.05%			15.96%	

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	150	100	4.200	42.000	0.0020	0.05%			16.00%	
		4.000	250	0.500	151	99	4.198	41.980	0.0020	0.05%			16.04%	
		4.000	250	0.500	152	98	4.196	41.960	0.0020	0.05%			16.08%	
		4.000	250	0.500	153	97	4.194	41.940	0.0020	0.05%			16.12%	
		4.000	250	0.500	154	96	4.192	41.920	0.0020	0.05%	0.026	0.66%	0.260	16.16%
		4.000	250	0.500	155	95	4.190	41.900	0.0020	0.05%			16.20%	
		4.000	250	0.500	156	94	4.188	41.880	0.0020	0.05%			16.24%	
		4.000	250	0.500	157	93	4.186	41.860	0.0020	0.05%			16.28%	
		4.000	250	0.500	158	92	4.184	41.840	0.0020	0.05%			16.32%	
		4.000	250	0.500	159	91	4.182	41.820	0.0020	0.05%			16.36%	
		4.000	250	0.500	160	90	4.180	41.800	0.0020	0.05%			16.40%	
		4.000	250	0.500	161	89	4.178	41.780	0.0020	0.05%			16.44%	
		4.000	250	0.500	162	88	4.176	41.760	0.0020	0.05%			16.48%	
		4.000	250	0.500	163	87	4.174	41.740	0.0020	0.05%			16.52%	
		4.000	250	0.500	164	86	4.172	41.720	0.0020	0.05%			16.56%	
		4.000	250	0.500	165	85	4.170	41.700	0.0020	0.05%			16.60%	
		4.000	250	0.500	166	84	4.168	41.680	0.0020	0.05%			16.64%	
		4.000	250	0.500	167	83	4.166	41.660	0.0020	0.05%			16.68%	
		4.000	250	0.500	168	82	4.164	41.640	0.0020	0.05%	0.026	0.67%	0.260	16.72%
		4.000	250	0.500	169	81	4.162	41.620	0.0020	0.05%			16.76%	
		4.000	250	0.500	170	80	4.160	41.600	0.0020	0.05%			16.80%	
		4.000	250	0.500	171	79	4.158	41.580	0.0020	0.05%			16.84%	
		4.000	250	0.500	172	78	4.156	41.560	0.0020	0.05%			16.88%	
		4.000	250	0.500	173	77	4.154	41.540	0.0020	0.05%			16.92%	
		4.000	250	0.500	174	76	4.152	41.520	0.0020	0.05%			16.96%	
		4.000	250	0.500	175	75	4.150	41.500	0.0020	0.05%			17.00%	
		4.000	250	0.500	176	74	4.148	41.480	0.0020	0.05%			17.04%	
		4.000	250	0.500	177	73	4.146	41.460	0.0020	0.05%			17.08%	
		4.000	250	0.500	178	72	4.144	41.440	0.0020	0.05%			17.12%	
		4.000	250	0.500	179	71	4.142	41.420	0.0020	0.05%			17.16%	
		4.000	250	0.500	180	70	4.140	41.400	0.0020	0.05%			17.20%	
		4.000	250	0.500	181	69	4.138	41.380	0.0020	0.05%			17.24%	
		4.000	250	0.500	182	68	4.136	41.360	0.0020	0.05%	0.026	0.67%	0.260	17.28%
		4.000	250	0.500	183	67	4.134	41.340	0.0020	0.05%			17.32%	
		4.000	250	0.500	184	66	4.132	41.320	0.0020	0.05%			17.36%	
		4.000	250	0.500	185	65	4.130	41.300	0.0020	0.05%			17.40%	
		4.000	250	0.500	186	64	4.128	41.280	0.0020	0.05%			17.44%	
		4.000	250	0.500	187	63	4.126	41.260	0.0020	0.05%			17.48%	
		4.000	250	0.500	188	62	4.124	41.240	0.0020	0.05%			17.52%	
		4.000	250	0.500	189	61	4.122	41.220	0.0020	0.05%			17.56%	

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	190	60	4.120	41.200	0.0020	0.05%			17.60%	
		4.000	250	0.500	191	59	4.118	41.180	0.0020	0.05%			17.64%	
		4.000	250	0.500	192	58	4.116	41.160	0.0020	0.05%			17.68%	
		4.000	250	0.500	193	57	4.114	41.140	0.0020	0.05%			17.72%	
		4.000	250	0.500	194	56	4.112	41.120	0.0020	0.05%			17.76%	
		4.000	250	0.500	195	55	4.110	41.100	0.0020	0.05%			17.80%	
		4.000	250	0.500	196	54	4.108	41.080	0.0020	0.05%	0.026	0.68%	0.260	17.84%
		4.000	250	0.500	197	53	4.106	41.060	0.0020	0.05%			17.88%	
		4.000	250	0.500	198	52	4.104	41.040	0.0020	0.05%			17.92%	
		4.000	250	0.500	199	51	4.102	41.020	0.0020	0.05%			17.96%	
		4.000	250	0.500	200	50	4.100	41.000	0.0020	0.05%			18.00%	
		4.000	250	0.500	201	49	4.098	40.980	0.0020	0.05%			18.04%	
		4.000	250	0.500	202	48	4.096	40.960	0.0020	0.05%			18.08%	
		4.000	250	0.500	203	47	4.094	40.940	0.0020	0.05%			18.12%	
		4.000	250	0.500	204	46	4.092	40.920	0.0020	0.05%			18.16%	
		4.000	250	0.500	205	45	4.090	40.900	0.0020	0.05%			18.20%	
		4.000	250	0.500	206	44	4.088	40.880	0.0020	0.05%			18.24%	
		4.000	250	0.500	207	43	4.086	40.860	0.0020	0.05%			18.28%	
		4.000	250	0.500	208	42	4.084	40.840	0.0020	0.05%			18.32%	
		4.000	250	0.500	209	41	4.082	40.820	0.0020	0.05%			18.36%	
		4.000	250	0.500	210	40	4.080	40.800	0.0020	0.05%	0.026	0.68%	0.260	18.40%
		4.000	250	0.500	211	39	4.078	40.780	0.0020	0.05%			18.44%	
		4.000	250	0.500	212	38	4.076	40.760	0.0020	0.05%			18.48%	
		4.000	250	0.500	213	37	4.074	40.740	0.0020	0.05%			18.52%	
		4.000	250	0.500	214	36	4.072	40.720	0.0020	0.05%			18.56%	
		4.000	250	0.500	215	35	4.070	40.700	0.0020	0.05%			18.60%	
		4.000	250	0.500	216	34	4.068	40.680	0.0020	0.05%			18.64%	
		4.000	250	0.500	217	33	4.066	40.660	0.0020	0.05%			18.68%	
		4.000	250	0.500	218	32	4.064	40.640	0.0020	0.05%			18.72%	
		4.000	250	0.500	219	31	4.062	40.620	0.0020	0.05%			18.76%	
		4.000	250	0.500	220	30	4.060	40.600	0.0020	0.05%			18.80%	
		4.000	250	0.500	221	29	4.058	40.580	0.0020	0.05%			18.84%	
		4.000	250	0.500	222	28	4.056	40.560	0.0020	0.05%			18.88%	
		4.000	250	0.500	223	27	4.054	40.540	0.0020	0.05%			18.92%	
		4.000	250	0.500	224	26	4.052	40.520	0.0020	0.05%	0.026	0.69%	0.260	18.96%
		4.000	250	0.500	225	25	4.050	40.500	0.0020	0.05%			19.00%	
		4.000	250	0.500	226	24	4.048	40.480	0.0020	0.05%			19.04%	
		4.000	250	0.500	227	23	4.046	40.460	0.0020	0.05%			19.08%	
		4.000	250	0.500	228	22	4.044	40.440	0.0020	0.05%			19.12%	
		4.000	250	0.500	229	21	4.042	40.420	0.0020	0.05%			19.16%	

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 4.000
 Start Date May 16, 2007
 Dry Dose 3.500
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	3.998	39.980	0.0020	0.05%			20.04%	
		3.500	250	0.500	2	248	3.996	39.960	0.0020	0.05%			20.08%	
		3.500	250	0.500	3	247	3.994	39.940	0.0020	0.05%			20.12%	
		3.500	250	0.500	4	246	3.992	39.920	0.0020	0.05%			20.16%	
		3.500	250	0.500	5	245	3.990	39.900	0.0020	0.05%			20.20%	
		3.500	250	0.500	6	244	3.988	39.880	0.0020	0.05%			20.24%	
		3.500	250	0.500	7	243	3.986	39.860	0.0020	0.05%			20.28%	
		3.500	250	0.500	8	242	3.984	39.840	0.0020	0.05%			20.32%	
		3.500	250	0.500	9	241	3.982	39.820	0.0020	0.05%			20.36%	
		3.500	250	0.500	10	240	3.980	39.800	0.0020	0.05%			20.40%	
		3.500	250	0.500	11	239	3.978	39.780	0.0020	0.05%			20.44%	
		3.500	250	0.500	12	238	3.976	39.760	0.0020	0.05%			20.48%	
		3.500	250	0.500	13	237	3.974	39.740	0.0020	0.05%			20.52%	
		3.500	250	0.500	14	236	3.972	39.720	0.0020	0.05%	0.026	0.65%	0.260	20.56%
		3.500	250	0.500	15	235	3.970	39.700	0.0020	0.05%			20.60%	
		3.500	250	0.500	16	234	3.968	39.680	0.0020	0.05%			20.64%	
		3.500	250	0.500	17	233	3.966	39.660	0.0020	0.05%			20.68%	
		3.500	250	0.500	18	232	3.964	39.640	0.0020	0.05%			20.72%	
		3.500	250	0.500	19	231	3.962	39.620	0.0020	0.05%			20.76%	
		3.500	250	0.500	20	230	3.960	39.600	0.0020	0.05%			20.80%	
		3.500	250	0.500	21	229	3.958	39.580	0.0020	0.05%			20.84%	
		3.500	250	0.500	22	228	3.956	39.560	0.0020	0.05%			20.88%	
		3.500	250	0.500	23	227	3.954	39.540	0.0020	0.05%			20.92%	
		3.500	250	0.500	24	226	3.952	39.520	0.0020	0.05%			20.96%	
		3.500	250	0.500	25	225	3.950	39.500	0.0020	0.05%			21.00%	
		3.500	250	0.500	26	224	3.948	39.480	0.0020	0.05%			21.04%	
		3.500	250	0.500	27	223	3.946	39.460	0.0020	0.05%			21.08%	
		3.500	250	0.500	28	222	3.944	39.440	0.0020	0.05%	0.026	0.70%	0.260	21.12%
		3.500	250	0.500	29	221	3.942	39.420	0.0020	0.05%			21.16%	

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	30	220	3.940	39.400	0.0020	0.05%			21.20%	
		3.500	250	0.500	31	219	3.938	39.380	0.0020	0.05%			21.24%	
		3.500	250	0.500	32	218	3.936	39.360	0.0020	0.05%			21.28%	
		3.500	250	0.500	33	217	3.934	39.340	0.0020	0.05%			21.32%	
		3.500	250	0.500	34	216	3.932	39.320	0.0020	0.05%			21.36%	
		3.500	250	0.500	35	215	3.930	39.300	0.0020	0.05%			21.40%	
		3.500	250	0.500	36	214	3.928	39.280	0.0020	0.05%			21.44%	
		3.500	250	0.500	37	213	3.926	39.260	0.0020	0.05%			21.48%	
		3.500	250	0.500	38	212	3.924	39.240	0.0020	0.05%			21.52%	
		3.500	250	0.500	39	211	3.922	39.220	0.0020	0.05%			21.56%	
		3.500	250	0.500	40	210	3.920	39.200	0.0020	0.05%			21.60%	
		3.500	250	0.500	41	209	3.918	39.180	0.0020	0.05%			21.64%	
		3.500	250	0.500	42	208	3.916	39.160	0.0020	0.05%	0.026	0.71%	0.260	21.68%
		3.500	250	0.500	43	207	3.914	39.140	0.0020	0.05%			21.72%	
		3.500	250	0.500	44	206	3.912	39.120	0.0020	0.05%			21.76%	
		3.500	250	0.500	45	205	3.910	39.100	0.0020	0.05%			21.80%	
		3.500	250	0.500	46	204	3.908	39.080	0.0020	0.05%			21.84%	
		3.500	250	0.500	47	203	3.906	39.060	0.0020	0.05%			21.88%	
		3.500	250	0.500	48	202	3.904	39.040	0.0020	0.05%			21.92%	
		3.500	250	0.500	49	201	3.902	39.020	0.0020	0.05%			21.96%	
		3.500	250	0.500	50	200	3.900	39.000	0.0020	0.05%			22.00%	
		3.500	250	0.500	51	199	3.898	38.980	0.0020	0.05%			22.04%	
		3.500	250	0.500	52	198	3.896	38.960	0.0020	0.05%			22.08%	
		3.500	250	0.500	53	197	3.894	38.940	0.0020	0.05%			22.12%	
		3.500	250	0.500	54	196	3.892	38.920	0.0020	0.05%			22.16%	
		3.500	250	0.500	55	195	3.890	38.900	0.0020	0.05%			22.20%	
		3.500	250	0.500	56	194	3.888	38.880	0.0020	0.05%	0.026	0.72%	0.260	22.24%
		3.500	250	0.500	57	193	3.886	38.860	0.0020	0.05%			22.28%	
		3.500	250	0.500	58	192	3.884	38.840	0.0020	0.05%			22.32%	
		3.500	250	0.500	59	191	3.882	38.820	0.0020	0.05%			22.36%	
		3.500	250	0.500	60	190	3.880	38.800	0.0020	0.05%			22.40%	
		3.500	250	0.500	61	189	3.878	38.780	0.0020	0.05%			22.44%	
		3.500	250	0.500	62	188	3.876	38.760	0.0020	0.05%			22.48%	
		3.500	250	0.500	63	187	3.874	38.740	0.0020	0.05%			22.52%	
		3.500	250	0.500	64	186	3.872	38.720	0.0020	0.05%			22.56%	
		3.500	250	0.500	65	185	3.870	38.700	0.0020	0.05%			22.60%	
		3.500	250	0.500	66	184	3.868	38.680	0.0020	0.05%			22.64%	
		3.500	250	0.500	67	183	3.866	38.660	0.0020	0.05%			22.68%	
		3.500	250	0.500	68	182	3.864	38.640	0.0020	0.05%			22.72%	
		3.500	250	0.500	69	181	3.862	38.620	0.0020	0.05%			22.76%	

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	70	180	3.860	38.600	0.0020	0.05%	0.026	0.72%	0.260	22.80%
		3.500	250	0.500	71	179	3.858	38.580	0.0020	0.05%				22.84%
		3.500	250	0.500	72	178	3.856	38.560	0.0020	0.05%				22.88%
		3.500	250	0.500	73	177	3.854	38.540	0.0020	0.05%				22.92%
		3.500	250	0.500	74	176	3.852	38.520	0.0020	0.05%				22.96%
		3.500	250	0.500	75	175	3.850	38.500	0.0020	0.05%				23.00%
		3.500	250	0.500	76	174	3.848	38.480	0.0020	0.05%				23.04%
		3.500	250	0.500	77	173	3.846	38.460	0.0020	0.05%				23.08%
		3.500	250	0.500	78	172	3.844	38.440	0.0020	0.05%				23.12%
		3.500	250	0.500	79	171	3.842	38.420	0.0020	0.05%				23.16%
		3.500	250	0.500	80	170	3.840	38.400	0.0020	0.05%				23.20%
		3.500	250	0.500	81	169	3.838	38.380	0.0020	0.05%				23.24%
		3.500	250	0.500	82	168	3.836	38.360	0.0020	0.05%				23.28%
		3.500	250	0.500	83	167	3.834	38.340	0.0020	0.05%				23.32%
		3.500	250	0.500	84	166	3.832	38.320	0.0020	0.05%	0.026	0.73%	0.260	23.36%
		3.500	250	0.500	85	165	3.830	38.300	0.0020	0.05%				23.40%
		3.500	250	0.500	86	164	3.828	38.280	0.0020	0.05%				23.44%
		3.500	250	0.500	87	163	3.826	38.260	0.0020	0.05%				23.48%
		3.500	250	0.500	88	162	3.824	38.240	0.0020	0.05%				23.52%
		3.500	250	0.500	89	161	3.822	38.220	0.0020	0.05%				23.56%
		3.500	250	0.500	90	160	3.820	38.200	0.0020	0.05%				23.60%
		3.500	250	0.500	91	159	3.818	38.180	0.0020	0.05%				23.64%
		3.500	250	0.500	92	158	3.816	38.160	0.0020	0.05%				23.68%
		3.500	250	0.500	93	157	3.814	38.140	0.0020	0.05%				23.72%
		3.500	250	0.500	94	156	3.812	38.120	0.0020	0.05%				23.76%
		3.500	250	0.500	95	155	3.810	38.100	0.0020	0.05%				23.80%
		3.500	250	0.500	96	154	3.808	38.080	0.0020	0.05%				23.84%
		3.500	250	0.500	97	153	3.806	38.060	0.0020	0.05%				23.88%
		3.500	250	0.500	98	152	3.804	38.040	0.0020	0.05%	0.026	0.73%	0.260	23.92%
		3.500	250	0.500	99	151	3.802	38.020	0.0020	0.05%				23.96%
		3.500	250	0.500	100	150	3.800	38.000	0.0020	0.05%				24.00%
		3.500	250	0.500	101	149	3.798	37.980	0.0020	0.05%				24.04%
		3.500	250	0.500	102	148	3.796	37.960	0.0020	0.05%				24.08%
		3.500	250	0.500	103	147	3.794	37.940	0.0020	0.05%				24.12%
		3.500	250	0.500	104	146	3.792	37.920	0.0020	0.05%				24.16%
		3.500	250	0.500	105	145	3.790	37.900	0.0020	0.05%				24.20%
		3.500	250	0.500	106	144	3.788	37.880	0.0020	0.05%				24.24%
		3.500	250	0.500	107	143	3.786	37.860	0.0020	0.05%				24.28%
		3.500	250	0.500	108	142	3.784	37.840	0.0020	0.05%				24.32%
		3.500	250	0.500	109	141	3.782	37.820	0.0020	0.05%				24.36%

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	110	140	3.780	37.800	0.0020	0.05%			24.40%	
		3.500	250	0.500	111	139	3.778	37.780	0.0020	0.05%			24.44%	
		3.500	250	0.500	112	138	3.776	37.760	0.0020	0.05%	0.026	0.74%	0.260	24.48%
		3.500	250	0.500	113	137	3.774	37.740	0.0020	0.05%			24.52%	
		3.500	250	0.500	114	136	3.772	37.720	0.0020	0.05%			24.56%	
		3.500	250	0.500	115	135	3.770	37.700	0.0020	0.05%			24.60%	
		3.500	250	0.500	116	134	3.768	37.680	0.0020	0.05%			24.64%	
		3.500	250	0.500	117	133	3.766	37.660	0.0020	0.05%			24.68%	
		3.500	250	0.500	118	132	3.764	37.640	0.0020	0.05%			24.72%	
		3.500	250	0.500	119	131	3.762	37.620	0.0020	0.05%			24.76%	
		3.500	250	0.500	120	130	3.760	37.600	0.0020	0.05%			24.80%	
		3.500	250	0.500	121	129	3.758	37.580	0.0020	0.05%			24.84%	
		3.500	250	0.500	122	128	3.756	37.560	0.0020	0.05%			24.88%	
		3.500	250	0.500	123	127	3.754	37.540	0.0020	0.05%			24.92%	
		3.500	250	0.500	124	126	3.752	37.520	0.0020	0.05%			24.96%	
		3.500	250	0.500	125	125	3.750	37.500	0.0020	0.05%			25.00%	
		3.500	250	0.500	126	124	3.748	37.480	0.0020	0.05%	0.026	0.74%	0.260	25.04%
		3.500	250	0.500	127	123	3.746	37.460	0.0020	0.05%			25.08%	
		3.500	250	0.500	128	122	3.744	37.440	0.0020	0.05%			25.12%	
		3.500	250	0.500	129	121	3.742	37.420	0.0020	0.05%			25.16%	
		3.500	250	0.500	130	120	3.740	37.400	0.0020	0.05%			25.20%	
		3.500	250	0.500	131	119	3.738	37.380	0.0020	0.05%			25.24%	
		3.500	250	0.500	132	118	3.736	37.360	0.0020	0.05%			25.28%	
		3.500	250	0.500	133	117	3.734	37.340	0.0020	0.05%			25.32%	
		3.500	250	0.500	134	116	3.732	37.320	0.0020	0.05%			25.36%	
		3.500	250	0.500	135	115	3.730	37.300	0.0020	0.05%			25.40%	
		3.500	250	0.500	136	114	3.728	37.280	0.0020	0.05%			25.44%	
		3.500	250	0.500	137	113	3.726	37.260	0.0020	0.05%			25.48%	
		3.500	250	0.500	138	112	3.724	37.240	0.0020	0.05%			25.52%	
		3.500	250	0.500	139	111	3.722	37.220	0.0020	0.05%			25.56%	
		3.500	250	0.500	140	110	3.720	37.200	0.0020	0.05%	0.026	0.75%	0.260	25.60%
		3.500	250	0.500	141	109	3.718	37.180	0.0020	0.05%			25.64%	
		3.500	250	0.500	142	108	3.716	37.160	0.0020	0.05%			25.68%	
		3.500	250	0.500	143	107	3.714	37.140	0.0020	0.05%			25.72%	
		3.500	250	0.500	144	106	3.712	37.120	0.0020	0.05%			25.76%	
		3.500	250	0.500	145	105	3.710	37.100	0.0020	0.05%			25.80%	
		3.500	250	0.500	146	104	3.708	37.080	0.0020	0.05%			25.84%	
		3.500	250	0.500	147	103	3.706	37.060	0.0020	0.05%			25.88%	
		3.500	250	0.500	148	102	3.704	37.040	0.0020	0.05%			25.92%	
		3.500	250	0.500	149	101	3.702	37.020	0.0020	0.05%			25.96%	

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	150	100	3.700	37.000	0.0020	0.05%			26.00%	
		3.500	250	0.500	151	99	3.698	36.980	0.0020	0.05%			26.04%	
		3.500	250	0.500	152	98	3.696	36.960	0.0020	0.05%			26.08%	
		3.500	250	0.500	153	97	3.694	36.940	0.0020	0.05%			26.12%	
		3.500	250	0.500	154	96	3.692	36.920	0.0020	0.05%	0.026	0.75%	0.260	26.16%
		3.500	250	0.500	155	95	3.690	36.900	0.0020	0.05%			26.20%	
		3.500	250	0.500	156	94	3.688	36.880	0.0020	0.05%			26.24%	
		3.500	250	0.500	157	93	3.686	36.860	0.0020	0.05%			26.28%	
		3.500	250	0.500	158	92	3.684	36.840	0.0020	0.05%			26.32%	
		3.500	250	0.500	159	91	3.682	36.820	0.0020	0.05%			26.36%	
		3.500	250	0.500	160	90	3.680	36.800	0.0020	0.05%			26.40%	
		3.500	250	0.500	161	89	3.678	36.780	0.0020	0.05%			26.44%	
		3.500	250	0.500	162	88	3.676	36.760	0.0020	0.05%			26.48%	
		3.500	250	0.500	163	87	3.674	36.740	0.0020	0.05%			26.52%	
		3.500	250	0.500	164	86	3.672	36.720	0.0020	0.05%			26.56%	
		3.500	250	0.500	165	85	3.670	36.700	0.0020	0.05%			26.60%	
		3.500	250	0.500	166	84	3.668	36.680	0.0020	0.05%			26.64%	
		3.500	250	0.500	167	83	3.666	36.660	0.0020	0.05%			26.68%	
		3.500	250	0.500	168	82	3.664	36.640	0.0020	0.05%	0.026	0.76%	0.260	26.72%
		3.500	250	0.500	169	81	3.662	36.620	0.0020	0.05%			26.76%	
		3.500	250	0.500	170	80	3.660	36.600	0.0020	0.05%			26.80%	
		3.500	250	0.500	171	79	3.658	36.580	0.0020	0.05%			26.84%	
		3.500	250	0.500	172	78	3.656	36.560	0.0020	0.05%			26.88%	
		3.500	250	0.500	173	77	3.654	36.540	0.0020	0.05%			26.92%	
		3.500	250	0.500	174	76	3.652	36.520	0.0020	0.05%			26.96%	
		3.500	250	0.500	175	75	3.650	36.500	0.0020	0.05%			27.00%	
		3.500	250	0.500	176	74	3.648	36.480	0.0020	0.05%			27.04%	
		3.500	250	0.500	177	73	3.646	36.460	0.0020	0.05%			27.08%	
		3.500	250	0.500	178	72	3.644	36.440	0.0020	0.05%			27.12%	
		3.500	250	0.500	179	71	3.642	36.420	0.0020	0.05%			27.16%	
		3.500	250	0.500	180	70	3.640	36.400	0.0020	0.05%			27.20%	
		3.500	250	0.500	181	69	3.638	36.380	0.0020	0.05%			27.24%	
		3.500	250	0.500	182	68	3.636	36.360	0.0020	0.05%	0.026	0.76%	0.260	27.28%
		3.500	250	0.500	183	67	3.634	36.340	0.0020	0.06%			27.32%	
		3.500	250	0.500	184	66	3.632	36.320	0.0020	0.06%			27.36%	
		3.500	250	0.500	185	65	3.630	36.300	0.0020	0.06%			27.40%	
		3.500	250	0.500	186	64	3.628	36.280	0.0020	0.06%			27.44%	
		3.500	250	0.500	187	63	3.626	36.260	0.0020	0.06%			27.48%	
		3.500	250	0.500	188	62	3.624	36.240	0.0020	0.06%			27.52%	
		3.500	250	0.500	189	61	3.622	36.220	0.0020	0.06%			27.56%	

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	190	60	3.620	36.200	0.0020	0.06%			27.60%	
		3.500	250	0.500	191	59	3.618	36.180	0.0020	0.06%			27.64%	
		3.500	250	0.500	192	58	3.616	36.160	0.0020	0.06%			27.68%	
		3.500	250	0.500	193	57	3.614	36.140	0.0020	0.06%			27.72%	
		3.500	250	0.500	194	56	3.612	36.120	0.0020	0.06%			27.76%	
		3.500	250	0.500	195	55	3.610	36.100	0.0020	0.06%			27.80%	
		3.500	250	0.500	196	54	3.608	36.080	0.0020	0.06%	0.026	0.77%	0.260	27.84%
		3.500	250	0.500	197	53	3.606	36.060	0.0020	0.06%				27.88%
		3.500	250	0.500	198	52	3.604	36.040	0.0020	0.06%				27.92%
		3.500	250	0.500	199	51	3.602	36.020	0.0020	0.06%				27.96%
		3.500	250	0.500	200	50	3.600	36.000	0.0020	0.06%				28.00%
		3.500	250	0.500	201	49	3.598	35.980	0.0020	0.06%				28.04%
		3.500	250	0.500	202	48	3.596	35.960	0.0020	0.06%				28.08%
		3.500	250	0.500	203	47	3.594	35.940	0.0020	0.06%				28.12%
		3.500	250	0.500	204	46	3.592	35.920	0.0020	0.06%				28.16%
		3.500	250	0.500	205	45	3.590	35.900	0.0020	0.06%				28.20%
		3.500	250	0.500	206	44	3.588	35.880	0.0020	0.06%				28.24%
		3.500	250	0.500	207	43	3.586	35.860	0.0020	0.06%				28.28%
		3.500	250	0.500	208	42	3.584	35.840	0.0020	0.06%				28.32%
		3.500	250	0.500	209	41	3.582	35.820	0.0020	0.06%				28.36%
		3.500	250	0.500	210	40	3.580	35.800	0.0020	0.06%	0.026	0.78%	0.260	28.40%
		3.500	250	0.500	211	39	3.578	35.780	0.0020	0.06%				28.44%
		3.500	250	0.500	212	38	3.576	35.760	0.0020	0.06%				28.48%
		3.500	250	0.500	213	37	3.574	35.740	0.0020	0.06%				28.52%
		3.500	250	0.500	214	36	3.572	35.720	0.0020	0.06%				28.56%
		3.500	250	0.500	215	35	3.570	35.700	0.0020	0.06%				28.60%
		3.500	250	0.500	216	34	3.568	35.680	0.0020	0.06%				28.64%
		3.500	250	0.500	217	33	3.566	35.660	0.0020	0.06%				28.68%
		3.500	250	0.500	218	32	3.564	35.640	0.0020	0.06%				28.72%
		3.500	250	0.500	219	31	3.562	35.620	0.0020	0.06%				28.76%
		3.500	250	0.500	220	30	3.560	35.600	0.0020	0.06%				28.80%
		3.500	250	0.500	221	29	3.558	35.580	0.0020	0.06%				28.84%
		3.500	250	0.500	222	28	3.556	35.560	0.0020	0.06%				28.88%
		3.500	250	0.500	223	27	3.554	35.540	0.0020	0.06%				28.92%
		3.500	250	0.500	224	26	3.552	35.520	0.0020	0.06%	0.026	0.78%	0.260	28.96%
		3.500	250	0.500	225	25	3.550	35.500	0.0020	0.06%				29.00%
		3.500	250	0.500	226	24	3.548	35.480	0.0020	0.06%				29.04%
		3.500	250	0.500	227	23	3.546	35.460	0.0020	0.06%				29.08%
		3.500	250	0.500	228	22	3.544	35.440	0.0020	0.06%				29.12%
		3.500	250	0.500	229	21	3.542	35.420	0.0020	0.06%				29.16%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 3.500
 Start Date January 21, 2008
 Dry Dose 3.000
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	3.498	34.980	0.0020	0.06%			30.04%	
		3.000	250	0.500	2	248	3.496	34.960	0.0020	0.06%			30.08%	
		3.000	250	0.500	3	247	3.494	34.940	0.0020	0.06%			30.12%	
		3.000	250	0.500	4	246	3.492	34.920	0.0020	0.06%			30.16%	
		3.000	250	0.500	5	245	3.490	34.900	0.0020	0.06%			30.20%	
		3.000	250	0.500	6	244	3.488	34.880	0.0020	0.06%			30.24%	
		3.000	250	0.500	7	243	3.486	34.860	0.0020	0.06%			30.28%	
		3.000	250	0.500	8	242	3.484	34.840	0.0020	0.06%			30.32%	
		3.000	250	0.500	9	241	3.482	34.820	0.0020	0.06%			30.36%	
		3.000	250	0.500	10	240	3.480	34.800	0.0020	0.06%			30.40%	
		3.000	250	0.500	11	239	3.478	34.780	0.0020	0.06%			30.44%	
		3.000	250	0.500	12	238	3.476	34.760	0.0020	0.06%			30.48%	
		3.000	250	0.500	13	237	3.474	34.740	0.0020	0.06%			30.52%	
		3.000	250	0.500	14	236	3.472	34.720	0.0020	0.06%	0.026	0.74%	0.260	30.56%
		3.000	250	0.500	15	235	3.470	34.700	0.0020	0.06%			30.60%	
		3.000	250	0.500	16	234	3.468	34.680	0.0020	0.06%			30.64%	
		3.000	250	0.500	17	233	3.466	34.660	0.0020	0.06%			30.68%	
		3.000	250	0.500	18	232	3.464	34.640	0.0020	0.06%			30.72%	
		3.000	250	0.500	19	231	3.462	34.620	0.0020	0.06%			30.76%	
		3.000	250	0.500	20	230	3.460	34.600	0.0020	0.06%			30.80%	
		3.000	250	0.500	21	229	3.458	34.580	0.0020	0.06%			30.84%	
		3.000	250	0.500	22	228	3.456	34.560	0.0020	0.06%			30.88%	
		3.000	250	0.500	23	227	3.454	34.540	0.0020	0.06%			30.92%	
		3.000	250	0.500	24	226	3.452	34.520	0.0020	0.06%			30.96%	
		3.000	250	0.500	25	225	3.450	34.500	0.0020	0.06%			31.00%	
		3.000	250	0.500	26	224	3.448	34.480	0.0020	0.06%			31.04%	
		3.000	250	0.500	27	223	3.446	34.460	0.0020	0.06%			31.08%	
		3.000	250	0.500	28	222	3.444	34.440	0.0020	0.06%	0.026	0.81%	0.260	31.12%
		3.000	250	0.500	29	221	3.442	34.420	0.0020	0.06%			31.16%	

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	30	220	3.440	34.400	0.0020	0.06%			31.20%	
		3.000	250	0.500	31	219	3.438	34.380	0.0020	0.06%			31.24%	
		3.000	250	0.500	32	218	3.436	34.360	0.0020	0.06%			31.28%	
		3.000	250	0.500	33	217	3.434	34.340	0.0020	0.06%			31.32%	
		3.000	250	0.500	34	216	3.432	34.320	0.0020	0.06%			31.36%	
		3.000	250	0.500	35	215	3.430	34.300	0.0020	0.06%			31.40%	
		3.000	250	0.500	36	214	3.428	34.280	0.0020	0.06%			31.44%	
		3.000	250	0.500	37	213	3.426	34.260	0.0020	0.06%			31.48%	
		3.000	250	0.500	38	212	3.424	34.240	0.0020	0.06%			31.52%	
		3.000	250	0.500	39	211	3.422	34.220	0.0020	0.06%			31.56%	
		3.000	250	0.500	40	210	3.420	34.200	0.0020	0.06%			31.60%	
		3.000	250	0.500	41	209	3.418	34.180	0.0020	0.06%			31.64%	
		3.000	250	0.500	42	208	3.416	34.160	0.0020	0.06%	0.026	0.81%	0.260	31.68%
		3.000	250	0.500	43	207	3.414	34.140	0.0020	0.06%			31.72%	
		3.000	250	0.500	44	206	3.412	34.120	0.0020	0.06%			31.76%	
		3.000	250	0.500	45	205	3.410	34.100	0.0020	0.06%			31.80%	
		3.000	250	0.500	46	204	3.408	34.080	0.0020	0.06%			31.84%	
		3.000	250	0.500	47	203	3.406	34.060	0.0020	0.06%			31.88%	
		3.000	250	0.500	48	202	3.404	34.040	0.0020	0.06%			31.92%	
		3.000	250	0.500	49	201	3.402	34.020	0.0020	0.06%			31.96%	
		3.000	250	0.500	50	200	3.400	34.000	0.0020	0.06%			32.00%	
		3.000	250	0.500	51	199	3.398	33.980	0.0020	0.06%			32.04%	
		3.000	250	0.500	52	198	3.396	33.960	0.0020	0.06%			32.08%	
		3.000	250	0.500	53	197	3.394	33.940	0.0020	0.06%			32.12%	
		3.000	250	0.500	54	196	3.392	33.920	0.0020	0.06%			32.16%	
		3.000	250	0.500	55	195	3.390	33.900	0.0020	0.06%			32.20%	
		3.000	250	0.500	56	194	3.388	33.880	0.0020	0.06%	0.026	0.82%	0.260	32.24%
		3.000	250	0.500	57	193	3.386	33.860	0.0020	0.06%			32.28%	
		3.000	250	0.500	58	192	3.384	33.840	0.0020	0.06%			32.32%	
		3.000	250	0.500	59	191	3.382	33.820	0.0020	0.06%			32.36%	
		3.000	250	0.500	60	190	3.380	33.800	0.0020	0.06%			32.40%	
		3.000	250	0.500	61	189	3.378	33.780	0.0020	0.06%			32.44%	
		3.000	250	0.500	62	188	3.376	33.760	0.0020	0.06%			32.48%	
		3.000	250	0.500	63	187	3.374	33.740	0.0020	0.06%			32.52%	
		3.000	250	0.500	64	186	3.372	33.720	0.0020	0.06%			32.56%	
		3.000	250	0.500	65	185	3.370	33.700	0.0020	0.06%			32.60%	
		3.000	250	0.500	66	184	3.368	33.680	0.0020	0.06%			32.64%	
		3.000	250	0.500	67	183	3.366	33.660	0.0020	0.06%			32.68%	
		3.000	250	0.500	68	182	3.364	33.640	0.0020	0.06%			32.72%	
		3.000	250	0.500	69	181	3.362	33.620	0.0020	0.06%			32.76%	

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	70	180	3.360	33.600	0.0020	0.06%	0.026	0.83%	0.260	32.80%
		3.000	250	0.500	71	179	3.358	33.580	0.0020	0.06%				32.84%
		3.000	250	0.500	72	178	3.356	33.560	0.0020	0.06%				32.88%
		3.000	250	0.500	73	177	3.354	33.540	0.0020	0.06%				32.92%
		3.000	250	0.500	74	176	3.352	33.520	0.0020	0.06%				32.96%
		3.000	250	0.500	75	175	3.350	33.500	0.0020	0.06%				33.00%
		3.000	250	0.500	76	174	3.348	33.480	0.0020	0.06%				33.04%
		3.000	250	0.500	77	173	3.346	33.460	0.0020	0.06%				33.08%
		3.000	250	0.500	78	172	3.344	33.440	0.0020	0.06%				33.12%
		3.000	250	0.500	79	171	3.342	33.420	0.0020	0.06%				33.16%
		3.000	250	0.500	80	170	3.340	33.400	0.0020	0.06%				33.20%
		3.000	250	0.500	81	169	3.338	33.380	0.0020	0.06%				33.24%
		3.000	250	0.500	82	168	3.336	33.360	0.0020	0.06%				33.28%
		3.000	250	0.500	83	167	3.334	33.340	0.0020	0.06%				33.32%
		3.000	250	0.500	84	166	3.332	33.320	0.0020	0.06%	0.026	0.83%	0.260	33.36%
		3.000	250	0.500	85	165	3.330	33.300	0.0020	0.06%				33.40%
		3.000	250	0.500	86	164	3.328	33.280	0.0020	0.06%				33.44%
		3.000	250	0.500	87	163	3.326	33.260	0.0020	0.06%				33.48%
		3.000	250	0.500	88	162	3.324	33.240	0.0020	0.06%				33.52%
		3.000	250	0.500	89	161	3.322	33.220	0.0020	0.06%				33.56%
		3.000	250	0.500	90	160	3.320	33.200	0.0020	0.06%				33.60%
		3.000	250	0.500	91	159	3.318	33.180	0.0020	0.06%				33.64%
		3.000	250	0.500	92	158	3.316	33.160	0.0020	0.06%				33.68%
		3.000	250	0.500	93	157	3.314	33.140	0.0020	0.06%				33.72%
		3.000	250	0.500	94	156	3.312	33.120	0.0020	0.06%				33.76%
		3.000	250	0.500	95	155	3.310	33.100	0.0020	0.06%				33.80%
		3.000	250	0.500	96	154	3.308	33.080	0.0020	0.06%				33.84%
		3.000	250	0.500	97	153	3.306	33.060	0.0020	0.06%				33.88%
		3.000	250	0.500	98	152	3.304	33.040	0.0020	0.06%	0.026	0.84%	0.260	33.92%
		3.000	250	0.500	99	151	3.302	33.020	0.0020	0.06%				33.96%
		3.000	250	0.500	100	150	3.300	33.000	0.0020	0.06%				34.00%
		3.000	250	0.500	101	149	3.298	32.980	0.0020	0.06%				34.04%
		3.000	250	0.500	102	148	3.296	32.960	0.0020	0.06%				34.08%
		3.000	250	0.500	103	147	3.294	32.940	0.0020	0.06%				34.12%
		3.000	250	0.500	104	146	3.292	32.920	0.0020	0.06%				34.16%
		3.000	250	0.500	105	145	3.290	32.900	0.0020	0.06%				34.20%
		3.000	250	0.500	106	144	3.288	32.880	0.0020	0.06%				34.24%
		3.000	250	0.500	107	143	3.286	32.860	0.0020	0.06%				34.28%
		3.000	250	0.500	108	142	3.284	32.840	0.0020	0.06%				34.32%
		3.000	250	0.500	109	141	3.282	32.820	0.0020	0.06%				34.36%

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	110	140	3.280	32.800	0.0020	0.06%			34.40%	
		3.000	250	0.500	111	139	3.278	32.780	0.0020	0.06%			34.44%	
		3.000	250	0.500	112	138	3.276	32.760	0.0020	0.06%	0.026	0.85%	0.260	34.48%
		3.000	250	0.500	113	137	3.274	32.740	0.0020	0.06%				34.52%
		3.000	250	0.500	114	136	3.272	32.720	0.0020	0.06%				34.56%
		3.000	250	0.500	115	135	3.270	32.700	0.0020	0.06%				34.60%
		3.000	250	0.500	116	134	3.268	32.680	0.0020	0.06%				34.64%
		3.000	250	0.500	117	133	3.266	32.660	0.0020	0.06%				34.68%
		3.000	250	0.500	118	132	3.264	32.640	0.0020	0.06%				34.72%
		3.000	250	0.500	119	131	3.262	32.620	0.0020	0.06%				34.76%
		3.000	250	0.500	120	130	3.260	32.600	0.0020	0.06%				34.80%
		3.000	250	0.500	121	129	3.258	32.580	0.0020	0.06%				34.84%
		3.000	250	0.500	122	128	3.256	32.560	0.0020	0.06%				34.88%
		3.000	250	0.500	123	127	3.254	32.540	0.0020	0.06%				34.92%
		3.000	250	0.500	124	126	3.252	32.520	0.0020	0.06%				34.96%
		3.000	250	0.500	125	125	3.250	32.500	0.0020	0.06%				35.00%
		3.000	250	0.500	126	124	3.248	32.480	0.0020	0.06%	0.026	0.85%	0.260	35.04%
		3.000	250	0.500	127	123	3.246	32.460	0.0020	0.06%				35.08%
		3.000	250	0.500	128	122	3.244	32.440	0.0020	0.06%				35.12%
		3.000	250	0.500	129	121	3.242	32.420	0.0020	0.06%				35.16%
		3.000	250	0.500	130	120	3.240	32.400	0.0020	0.06%				35.20%
		3.000	250	0.500	131	119	3.238	32.380	0.0020	0.06%				35.24%
		3.000	250	0.500	132	118	3.236	32.360	0.0020	0.06%				35.28%
		3.000	250	0.500	133	117	3.234	32.340	0.0020	0.06%				35.32%
		3.000	250	0.500	134	116	3.232	32.320	0.0020	0.06%				35.36%
		3.000	250	0.500	135	115	3.230	32.300	0.0020	0.06%				35.40%
		3.000	250	0.500	136	114	3.228	32.280	0.0020	0.06%				35.44%
		3.000	250	0.500	137	113	3.226	32.260	0.0020	0.06%				35.48%
		3.000	250	0.500	138	112	3.224	32.240	0.0020	0.06%				35.52%
		3.000	250	0.500	139	111	3.222	32.220	0.0020	0.06%				35.56%
		3.000	250	0.500	140	110	3.220	32.200	0.0020	0.06%	0.026	0.86%	0.260	35.60%
		3.000	250	0.500	141	109	3.218	32.180	0.0020	0.06%				35.64%
		3.000	250	0.500	142	108	3.216	32.160	0.0020	0.06%				35.68%
		3.000	250	0.500	143	107	3.214	32.140	0.0020	0.06%				35.72%
		3.000	250	0.500	144	106	3.212	32.120	0.0020	0.06%				35.76%
		3.000	250	0.500	145	105	3.210	32.100	0.0020	0.06%				35.80%
		3.000	250	0.500	146	104	3.208	32.080	0.0020	0.06%				35.84%
		3.000	250	0.500	147	103	3.206	32.060	0.0020	0.06%				35.88%
		3.000	250	0.500	148	102	3.204	32.040	0.0020	0.06%				35.92%
		3.000	250	0.500	149	101	3.202	32.020	0.0020	0.06%				35.96%

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	150	100	3.200	32.000	0.0020	0.06%			36.00%	
		3.000	250	0.500	151	99	3.198	31.980	0.0020	0.06%			36.04%	
		3.000	250	0.500	152	98	3.196	31.960	0.0020	0.06%			36.08%	
		3.000	250	0.500	153	97	3.194	31.940	0.0020	0.06%			36.12%	
		3.000	250	0.500	154	96	3.192	31.920	0.0020	0.06%	0.026	0.87%	0.260	36.16%
		3.000	250	0.500	155	95	3.190	31.900	0.0020	0.06%			36.20%	
		3.000	250	0.500	156	94	3.188	31.880	0.0020	0.06%			36.24%	
		3.000	250	0.500	157	93	3.186	31.860	0.0020	0.06%			36.28%	
		3.000	250	0.500	158	92	3.184	31.840	0.0020	0.06%			36.32%	
		3.000	250	0.500	159	91	3.182	31.820	0.0020	0.06%			36.36%	
		3.000	250	0.500	160	90	3.180	31.800	0.0020	0.06%			36.40%	
		3.000	250	0.500	161	89	3.178	31.780	0.0020	0.06%			36.44%	
		3.000	250	0.500	162	88	3.176	31.760	0.0020	0.06%			36.48%	
		3.000	250	0.500	163	87	3.174	31.740	0.0020	0.06%			36.52%	
		3.000	250	0.500	164	86	3.172	31.720	0.0020	0.06%			36.56%	
		3.000	250	0.500	165	85	3.170	31.700	0.0020	0.06%			36.60%	
		3.000	250	0.500	166	84	3.168	31.680	0.0020	0.06%			36.64%	
		3.000	250	0.500	167	83	3.166	31.660	0.0020	0.06%			36.68%	
		3.000	250	0.500	168	82	3.164	31.640	0.0020	0.06%	0.026	0.88%	0.260	36.72%
		3.000	250	0.500	169	81	3.162	31.620	0.0020	0.06%			36.76%	
		3.000	250	0.500	170	80	3.160	31.600	0.0020	0.06%			36.80%	
		3.000	250	0.500	171	79	3.158	31.580	0.0020	0.06%			36.84%	
		3.000	250	0.500	172	78	3.156	31.560	0.0020	0.06%			36.88%	
		3.000	250	0.500	173	77	3.154	31.540	0.0020	0.06%			36.92%	
		3.000	250	0.500	174	76	3.152	31.520	0.0020	0.06%			36.96%	
		3.000	250	0.500	175	75	3.150	31.500	0.0020	0.06%			37.00%	
		3.000	250	0.500	176	74	3.148	31.480	0.0020	0.06%			37.04%	
		3.000	250	0.500	177	73	3.146	31.460	0.0020	0.06%			37.08%	
		3.000	250	0.500	178	72	3.144	31.440	0.0020	0.06%			37.12%	
		3.000	250	0.500	179	71	3.142	31.420	0.0020	0.06%			37.16%	
		3.000	250	0.500	180	70	3.140	31.400	0.0020	0.06%			37.20%	
		3.000	250	0.500	181	69	3.138	31.380	0.0020	0.06%			37.24%	
		3.000	250	0.500	182	68	3.136	31.360	0.0020	0.06%	0.026	0.88%	0.260	37.28%
		3.000	250	0.500	183	67	3.134	31.340	0.0020	0.06%			37.32%	
		3.000	250	0.500	184	66	3.132	31.320	0.0020	0.06%			37.36%	
		3.000	250	0.500	185	65	3.130	31.300	0.0020	0.06%			37.40%	
		3.000	250	0.500	186	64	3.128	31.280	0.0020	0.06%			37.44%	
		3.000	250	0.500	187	63	3.126	31.260	0.0020	0.06%			37.48%	
		3.000	250	0.500	188	62	3.124	31.240	0.0020	0.06%			37.52%	
		3.000	250	0.500	189	61	3.122	31.220	0.0020	0.06%			37.56%	

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	190	60	3.120	31.200	0.0020	0.06%			37.60%	
		3.000	250	0.500	191	59	3.118	31.180	0.0020	0.06%			37.64%	
		3.000	250	0.500	192	58	3.116	31.160	0.0020	0.06%			37.68%	
		3.000	250	0.500	193	57	3.114	31.140	0.0020	0.06%			37.72%	
		3.000	250	0.500	194	56	3.112	31.120	0.0020	0.06%			37.76%	
		3.000	250	0.500	195	55	3.110	31.100	0.0020	0.06%			37.80%	
		3.000	250	0.500	196	54	3.108	31.080	0.0020	0.06%	0.026	0.89%	0.260	37.84%
		3.000	250	0.500	197	53	3.106	31.060	0.0020	0.06%				37.88%
		3.000	250	0.500	198	52	3.104	31.040	0.0020	0.06%				37.92%
		3.000	250	0.500	199	51	3.102	31.020	0.0020	0.06%				37.96%
		3.000	250	0.500	200	50	3.100	31.000	0.0020	0.06%				38.00%
		3.000	250	0.500	201	49	3.098	30.980	0.0020	0.06%				38.04%
		3.000	250	0.500	202	48	3.096	30.960	0.0020	0.06%				38.08%
		3.000	250	0.500	203	47	3.094	30.940	0.0020	0.06%				38.12%
		3.000	250	0.500	204	46	3.092	30.920	0.0020	0.06%				38.16%
		3.000	250	0.500	205	45	3.090	30.900	0.0020	0.06%				38.20%
		3.000	250	0.500	206	44	3.088	30.880	0.0020	0.06%				38.24%
		3.000	250	0.500	207	43	3.086	30.860	0.0020	0.06%				38.28%
		3.000	250	0.500	208	42	3.084	30.840	0.0020	0.06%				38.32%
		3.000	250	0.500	209	41	3.082	30.820	0.0020	0.06%				38.36%
		3.000	250	0.500	210	40	3.080	30.800	0.0020	0.06%	0.026	0.90%	0.260	38.40%
		3.000	250	0.500	211	39	3.078	30.780	0.0020	0.06%				38.44%
		3.000	250	0.500	212	38	3.076	30.760	0.0020	0.06%				38.48%
		3.000	250	0.500	213	37	3.074	30.740	0.0020	0.07%				38.52%
		3.000	250	0.500	214	36	3.072	30.720	0.0020	0.07%				38.56%
		3.000	250	0.500	215	35	3.070	30.700	0.0020	0.07%				38.60%
		3.000	250	0.500	216	34	3.068	30.680	0.0020	0.07%				38.64%
		3.000	250	0.500	217	33	3.066	30.660	0.0020	0.07%				38.68%
		3.000	250	0.500	218	32	3.064	30.640	0.0020	0.07%				38.72%
		3.000	250	0.500	219	31	3.062	30.620	0.0020	0.07%				38.76%
		3.000	250	0.500	220	30	3.060	30.600	0.0020	0.07%				38.80%
		3.000	250	0.500	221	29	3.058	30.580	0.0020	0.07%				38.84%
		3.000	250	0.500	222	28	3.056	30.560	0.0020	0.07%				38.88%
		3.000	250	0.500	223	27	3.054	30.540	0.0020	0.07%				38.92%
		3.000	250	0.500	224	26	3.052	30.520	0.0020	0.07%	0.026	0.91%	0.260	38.96%
		3.000	250	0.500	225	25	3.050	30.500	0.0020	0.07%				39.00%
		3.000	250	0.500	226	24	3.048	30.480	0.0020	0.07%				39.04%
		3.000	250	0.500	227	23	3.046	30.460	0.0020	0.07%				39.08%
		3.000	250	0.500	228	22	3.044	30.440	0.0020	0.07%				39.12%
		3.000	250	0.500	229	21	3.042	30.420	0.0020	0.07%				39.16%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 3.000
 Start Date September 27, 2008
 Dry Dose 2.500
 Dissolve Dose 0.500
 Water in ML **250**
 ML Increments **1**
 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	
		2.500	250	0.500	1	249	2.998	29.980	0.0020	0.07%			40.04%	
		2.500	250	0.500	2	248	2.996	29.960	0.0020	0.07%			40.08%	
		2.500	250	0.500	3	247	2.994	29.940	0.0020	0.07%			40.12%	
		2.500	250	0.500	4	246	2.992	29.920	0.0020	0.07%			40.16%	
		2.500	250	0.500	5	245	2.990	29.900	0.0020	0.07%			40.20%	
		2.500	250	0.500	6	244	2.988	29.880	0.0020	0.07%			40.24%	
		2.500	250	0.500	7	243	2.986	29.860	0.0020	0.07%			40.28%	
		2.500	250	0.500	8	242	2.984	29.840	0.0020	0.07%			40.32%	
		2.500	250	0.500	9	241	2.982	29.820	0.0020	0.07%			40.36%	
		2.500	250	0.500	10	240	2.980	29.800	0.0020	0.07%			40.40%	
		2.500	250	0.500	11	239	2.978	29.780	0.0020	0.07%			40.44%	
		2.500	250	0.500	12	238	2.976	29.760	0.0020	0.07%			40.48%	
		2.500	250	0.500	13	237	2.974	29.740	0.0020	0.07%			40.52%	
		2.500	250	0.500	14	236	2.972	29.720	0.0020	0.07%	0.026	0.87%	0.260	40.56%
		2.500	250	0.500	15	235	2.970	29.700	0.0020	0.07%			40.60%	
		2.500	250	0.500	16	234	2.968	29.680	0.0020	0.07%			40.64%	
		2.500	250	0.500	17	233	2.966	29.660	0.0020	0.07%			40.68%	
		2.500	250	0.500	18	232	2.964	29.640	0.0020	0.07%			40.72%	
		2.500	250	0.500	19	231	2.962	29.620	0.0020	0.07%			40.76%	
		2.500	250	0.500	20	230	2.960	29.600	0.0020	0.07%			40.80%	
		2.500	250	0.500	21	229	2.958	29.580	0.0020	0.07%			40.84%	
		2.500	250	0.500	22	228	2.956	29.560	0.0020	0.07%			40.88%	
		2.500	250	0.500	23	227	2.954	29.540	0.0020	0.07%			40.92%	
		2.500	250	0.500	24	226	2.952	29.520	0.0020	0.07%			40.96%	
		2.500	250	0.500	25	225	2.950	29.500	0.0020	0.07%			41.00%	
		2.500	250	0.500	26	224	2.948	29.480	0.0020	0.07%			41.04%	
		2.500	250	0.500	27	223	2.946	29.460	0.0020	0.07%			41.08%	
		2.500	250	0.500	28	222	2.944	29.440	0.0020	0.07%	0.026	0.94%	0.260	41.12%
		2.500	250	0.500	29	221	2.942	29.420	0.0020	0.07%			41.16%	

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	30	220	2.940	29.400	0.0020	0.07%			41.20%	
		2.500	250	0.500	31	219	2.938	29.380	0.0020	0.07%			41.24%	
		2.500	250	0.500	32	218	2.936	29.360	0.0020	0.07%			41.28%	
		2.500	250	0.500	33	217	2.934	29.340	0.0020	0.07%			41.32%	
		2.500	250	0.500	34	216	2.932	29.320	0.0020	0.07%			41.36%	
		2.500	250	0.500	35	215	2.930	29.300	0.0020	0.07%			41.40%	
		2.500	250	0.500	36	214	2.928	29.280	0.0020	0.07%			41.44%	
		2.500	250	0.500	37	213	2.926	29.260	0.0020	0.07%			41.48%	
		2.500	250	0.500	38	212	2.924	29.240	0.0020	0.07%			41.52%	
		2.500	250	0.500	39	211	2.922	29.220	0.0020	0.07%			41.56%	
		2.500	250	0.500	40	210	2.920	29.200	0.0020	0.07%			41.60%	
		2.500	250	0.500	41	209	2.918	29.180	0.0020	0.07%			41.64%	
		2.500	250	0.500	42	208	2.916	29.160	0.0020	0.07%	0.026	0.95%	0.260	41.68%
		2.500	250	0.500	43	207	2.914	29.140	0.0020	0.07%			41.72%	
		2.500	250	0.500	44	206	2.912	29.120	0.0020	0.07%			41.76%	
		2.500	250	0.500	45	205	2.910	29.100	0.0020	0.07%			41.80%	
		2.500	250	0.500	46	204	2.908	29.080	0.0020	0.07%			41.84%	
		2.500	250	0.500	47	203	2.906	29.060	0.0020	0.07%			41.88%	
		2.500	250	0.500	48	202	2.904	29.040	0.0020	0.07%			41.92%	
		2.500	250	0.500	49	201	2.902	29.020	0.0020	0.07%			41.96%	
		2.500	250	0.500	50	200	2.900	29.000	0.0020	0.07%			42.00%	
		2.500	250	0.500	51	199	2.898	28.980	0.0020	0.07%			42.04%	
		2.500	250	0.500	52	198	2.896	28.960	0.0020	0.07%			42.08%	
		2.500	250	0.500	53	197	2.894	28.940	0.0020	0.07%			42.12%	
		2.500	250	0.500	54	196	2.892	28.920	0.0020	0.07%			42.16%	
		2.500	250	0.500	55	195	2.890	28.900	0.0020	0.07%			42.20%	
		2.500	250	0.500	56	194	2.888	28.880	0.0020	0.07%	0.026	0.96%	0.260	42.24%
		2.500	250	0.500	57	193	2.886	28.860	0.0020	0.07%			42.28%	
		2.500	250	0.500	58	192	2.884	28.840	0.0020	0.07%			42.32%	
		2.500	250	0.500	59	191	2.882	28.820	0.0020	0.07%			42.36%	
		2.500	250	0.500	60	190	2.880	28.800	0.0020	0.07%			42.40%	
		2.500	250	0.500	61	189	2.878	28.780	0.0020	0.07%			42.44%	
		2.500	250	0.500	62	188	2.876	28.760	0.0020	0.07%			42.48%	
		2.500	250	0.500	63	187	2.874	28.740	0.0020	0.07%			42.52%	
		2.500	250	0.500	64	186	2.872	28.720	0.0020	0.07%			42.56%	
		2.500	250	0.500	65	185	2.870	28.700	0.0020	0.07%			42.60%	
		2.500	250	0.500	66	184	2.868	28.680	0.0020	0.07%			42.64%	
		2.500	250	0.500	67	183	2.866	28.660	0.0020	0.07%			42.68%	
		2.500	250	0.500	68	182	2.864	28.640	0.0020	0.07%			42.72%	
		2.500	250	0.500	69	181	2.862	28.620	0.0020	0.07%			42.76%	

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	70	180	2.860	28.600	0.0020	0.07%	0.026	0.97%	0.260	42.80%
		2.500	250	0.500	71	179	2.858	28.580	0.0020	0.07%				42.84%
		2.500	250	0.500	72	178	2.856	28.560	0.0020	0.07%				42.88%
		2.500	250	0.500	73	177	2.854	28.540	0.0020	0.07%				42.92%
		2.500	250	0.500	74	176	2.852	28.520	0.0020	0.07%				42.96%
		2.500	250	0.500	75	175	2.850	28.500	0.0020	0.07%				43.00%
		2.500	250	0.500	76	174	2.848	28.480	0.0020	0.07%				43.04%
		2.500	250	0.500	77	173	2.846	28.460	0.0020	0.07%				43.08%
		2.500	250	0.500	78	172	2.844	28.440	0.0020	0.07%				43.12%
		2.500	250	0.500	79	171	2.842	28.420	0.0020	0.07%				43.16%
		2.500	250	0.500	80	170	2.840	28.400	0.0020	0.07%				43.20%
		2.500	250	0.500	81	169	2.838	28.380	0.0020	0.07%				43.24%
		2.500	250	0.500	82	168	2.836	28.360	0.0020	0.07%				43.28%
		2.500	250	0.500	83	167	2.834	28.340	0.0020	0.07%				43.32%
		2.500	250	0.500	84	166	2.832	28.320	0.0020	0.07%	0.026	0.98%	0.260	43.36%
		2.500	250	0.500	85	165	2.830	28.300	0.0020	0.07%				43.40%
		2.500	250	0.500	86	164	2.828	28.280	0.0020	0.07%				43.44%
		2.500	250	0.500	87	163	2.826	28.260	0.0020	0.07%				43.48%
		2.500	250	0.500	88	162	2.824	28.240	0.0020	0.07%				43.52%
		2.500	250	0.500	89	161	2.822	28.220	0.0020	0.07%				43.56%
		2.500	250	0.500	90	160	2.820	28.200	0.0020	0.07%				43.60%
		2.500	250	0.500	91	159	2.818	28.180	0.0020	0.07%				43.64%
		2.500	250	0.500	92	158	2.816	28.160	0.0020	0.07%				43.68%
		2.500	250	0.500	93	157	2.814	28.140	0.0020	0.07%				43.72%
		2.500	250	0.500	94	156	2.812	28.120	0.0020	0.07%				43.76%
		2.500	250	0.500	95	155	2.810	28.100	0.0020	0.07%				43.80%
		2.500	250	0.500	96	154	2.808	28.080	0.0020	0.07%				43.84%
		2.500	250	0.500	97	153	2.806	28.060	0.0020	0.07%				43.88%
		2.500	250	0.500	98	152	2.804	28.040	0.0020	0.07%	0.026	0.99%	0.260	43.92%
		2.500	250	0.500	99	151	2.802	28.020	0.0020	0.07%				43.96%
		2.500	250	0.500	100	150	2.800	28.000	0.0020	0.07%				44.00%
		2.500	250	0.500	101	149	2.798	27.980	0.0020	0.07%				44.04%
		2.500	250	0.500	102	148	2.796	27.960	0.0020	0.07%				44.08%
		2.500	250	0.500	103	147	2.794	27.940	0.0020	0.07%				44.12%
		2.500	250	0.500	104	146	2.792	27.920	0.0020	0.07%				44.16%
		2.500	250	0.500	105	145	2.790	27.900	0.0020	0.07%				44.20%
		2.500	250	0.500	106	144	2.788	27.880	0.0020	0.07%				44.24%
		2.500	250	0.500	107	143	2.786	27.860	0.0020	0.07%				44.28%
		2.500	250	0.500	108	142	2.784	27.840	0.0020	0.07%				44.32%
		2.500	250	0.500	109	141	2.782	27.820	0.0020	0.07%				44.36%

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	110	140	2.780	27.800	0.0020	0.07%			44.40%	
		2.500	250	0.500	111	139	2.778	27.780	0.0020	0.07%			44.44%	
		2.500	250	0.500	112	138	2.776	27.760	0.0020	0.07%	0.026	1.00%	0.260	44.48%
		2.500	250	0.500	113	137	2.774	27.740	0.0020	0.07%			44.52%	
		2.500	250	0.500	114	136	2.772	27.720	0.0020	0.07%			44.56%	
		2.500	250	0.500	115	135	2.770	27.700	0.0020	0.07%			44.60%	
		2.500	250	0.500	116	134	2.768	27.680	0.0020	0.07%			44.64%	
		2.500	250	0.500	117	133	2.766	27.660	0.0020	0.07%			44.68%	
		2.500	250	0.500	118	132	2.764	27.640	0.0020	0.07%			44.72%	
		2.500	250	0.500	119	131	2.762	27.620	0.0020	0.07%			44.76%	
		2.500	250	0.500	120	130	2.760	27.600	0.0020	0.07%			44.80%	
		2.500	250	0.500	121	129	2.758	27.580	0.0020	0.07%			44.84%	
		2.500	250	0.500	122	128	2.756	27.560	0.0020	0.07%			44.88%	
		2.500	250	0.500	123	127	2.754	27.540	0.0020	0.07%			44.92%	
		2.500	250	0.500	124	126	2.752	27.520	0.0020	0.07%			44.96%	
		2.500	250	0.500	125	125	2.750	27.500	0.0020	0.07%			45.00%	
		2.500	250	0.500	126	124	2.748	27.480	0.0020	0.07%	0.026	1.01%	0.260	45.04%
		2.500	250	0.500	127	123	2.746	27.460	0.0020	0.07%			45.08%	
		2.500	250	0.500	128	122	2.744	27.440	0.0020	0.07%			45.12%	
		2.500	250	0.500	129	121	2.742	27.420	0.0020	0.07%			45.16%	
		2.500	250	0.500	130	120	2.740	27.400	0.0020	0.07%			45.20%	
		2.500	250	0.500	131	119	2.738	27.380	0.0020	0.07%			45.24%	
		2.500	250	0.500	132	118	2.736	27.360	0.0020	0.07%			45.28%	
		2.500	250	0.500	133	117	2.734	27.340	0.0020	0.07%			45.32%	
		2.500	250	0.500	134	116	2.732	27.320	0.0020	0.07%			45.36%	
		2.500	250	0.500	135	115	2.730	27.300	0.0020	0.07%			45.40%	
		2.500	250	0.500	136	114	2.728	27.280	0.0020	0.07%			45.44%	
		2.500	250	0.500	137	113	2.726	27.260	0.0020	0.07%			45.48%	
		2.500	250	0.500	138	112	2.724	27.240	0.0020	0.07%			45.52%	
		2.500	250	0.500	139	111	2.722	27.220	0.0020	0.07%			45.56%	
		2.500	250	0.500	140	110	2.720	27.200	0.0020	0.07%	0.026	1.02%	0.260	45.60%
		2.500	250	0.500	141	109	2.718	27.180	0.0020	0.07%			45.64%	
		2.500	250	0.500	142	108	2.716	27.160	0.0020	0.07%			45.68%	
		2.500	250	0.500	143	107	2.714	27.140	0.0020	0.07%			45.72%	
		2.500	250	0.500	144	106	2.712	27.120	0.0020	0.07%			45.76%	
		2.500	250	0.500	145	105	2.710	27.100	0.0020	0.07%			45.80%	
		2.500	250	0.500	146	104	2.708	27.080	0.0020	0.07%			45.84%	
		2.500	250	0.500	147	103	2.706	27.060	0.0020	0.07%			45.88%	
		2.500	250	0.500	148	102	2.704	27.040	0.0020	0.07%			45.92%	
		2.500	250	0.500	149	101	2.702	27.020	0.0020	0.07%			45.96%	

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	150	100	2.700	27.000	0.0020	0.07%			46.00%	
		2.500	250	0.500	151	99	2.698	26.980	0.0020	0.07%			46.04%	
		2.500	250	0.500	152	98	2.696	26.960	0.0020	0.07%			46.08%	
		2.500	250	0.500	153	97	2.694	26.940	0.0020	0.07%			46.12%	
		2.500	250	0.500	154	96	2.692	26.920	0.0020	0.07%	0.026	1.03%	0.260	46.16%
		2.500	250	0.500	155	95	2.690	26.900	0.0020	0.07%			46.20%	
		2.500	250	0.500	156	94	2.688	26.880	0.0020	0.07%			46.24%	
		2.500	250	0.500	157	93	2.686	26.860	0.0020	0.07%			46.28%	
		2.500	250	0.500	158	92	2.684	26.840	0.0020	0.07%			46.32%	
		2.500	250	0.500	159	91	2.682	26.820	0.0020	0.07%			46.36%	
		2.500	250	0.500	160	90	2.680	26.800	0.0020	0.07%			46.40%	
		2.500	250	0.500	161	89	2.678	26.780	0.0020	0.07%			46.44%	
		2.500	250	0.500	162	88	2.676	26.760	0.0020	0.07%			46.48%	
		2.500	250	0.500	163	87	2.674	26.740	0.0020	0.07%			46.52%	
		2.500	250	0.500	164	86	2.672	26.720	0.0020	0.07%			46.56%	
		2.500	250	0.500	165	85	2.670	26.700	0.0020	0.07%			46.60%	
		2.500	250	0.500	166	84	2.668	26.680	0.0020	0.07%			46.64%	
		2.500	250	0.500	167	83	2.666	26.660	0.0020	0.07%			46.68%	
		2.500	250	0.500	168	82	2.664	26.640	0.0020	0.08%	0.026	1.04%	0.260	46.72%
		2.500	250	0.500	169	81	2.662	26.620	0.0020	0.08%			46.76%	
		2.500	250	0.500	170	80	2.660	26.600	0.0020	0.08%			46.80%	
		2.500	250	0.500	171	79	2.658	26.580	0.0020	0.08%			46.84%	
		2.500	250	0.500	172	78	2.656	26.560	0.0020	0.08%			46.88%	
		2.500	250	0.500	173	77	2.654	26.540	0.0020	0.08%			46.92%	
		2.500	250	0.500	174	76	2.652	26.520	0.0020	0.08%			46.96%	
		2.500	250	0.500	175	75	2.650	26.500	0.0020	0.08%			47.00%	
		2.500	250	0.500	176	74	2.648	26.480	0.0020	0.08%			47.04%	
		2.500	250	0.500	177	73	2.646	26.460	0.0020	0.08%			47.08%	
		2.500	250	0.500	178	72	2.644	26.440	0.0020	0.08%			47.12%	
		2.500	250	0.500	179	71	2.642	26.420	0.0020	0.08%			47.16%	
		2.500	250	0.500	180	70	2.640	26.400	0.0020	0.08%			47.20%	
		2.500	250	0.500	181	69	2.638	26.380	0.0020	0.08%			47.24%	
		2.500	250	0.500	182	68	2.636	26.360	0.0020	0.08%	0.026	1.05%	0.260	47.28%
		2.500	250	0.500	183	67	2.634	26.340	0.0020	0.08%			47.32%	
		2.500	250	0.500	184	66	2.632	26.320	0.0020	0.08%			47.36%	
		2.500	250	0.500	185	65	2.630	26.300	0.0020	0.08%			47.40%	
		2.500	250	0.500	186	64	2.628	26.280	0.0020	0.08%			47.44%	
		2.500	250	0.500	187	63	2.626	26.260	0.0020	0.08%			47.48%	
		2.500	250	0.500	188	62	2.624	26.240	0.0020	0.08%			47.52%	
		2.500	250	0.500	189	61	2.622	26.220	0.0020	0.08%			47.56%	

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	190	60	2.620	26.200	0.0020	0.08%			47.60%	
		2.500	250	0.500	191	59	2.618	26.180	0.0020	0.08%			47.64%	
		2.500	250	0.500	192	58	2.616	26.160	0.0020	0.08%			47.68%	
		2.500	250	0.500	193	57	2.614	26.140	0.0020	0.08%			47.72%	
		2.500	250	0.500	194	56	2.612	26.120	0.0020	0.08%			47.76%	
		2.500	250	0.500	195	55	2.610	26.100	0.0020	0.08%			47.80%	
		2.500	250	0.500	196	54	2.608	26.080	0.0020	0.08%	0.026	1.06%	0.260	47.84%
		2.500	250	0.500	197	53	2.606	26.060	0.0020	0.08%				47.88%
		2.500	250	0.500	198	52	2.604	26.040	0.0020	0.08%				47.92%
		2.500	250	0.500	199	51	2.602	26.020	0.0020	0.08%				47.96%
		2.500	250	0.500	200	50	2.600	26.000	0.0020	0.08%				48.00%
		2.500	250	0.500	201	49	2.598	25.980	0.0020	0.08%				48.04%
		2.500	250	0.500	202	48	2.596	25.960	0.0020	0.08%				48.08%
		2.500	250	0.500	203	47	2.594	25.940	0.0020	0.08%				48.12%
		2.500	250	0.500	204	46	2.592	25.920	0.0020	0.08%				48.16%
		2.500	250	0.500	205	45	2.590	25.900	0.0020	0.08%				48.20%
		2.500	250	0.500	206	44	2.588	25.880	0.0020	0.08%				48.24%
		2.500	250	0.500	207	43	2.586	25.860	0.0020	0.08%				48.28%
		2.500	250	0.500	208	42	2.584	25.840	0.0020	0.08%				48.32%
		2.500	250	0.500	209	41	2.582	25.820	0.0020	0.08%				48.36%
		2.500	250	0.500	210	40	2.580	25.800	0.0020	0.08%	0.026	1.07%	0.260	48.40%
		2.500	250	0.500	211	39	2.578	25.780	0.0020	0.08%				48.44%
		2.500	250	0.500	212	38	2.576	25.760	0.0020	0.08%				48.48%
		2.500	250	0.500	213	37	2.574	25.740	0.0020	0.08%				48.52%
		2.500	250	0.500	214	36	2.572	25.720	0.0020	0.08%				48.56%
		2.500	250	0.500	215	35	2.570	25.700	0.0020	0.08%				48.60%
		2.500	250	0.500	216	34	2.568	25.680	0.0020	0.08%				48.64%
		2.500	250	0.500	217	33	2.566	25.660	0.0020	0.08%				48.68%
		2.500	250	0.500	218	32	2.564	25.640	0.0020	0.08%				48.72%
		2.500	250	0.500	219	31	2.562	25.620	0.0020	0.08%				48.76%
		2.500	250	0.500	220	30	2.560	25.600	0.0020	0.08%				48.80%
		2.500	250	0.500	221	29	2.558	25.580	0.0020	0.08%				48.84%
		2.500	250	0.500	222	28	2.556	25.560	0.0020	0.08%				48.88%
		2.500	250	0.500	223	27	2.554	25.540	0.0020	0.08%				48.92%
		2.500	250	0.500	224	26	2.552	25.520	0.0020	0.08%	0.026	1.09%	0.260	48.96%
		2.500	250	0.500	225	25	2.550	25.500	0.0020	0.08%				49.00%
		2.500	250	0.500	226	24	2.548	25.480	0.0020	0.08%				49.04%
		2.500	250	0.500	227	23	2.546	25.460	0.0020	0.08%				49.08%
		2.500	250	0.500	228	22	2.544	25.440	0.0020	0.08%				49.12%
		2.500	250	0.500	229	21	2.542	25.420	0.0020	0.08%				49.16%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 2.500
 Start Date June 4, 2009
 Dry Dose 2.000
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	2.498	24.980	0.0020	0.08%			50.04%	
		2.000	250	0.500	2	248	2.496	24.960	0.0020	0.08%			50.08%	
		2.000	250	0.500	3	247	2.494	24.940	0.0020	0.08%			50.12%	
		2.000	250	0.500	4	246	2.492	24.920	0.0020	0.08%			50.16%	
		2.000	250	0.500	5	245	2.490	24.900	0.0020	0.08%			50.20%	
		2.000	250	0.500	6	244	2.488	24.880	0.0020	0.08%			50.24%	
		2.000	250	0.500	7	243	2.486	24.860	0.0020	0.08%			50.28%	
		2.000	250	0.500	8	242	2.484	24.840	0.0020	0.08%			50.32%	
		2.000	250	0.500	9	241	2.482	24.820	0.0020	0.08%			50.36%	
		2.000	250	0.500	10	240	2.480	24.800	0.0020	0.08%			50.40%	
		2.000	250	0.500	11	239	2.478	24.780	0.0020	0.08%			50.44%	
		2.000	250	0.500	12	238	2.476	24.760	0.0020	0.08%			50.48%	
		2.000	250	0.500	13	237	2.474	24.740	0.0020	0.08%			50.52%	
		2.000	250	0.500	14	236	2.472	24.720	0.0020	0.08%	0.026	1.04%	0.260	50.56%
		2.000	250	0.500	15	235	2.470	24.700	0.0020	0.08%			50.60%	
		2.000	250	0.500	16	234	2.468	24.680	0.0020	0.08%			50.64%	
		2.000	250	0.500	17	233	2.466	24.660	0.0020	0.08%			50.68%	
		2.000	250	0.500	18	232	2.464	24.640	0.0020	0.08%			50.72%	
		2.000	250	0.500	19	231	2.462	24.620	0.0020	0.08%			50.76%	
		2.000	250	0.500	20	230	2.460	24.600	0.0020	0.08%			50.80%	
		2.000	250	0.500	21	229	2.458	24.580	0.0020	0.08%			50.84%	
		2.000	250	0.500	22	228	2.456	24.560	0.0020	0.08%			50.88%	
		2.000	250	0.500	23	227	2.454	24.540	0.0020	0.08%			50.92%	
		2.000	250	0.500	24	226	2.452	24.520	0.0020	0.08%			50.96%	
		2.000	250	0.500	25	225	2.450	24.500	0.0020	0.08%			51.00%	
		2.000	250	0.500	26	224	2.448	24.480	0.0020	0.08%			51.04%	
		2.000	250	0.500	27	223	2.446	24.460	0.0020	0.08%			51.08%	
		2.000	250	0.500	28	222	2.444	24.440	0.0020	0.08%	0.026	1.13%	0.260	51.12%
		2.000	250	0.500	29	221	2.442	24.420	0.0020	0.08%			51.16%	

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	30	220	2.440	24.400	0.0020	0.08%			51.20%	
		2.000	250	0.500	31	219	2.438	24.380	0.0020	0.08%			51.24%	
		2.000	250	0.500	32	218	2.436	24.360	0.0020	0.08%			51.28%	
		2.000	250	0.500	33	217	2.434	24.340	0.0020	0.08%			51.32%	
		2.000	250	0.500	34	216	2.432	24.320	0.0020	0.08%			51.36%	
		2.000	250	0.500	35	215	2.430	24.300	0.0020	0.08%			51.40%	
		2.000	250	0.500	36	214	2.428	24.280	0.0020	0.08%			51.44%	
		2.000	250	0.500	37	213	2.426	24.260	0.0020	0.08%			51.48%	
		2.000	250	0.500	38	212	2.424	24.240	0.0020	0.08%			51.52%	
		2.000	250	0.500	39	211	2.422	24.220	0.0020	0.08%			51.56%	
		2.000	250	0.500	40	210	2.420	24.200	0.0020	0.08%			51.60%	
		2.000	250	0.500	41	209	2.418	24.180	0.0020	0.08%			51.64%	
		2.000	250	0.500	42	208	2.416	24.160	0.0020	0.08%	0.026	1.15%	0.260	51.68%
		2.000	250	0.500	43	207	2.414	24.140	0.0020	0.08%			51.72%	
		2.000	250	0.500	44	206	2.412	24.120	0.0020	0.08%			51.76%	
		2.000	250	0.500	45	205	2.410	24.100	0.0020	0.08%			51.80%	
		2.000	250	0.500	46	204	2.408	24.080	0.0020	0.08%			51.84%	
		2.000	250	0.500	47	203	2.406	24.060	0.0020	0.08%			51.88%	
		2.000	250	0.500	48	202	2.404	24.040	0.0020	0.08%			51.92%	
		2.000	250	0.500	49	201	2.402	24.020	0.0020	0.08%			51.96%	
		2.000	250	0.500	50	200	2.400	24.000	0.0020	0.08%			52.00%	
		2.000	250	0.500	51	199	2.398	23.980	0.0020	0.08%			52.04%	
		2.000	250	0.500	52	198	2.396	23.960	0.0020	0.08%			52.08%	
		2.000	250	0.500	53	197	2.394	23.940	0.0020	0.08%			52.12%	
		2.000	250	0.500	54	196	2.392	23.920	0.0020	0.08%			52.16%	
		2.000	250	0.500	55	195	2.390	23.900	0.0020	0.08%			52.20%	
		2.000	250	0.500	56	194	2.388	23.880	0.0020	0.08%	0.026	1.16%	0.260	52.24%
		2.000	250	0.500	57	193	2.386	23.860	0.0020	0.08%			52.28%	
		2.000	250	0.500	58	192	2.384	23.840	0.0020	0.08%			52.32%	
		2.000	250	0.500	59	191	2.382	23.820	0.0020	0.08%			52.36%	
		2.000	250	0.500	60	190	2.380	23.800	0.0020	0.08%			52.40%	
		2.000	250	0.500	61	189	2.378	23.780	0.0020	0.08%			52.44%	
		2.000	250	0.500	62	188	2.376	23.760	0.0020	0.08%			52.48%	
		2.000	250	0.500	63	187	2.374	23.740	0.0020	0.08%			52.52%	
		2.000	250	0.500	64	186	2.372	23.720	0.0020	0.08%			52.56%	
		2.000	250	0.500	65	185	2.370	23.700	0.0020	0.08%			52.60%	
		2.000	250	0.500	66	184	2.368	23.680	0.0020	0.08%			52.64%	
		2.000	250	0.500	67	183	2.366	23.660	0.0020	0.08%			52.68%	
		2.000	250	0.500	68	182	2.364	23.640	0.0020	0.08%			52.72%	
		2.000	250	0.500	69	181	2.362	23.620	0.0020	0.08%			52.76%	

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	70	180	2.360	23.600	0.0020	0.08%	0.026	1.17%	0.260	52.80%
		2.000	250	0.500	71	179	2.358	23.580	0.0020	0.08%				52.84%
		2.000	250	0.500	72	178	2.356	23.560	0.0020	0.08%				52.88%
		2.000	250	0.500	73	177	2.354	23.540	0.0020	0.08%				52.92%
		2.000	250	0.500	74	176	2.352	23.520	0.0020	0.08%				52.96%
		2.000	250	0.500	75	175	2.350	23.500	0.0020	0.09%				53.00%
		2.000	250	0.500	76	174	2.348	23.480	0.0020	0.09%				53.04%
		2.000	250	0.500	77	173	2.346	23.460	0.0020	0.09%				53.08%
		2.000	250	0.500	78	172	2.344	23.440	0.0020	0.09%				53.12%
		2.000	250	0.500	79	171	2.342	23.420	0.0020	0.09%				53.16%
		2.000	250	0.500	80	170	2.340	23.400	0.0020	0.09%				53.20%
		2.000	250	0.500	81	169	2.338	23.380	0.0020	0.09%				53.24%
		2.000	250	0.500	82	168	2.336	23.360	0.0020	0.09%				53.28%
		2.000	250	0.500	83	167	2.334	23.340	0.0020	0.09%				53.32%
		2.000	250	0.500	84	166	2.332	23.320	0.0020	0.09%	0.026	1.19%	0.260	53.36%
		2.000	250	0.500	85	165	2.330	23.300	0.0020	0.09%				53.40%
		2.000	250	0.500	86	164	2.328	23.280	0.0020	0.09%				53.44%
		2.000	250	0.500	87	163	2.326	23.260	0.0020	0.09%				53.48%
		2.000	250	0.500	88	162	2.324	23.240	0.0020	0.09%				53.52%
		2.000	250	0.500	89	161	2.322	23.220	0.0020	0.09%				53.56%
		2.000	250	0.500	90	160	2.320	23.200	0.0020	0.09%				53.60%
		2.000	250	0.500	91	159	2.318	23.180	0.0020	0.09%				53.64%
		2.000	250	0.500	92	158	2.316	23.160	0.0020	0.09%				53.68%
		2.000	250	0.500	93	157	2.314	23.140	0.0020	0.09%				53.72%
		2.000	250	0.500	94	156	2.312	23.120	0.0020	0.09%				53.76%
		2.000	250	0.500	95	155	2.310	23.100	0.0020	0.09%				53.80%
		2.000	250	0.500	96	154	2.308	23.080	0.0020	0.09%				53.84%
		2.000	250	0.500	97	153	2.306	23.060	0.0020	0.09%				53.88%
		2.000	250	0.500	98	152	2.304	23.040	0.0020	0.09%	0.026	1.20%	0.260	53.92%
		2.000	250	0.500	99	151	2.302	23.020	0.0020	0.09%				53.96%
		2.000	250	0.500	100	150	2.300	23.000	0.0020	0.09%				54.00%
		2.000	250	0.500	101	149	2.298	22.980	0.0020	0.09%				54.04%
		2.000	250	0.500	102	148	2.296	22.960	0.0020	0.09%				54.08%
		2.000	250	0.500	103	147	2.294	22.940	0.0020	0.09%				54.12%
		2.000	250	0.500	104	146	2.292	22.920	0.0020	0.09%				54.16%
		2.000	250	0.500	105	145	2.290	22.900	0.0020	0.09%				54.20%
		2.000	250	0.500	106	144	2.288	22.880	0.0020	0.09%				54.24%
		2.000	250	0.500	107	143	2.286	22.860	0.0020	0.09%				54.28%
		2.000	250	0.500	108	142	2.284	22.840	0.0020	0.09%				54.32%
		2.000	250	0.500	109	141	2.282	22.820	0.0020	0.09%				54.36%

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	110	140	2.280	22.800	0.0020	0.09%			54.40%	
		2.000	250	0.500	111	139	2.278	22.780	0.0020	0.09%			54.44%	
		2.000	250	0.500	112	138	2.276	22.760	0.0020	0.09%	0.026	1.22%	0.260	54.48%
		2.000	250	0.500	113	137	2.274	22.740	0.0020	0.09%			54.52%	
		2.000	250	0.500	114	136	2.272	22.720	0.0020	0.09%			54.56%	
		2.000	250	0.500	115	135	2.270	22.700	0.0020	0.09%			54.60%	
		2.000	250	0.500	116	134	2.268	22.680	0.0020	0.09%			54.64%	
		2.000	250	0.500	117	133	2.266	22.660	0.0020	0.09%			54.68%	
		2.000	250	0.500	118	132	2.264	22.640	0.0020	0.09%			54.72%	
		2.000	250	0.500	119	131	2.262	22.620	0.0020	0.09%			54.76%	
		2.000	250	0.500	120	130	2.260	22.600	0.0020	0.09%			54.80%	
		2.000	250	0.500	121	129	2.258	22.580	0.0020	0.09%			54.84%	
		2.000	250	0.500	122	128	2.256	22.560	0.0020	0.09%			54.88%	
		2.000	250	0.500	123	127	2.254	22.540	0.0020	0.09%			54.92%	
		2.000	250	0.500	124	126	2.252	22.520	0.0020	0.09%			54.96%	
		2.000	250	0.500	125	125	2.250	22.500	0.0020	0.09%			55.00%	
		2.000	250	0.500	126	124	2.248	22.480	0.0020	0.09%	0.026	1.23%	0.260	55.04%
		2.000	250	0.500	127	123	2.246	22.460	0.0020	0.09%			55.08%	
		2.000	250	0.500	128	122	2.244	22.440	0.0020	0.09%			55.12%	
		2.000	250	0.500	129	121	2.242	22.420	0.0020	0.09%			55.16%	
		2.000	250	0.500	130	120	2.240	22.400	0.0020	0.09%			55.20%	
		2.000	250	0.500	131	119	2.238	22.380	0.0020	0.09%			55.24%	
		2.000	250	0.500	132	118	2.236	22.360	0.0020	0.09%			55.28%	
		2.000	250	0.500	133	117	2.234	22.340	0.0020	0.09%			55.32%	
		2.000	250	0.500	134	116	2.232	22.320	0.0020	0.09%			55.36%	
		2.000	250	0.500	135	115	2.230	22.300	0.0020	0.09%			55.40%	
		2.000	250	0.500	136	114	2.228	22.280	0.0020	0.09%			55.44%	
		2.000	250	0.500	137	113	2.226	22.260	0.0020	0.09%			55.48%	
		2.000	250	0.500	138	112	2.224	22.240	0.0020	0.09%			55.52%	
		2.000	250	0.500	139	111	2.222	22.220	0.0020	0.09%			55.56%	
		2.000	250	0.500	140	110	2.220	22.200	0.0020	0.09%	0.026	1.25%	0.260	55.60%
		2.000	250	0.500	141	109	2.218	22.180	0.0020	0.09%			55.64%	
		2.000	250	0.500	142	108	2.216	22.160	0.0020	0.09%			55.68%	
		2.000	250	0.500	143	107	2.214	22.140	0.0020	0.09%			55.72%	
		2.000	250	0.500	144	106	2.212	22.120	0.0020	0.09%			55.76%	
		2.000	250	0.500	145	105	2.210	22.100	0.0020	0.09%			55.80%	
		2.000	250	0.500	146	104	2.208	22.080	0.0020	0.09%			55.84%	
		2.000	250	0.500	147	103	2.206	22.060	0.0020	0.09%			55.88%	
		2.000	250	0.500	148	102	2.204	22.040	0.0020	0.09%			55.92%	
		2.000	250	0.500	149	101	2.202	22.020	0.0020	0.09%			55.96%	

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	150	100	2.200	22.000	0.0020	0.09%			56.00%	
		2.000	250	0.500	151	99	2.198	21.980	0.0020	0.09%			56.04%	
		2.000	250	0.500	152	98	2.196	21.960	0.0020	0.09%			56.08%	
		2.000	250	0.500	153	97	2.194	21.940	0.0020	0.09%			56.12%	
		2.000	250	0.500	154	96	2.192	21.920	0.0020	0.09%	0.026	1.26%	0.260	56.16%
		2.000	250	0.500	155	95	2.190	21.900	0.0020	0.09%			56.20%	
		2.000	250	0.500	156	94	2.188	21.880	0.0020	0.09%			56.24%	
		2.000	250	0.500	157	93	2.186	21.860	0.0020	0.09%			56.28%	
		2.000	250	0.500	158	92	2.184	21.840	0.0020	0.09%			56.32%	
		2.000	250	0.500	159	91	2.182	21.820	0.0020	0.09%			56.36%	
		2.000	250	0.500	160	90	2.180	21.800	0.0020	0.09%			56.40%	
		2.000	250	0.500	161	89	2.178	21.780	0.0020	0.09%			56.44%	
		2.000	250	0.500	162	88	2.176	21.760	0.0020	0.09%			56.48%	
		2.000	250	0.500	163	87	2.174	21.740	0.0020	0.09%			56.52%	
		2.000	250	0.500	164	86	2.172	21.720	0.0020	0.09%			56.56%	
		2.000	250	0.500	165	85	2.170	21.700	0.0020	0.09%			56.60%	
		2.000	250	0.500	166	84	2.168	21.680	0.0020	0.09%			56.64%	
		2.000	250	0.500	167	83	2.166	21.660	0.0020	0.09%			56.68%	
		2.000	250	0.500	168	82	2.164	21.640	0.0020	0.09%	0.026	1.28%	0.260	56.72%
		2.000	250	0.500	169	81	2.162	21.620	0.0020	0.09%			56.76%	
		2.000	250	0.500	170	80	2.160	21.600	0.0020	0.09%			56.80%	
		2.000	250	0.500	171	79	2.158	21.580	0.0020	0.09%			56.84%	
		2.000	250	0.500	172	78	2.156	21.560	0.0020	0.09%			56.88%	
		2.000	250	0.500	173	77	2.154	21.540	0.0020	0.09%			56.92%	
		2.000	250	0.500	174	76	2.152	21.520	0.0020	0.09%			56.96%	
		2.000	250	0.500	175	75	2.150	21.500	0.0020	0.09%			57.00%	
		2.000	250	0.500	176	74	2.148	21.480	0.0020	0.09%			57.04%	
		2.000	250	0.500	177	73	2.146	21.460	0.0020	0.09%			57.08%	
		2.000	250	0.500	178	72	2.144	21.440	0.0020	0.09%			57.12%	
		2.000	250	0.500	179	71	2.142	21.420	0.0020	0.09%			57.16%	
		2.000	250	0.500	180	70	2.140	21.400	0.0020	0.09%			57.20%	
		2.000	250	0.500	181	69	2.138	21.380	0.0020	0.09%			57.24%	
		2.000	250	0.500	182	68	2.136	21.360	0.0020	0.09%	0.026	1.29%	0.260	57.28%
		2.000	250	0.500	183	67	2.134	21.340	0.0020	0.09%			57.32%	
		2.000	250	0.500	184	66	2.132	21.320	0.0020	0.09%			57.36%	
		2.000	250	0.500	185	65	2.130	21.300	0.0020	0.09%			57.40%	
		2.000	250	0.500	186	64	2.128	21.280	0.0020	0.09%			57.44%	
		2.000	250	0.500	187	63	2.126	21.260	0.0020	0.09%			57.48%	
		2.000	250	0.500	188	62	2.124	21.240	0.0020	0.09%			57.52%	
		2.000	250	0.500	189	61	2.122	21.220	0.0020	0.09%			57.56%	

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	190	60	2.120	21.200	0.0020	0.09%			57.60%	
		2.000	250	0.500	191	59	2.118	21.180	0.0020	0.09%			57.64%	
		2.000	250	0.500	192	58	2.116	21.160	0.0020	0.09%			57.68%	
		2.000	250	0.500	193	57	2.114	21.140	0.0020	0.09%			57.72%	
		2.000	250	0.500	194	56	2.112	21.120	0.0020	0.09%			57.76%	
		2.000	250	0.500	195	55	2.110	21.100	0.0020	0.09%			57.80%	
		2.000	250	0.500	196	54	2.108	21.080	0.0020	0.09%	0.026	1.31%	0.260	57.84%
		2.000	250	0.500	197	53	2.106	21.060	0.0020	0.09%			57.88%	
		2.000	250	0.500	198	52	2.104	21.040	0.0020	0.09%			57.92%	
		2.000	250	0.500	199	51	2.102	21.020	0.0020	0.10%			57.96%	
		2.000	250	0.500	200	50	2.100	21.000	0.0020	0.10%			58.00%	
		2.000	250	0.500	201	49	2.098	20.980	0.0020	0.10%			58.04%	
		2.000	250	0.500	202	48	2.096	20.960	0.0020	0.10%			58.08%	
		2.000	250	0.500	203	47	2.094	20.940	0.0020	0.10%			58.12%	
		2.000	250	0.500	204	46	2.092	20.920	0.0020	0.10%			58.16%	
		2.000	250	0.500	205	45	2.090	20.900	0.0020	0.10%			58.20%	
		2.000	250	0.500	206	44	2.088	20.880	0.0020	0.10%			58.24%	
		2.000	250	0.500	207	43	2.086	20.860	0.0020	0.10%			58.28%	
		2.000	250	0.500	208	42	2.084	20.840	0.0020	0.10%			58.32%	
		2.000	250	0.500	209	41	2.082	20.820	0.0020	0.10%			58.36%	
		2.000	250	0.500	210	40	2.080	20.800	0.0020	0.10%	0.026	1.33%	0.260	58.40%
		2.000	250	0.500	211	39	2.078	20.780	0.0020	0.10%			58.44%	
		2.000	250	0.500	212	38	2.076	20.760	0.0020	0.10%			58.48%	
		2.000	250	0.500	213	37	2.074	20.740	0.0020	0.10%			58.52%	
		2.000	250	0.500	214	36	2.072	20.720	0.0020	0.10%			58.56%	
		2.000	250	0.500	215	35	2.070	20.700	0.0020	0.10%			58.60%	
		2.000	250	0.500	216	34	2.068	20.680	0.0020	0.10%			58.64%	
		2.000	250	0.500	217	33	2.066	20.660	0.0020	0.10%			58.68%	
		2.000	250	0.500	218	32	2.064	20.640	0.0020	0.10%			58.72%	
		2.000	250	0.500	219	31	2.062	20.620	0.0020	0.10%			58.76%	
		2.000	250	0.500	220	30	2.060	20.600	0.0020	0.10%			58.80%	
		2.000	250	0.500	221	29	2.058	20.580	0.0020	0.10%			58.84%	
		2.000	250	0.500	222	28	2.056	20.560	0.0020	0.10%			58.88%	
		2.000	250	0.500	223	27	2.054	20.540	0.0020	0.10%			58.92%	
		2.000	250	0.500	224	26	2.052	20.520	0.0020	0.10%	0.026	1.35%	0.260	58.96%
		2.000	250	0.500	225	25	2.050	20.500	0.0020	0.10%			59.00%	
		2.000	250	0.500	226	24	2.048	20.480	0.0020	0.10%			59.04%	
		2.000	250	0.500	227	23	2.046	20.460	0.0020	0.10%			59.08%	
		2.000	250	0.500	228	22	2.044	20.440	0.0020	0.10%			59.12%	
		2.000	250	0.500	229	21	2.042	20.420	0.0020	0.10%			59.16%	

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 2.000
 Start Date February 9, 2010
 Dry Dose 1.500
 Dissolve Dose 0.500
 Water in ML 250
 ML Increments 1
 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	1	249	1.998	19.980	0.0020	0.10%			60.04%	
		1.500	250	0.500	2	248	1.996	19.960	0.0020	0.10%			60.08%	
		1.500	250	0.500	3	247	1.994	19.940	0.0020	0.10%			60.12%	
		1.500	250	0.500	4	246	1.992	19.920	0.0020	0.10%			60.16%	
		1.500	250	0.500	5	245	1.990	19.900	0.0020	0.10%			60.20%	
		1.500	250	0.500	6	244	1.988	19.880	0.0020	0.10%			60.24%	
		1.500	250	0.500	7	243	1.986	19.860	0.0020	0.10%			60.28%	
		1.500	250	0.500	8	242	1.984	19.840	0.0020	0.10%			60.32%	
		1.500	250	0.500	9	241	1.982	19.820	0.0020	0.10%			60.36%	
		1.500	250	0.500	10	240	1.980	19.800	0.0020	0.10%			60.40%	
		1.500	250	0.500	11	239	1.978	19.780	0.0020	0.10%			60.44%	
		1.500	250	0.500	12	238	1.976	19.760	0.0020	0.10%			60.48%	
		1.500	250	0.500	13	237	1.974	19.740	0.0020	0.10%			60.52%	
		1.500	250	0.500	14	236	1.972	19.720	0.0020	0.10%	0.026	1.30%	0.260	60.56%
		1.500	250	0.500	15	235	1.970	19.700	0.0020	0.10%			60.60%	
		1.500	250	0.500	16	234	1.968	19.680	0.0020	0.10%			60.64%	
		1.500	250	0.500	17	233	1.966	19.660	0.0020	0.10%			60.68%	
		1.500	250	0.500	18	232	1.964	19.640	0.0020	0.10%			60.72%	
		1.500	250	0.500	19	231	1.962	19.620	0.0020	0.10%			60.76%	
		1.500	250	0.500	20	230	1.960	19.600	0.0020	0.10%			60.80%	
		1.500	250	0.500	21	229	1.958	19.580	0.0020	0.10%			60.84%	
		1.500	250	0.500	22	228	1.956	19.560	0.0020	0.10%			60.88%	
		1.500	250	0.500	23	227	1.954	19.540	0.0020	0.10%			60.92%	
		1.500	250	0.500	24	226	1.952	19.520	0.0020	0.10%			60.96%	
		1.500	250	0.500	25	225	1.950	19.500	0.0020	0.10%			61.00%	
		1.500	250	0.500	26	224	1.948	19.480	0.0020	0.10%			61.04%	
		1.500	250	0.500	27	223	1.946	19.460	0.0020	0.10%			61.08%	
		1.500	250	0.500	28	222	1.944	19.440	0.0020	0.10%	0.026	1.42%	0.260	61.12%
		1.500	250	0.500	29	221	1.942	19.420	0.0020	0.10%			61.16%	

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	30	220	1.940	19.400	0.0020	0.10%			61.20%	
		1.500	250	0.500	31	219	1.938	19.380	0.0020	0.10%			61.24%	
		1.500	250	0.500	32	218	1.936	19.360	0.0020	0.10%			61.28%	
		1.500	250	0.500	33	217	1.934	19.340	0.0020	0.10%			61.32%	
		1.500	250	0.500	34	216	1.932	19.320	0.0020	0.10%			61.36%	
		1.500	250	0.500	35	215	1.930	19.300	0.0020	0.10%			61.40%	
		1.500	250	0.500	36	214	1.928	19.280	0.0020	0.10%			61.44%	
		1.500	250	0.500	37	213	1.926	19.260	0.0020	0.10%			61.48%	
		1.500	250	0.500	38	212	1.924	19.240	0.0020	0.10%			61.52%	
		1.500	250	0.500	39	211	1.922	19.220	0.0020	0.10%			61.56%	
		1.500	250	0.500	40	210	1.920	19.200	0.0020	0.10%			61.60%	
		1.500	250	0.500	41	209	1.918	19.180	0.0020	0.10%			61.64%	
		1.500	250	0.500	42	208	1.916	19.160	0.0020	0.10%	0.026	1.44%	0.260	61.68%
		1.500	250	0.500	43	207	1.914	19.140	0.0020	0.10%			61.72%	
		1.500	250	0.500	44	206	1.912	19.120	0.0020	0.10%			61.76%	
		1.500	250	0.500	45	205	1.910	19.100	0.0020	0.10%			61.80%	
		1.500	250	0.500	46	204	1.908	19.080	0.0020	0.10%			61.84%	
		1.500	250	0.500	47	203	1.906	19.060	0.0020	0.10%			61.88%	
		1.500	250	0.500	48	202	1.904	19.040	0.0020	0.10%			61.92%	
		1.500	250	0.500	49	201	1.902	19.020	0.0020	0.11%			61.96%	
		1.500	250	0.500	50	200	1.900	19.000	0.0020	0.11%			62.00%	
		1.500	250	0.500	51	199	1.898	18.980	0.0020	0.11%			62.04%	
		1.500	250	0.500	52	198	1.896	18.960	0.0020	0.11%			62.08%	
		1.500	250	0.500	53	197	1.894	18.940	0.0020	0.11%			62.12%	
		1.500	250	0.500	54	196	1.892	18.920	0.0020	0.11%			62.16%	
		1.500	250	0.500	55	195	1.890	18.900	0.0020	0.11%			62.20%	
		1.500	250	0.500	56	194	1.888	18.880	0.0020	0.11%	0.026	1.46%	0.260	62.24%
		1.500	250	0.500	57	193	1.886	18.860	0.0020	0.11%			62.28%	
		1.500	250	0.500	58	192	1.884	18.840	0.0020	0.11%			62.32%	
		1.500	250	0.500	59	191	1.882	18.820	0.0020	0.11%			62.36%	
		1.500	250	0.500	60	190	1.880	18.800	0.0020	0.11%			62.40%	
		1.500	250	0.500	61	189	1.878	18.780	0.0020	0.11%			62.44%	
		1.500	250	0.500	62	188	1.876	18.760	0.0020	0.11%			62.48%	
		1.500	250	0.500	63	187	1.874	18.740	0.0020	0.11%			62.52%	
		1.500	250	0.500	64	186	1.872	18.720	0.0020	0.11%			62.56%	
		1.500	250	0.500	65	185	1.870	18.700	0.0020	0.11%			62.60%	
		1.500	250	0.500	66	184	1.868	18.680	0.0020	0.11%			62.64%	
		1.500	250	0.500	67	183	1.866	18.660	0.0020	0.11%			62.68%	
		1.500	250	0.500	68	182	1.864	18.640	0.0020	0.11%			62.72%	
		1.500	250	0.500	69	181	1.862	18.620	0.0020	0.11%			62.76%	

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	70	180	1.860	18.600	0.0020	0.11%	0.026	1.48%	0.260	62.80%
		1.500	250	0.500	71	179	1.858	18.580	0.0020	0.11%				62.84%
		1.500	250	0.500	72	178	1.856	18.560	0.0020	0.11%				62.88%
		1.500	250	0.500	73	177	1.854	18.540	0.0020	0.11%				62.92%
		1.500	250	0.500	74	176	1.852	18.520	0.0020	0.11%				62.96%
		1.500	250	0.500	75	175	1.850	18.500	0.0020	0.11%				63.00%
		1.500	250	0.500	76	174	1.848	18.480	0.0020	0.11%				63.04%
		1.500	250	0.500	77	173	1.846	18.460	0.0020	0.11%				63.08%
		1.500	250	0.500	78	172	1.844	18.440	0.0020	0.11%				63.12%
		1.500	250	0.500	79	171	1.842	18.420	0.0020	0.11%				63.16%
		1.500	250	0.500	80	170	1.840	18.400	0.0020	0.11%				63.20%
		1.500	250	0.500	81	169	1.838	18.380	0.0020	0.11%				63.24%
		1.500	250	0.500	82	168	1.836	18.360	0.0020	0.11%				63.28%
		1.500	250	0.500	83	167	1.834	18.340	0.0020	0.11%				63.32%
		1.500	250	0.500	84	166	1.832	18.320	0.0020	0.11%	0.026	1.51%	0.260	63.36%
		1.500	250	0.500	85	165	1.830	18.300	0.0020	0.11%				63.40%
		1.500	250	0.500	86	164	1.828	18.280	0.0020	0.11%				63.44%
		1.500	250	0.500	87	163	1.826	18.260	0.0020	0.11%				63.48%
		1.500	250	0.500	88	162	1.824	18.240	0.0020	0.11%				63.52%
		1.500	250	0.500	89	161	1.822	18.220	0.0020	0.11%				63.56%
		1.500	250	0.500	90	160	1.820	18.200	0.0020	0.11%				63.60%
		1.500	250	0.500	91	159	1.818	18.180	0.0020	0.11%				63.64%
		1.500	250	0.500	92	158	1.816	18.160	0.0020	0.11%				63.68%
		1.500	250	0.500	93	157	1.814	18.140	0.0020	0.11%				63.72%
		1.500	250	0.500	94	156	1.812	18.120	0.0020	0.11%				63.76%
		1.500	250	0.500	95	155	1.810	18.100	0.0020	0.11%				63.80%
		1.500	250	0.500	96	154	1.808	18.080	0.0020	0.11%				63.84%
		1.500	250	0.500	97	153	1.806	18.060	0.0020	0.11%				63.88%
		1.500	250	0.500	98	152	1.804	18.040	0.0020	0.11%	0.026	1.53%	0.260	63.92%
		1.500	250	0.500	99	151	1.802	18.020	0.0020	0.11%				63.96%
		1.500	250	0.500	100	150	1.800	18.000	0.0020	0.11%				64.00%
		1.500	250	0.500	101	149	1.798	17.980	0.0020	0.11%				64.04%
		1.500	250	0.500	102	148	1.796	17.960	0.0020	0.11%				64.08%
		1.500	250	0.500	103	147	1.794	17.940	0.0020	0.11%				64.12%
		1.500	250	0.500	104	146	1.792	17.920	0.0020	0.11%				64.16%
		1.500	250	0.500	105	145	1.790	17.900	0.0020	0.11%				64.20%
		1.500	250	0.500	106	144	1.788	17.880	0.0020	0.11%				64.24%
		1.500	250	0.500	107	143	1.786	17.860	0.0020	0.11%				64.28%
		1.500	250	0.500	108	142	1.784	17.840	0.0020	0.11%				64.32%
		1.500	250	0.500	109	141	1.782	17.820	0.0020	0.11%				64.36%

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	110	140	1.780	17.800	0.0020	0.11%			64.40%	
		1.500	250	0.500	111	139	1.778	17.780	0.0020	0.11%			64.44%	
		1.500	250	0.500	112	138	1.776	17.760	0.0020	0.11%	0.026	1.55%	0.260	64.48%
		1.500	250	0.500	113	137	1.774	17.740	0.0020	0.11%				64.52%
		1.500	250	0.500	114	136	1.772	17.720	0.0020	0.11%				64.56%
		1.500	250	0.500	115	135	1.770	17.700	0.0020	0.11%				64.60%
		1.500	250	0.500	116	134	1.768	17.680	0.0020	0.11%				64.64%
		1.500	250	0.500	117	133	1.766	17.660	0.0020	0.11%				64.68%
		1.500	250	0.500	118	132	1.764	17.640	0.0020	0.11%				64.72%
		1.500	250	0.500	119	131	1.762	17.620	0.0020	0.11%				64.76%
		1.500	250	0.500	120	130	1.760	17.600	0.0020	0.11%				64.80%
		1.500	250	0.500	121	129	1.758	17.580	0.0020	0.11%				64.84%
		1.500	250	0.500	122	128	1.756	17.560	0.0020	0.11%				64.88%
		1.500	250	0.500	123	127	1.754	17.540	0.0020	0.11%				64.92%
		1.500	250	0.500	124	126	1.752	17.520	0.0020	0.11%				64.96%
		1.500	250	0.500	125	125	1.750	17.500	0.0020	0.11%				65.00%
		1.500	250	0.500	126	124	1.748	17.480	0.0020	0.11%	0.026	1.58%	0.260	65.04%
		1.500	250	0.500	127	123	1.746	17.460	0.0020	0.11%				65.08%
		1.500	250	0.500	128	122	1.744	17.440	0.0020	0.11%				65.12%
		1.500	250	0.500	129	121	1.742	17.420	0.0020	0.11%				65.16%
		1.500	250	0.500	130	120	1.740	17.400	0.0020	0.11%				65.20%
		1.500	250	0.500	131	119	1.738	17.380	0.0020	0.11%				65.24%
		1.500	250	0.500	132	118	1.736	17.360	0.0020	0.12%				65.28%
		1.500	250	0.500	133	117	1.734	17.340	0.0020	0.12%				65.32%
		1.500	250	0.500	134	116	1.732	17.320	0.0020	0.12%				65.36%
		1.500	250	0.500	135	115	1.730	17.300	0.0020	0.12%				65.40%
		1.500	250	0.500	136	114	1.728	17.280	0.0020	0.12%				65.44%
		1.500	250	0.500	137	113	1.726	17.260	0.0020	0.12%				65.48%
		1.500	250	0.500	138	112	1.724	17.240	0.0020	0.12%				65.52%
		1.500	250	0.500	139	111	1.722	17.220	0.0020	0.12%				65.56%
		1.500	250	0.500	140	110	1.720	17.200	0.0020	0.12%	0.026	1.60%	0.260	65.60%
		1.500	250	0.500	141	109	1.718	17.180	0.0020	0.12%				65.64%
		1.500	250	0.500	142	108	1.716	17.160	0.0020	0.12%				65.68%
		1.500	250	0.500	143	107	1.714	17.140	0.0020	0.12%				65.72%
		1.500	250	0.500	144	106	1.712	17.120	0.0020	0.12%				65.76%
		1.500	250	0.500	145	105	1.710	17.100	0.0020	0.12%				65.80%
		1.500	250	0.500	146	104	1.708	17.080	0.0020	0.12%				65.84%
		1.500	250	0.500	147	103	1.706	17.060	0.0020	0.12%				65.88%
		1.500	250	0.500	148	102	1.704	17.040	0.0020	0.12%				65.92%
		1.500	250	0.500	149	101	1.702	17.020	0.0020	0.12%				65.96%

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	150	100	1.700	17.000	0.0020	0.12%			66.00%	
		1.500	250	0.500	151	99	1.698	16.980	0.0020	0.12%			66.04%	
		1.500	250	0.500	152	98	1.696	16.960	0.0020	0.12%			66.08%	
		1.500	250	0.500	153	97	1.694	16.940	0.0020	0.12%			66.12%	
		1.500	250	0.500	154	96	1.692	16.920	0.0020	0.12%	0.026	1.63%	0.260	66.16%
		1.500	250	0.500	155	95	1.690	16.900	0.0020	0.12%			66.20%	
		1.500	250	0.500	156	94	1.688	16.880	0.0020	0.12%			66.24%	
		1.500	250	0.500	157	93	1.686	16.860	0.0020	0.12%			66.28%	
		1.500	250	0.500	158	92	1.684	16.840	0.0020	0.12%			66.32%	
		1.500	250	0.500	159	91	1.682	16.820	0.0020	0.12%			66.36%	
		1.500	250	0.500	160	90	1.680	16.800	0.0020	0.12%			66.40%	
		1.500	250	0.500	161	89	1.678	16.780	0.0020	0.12%			66.44%	
		1.500	250	0.500	162	88	1.676	16.760	0.0020	0.12%			66.48%	
		1.500	250	0.500	163	87	1.674	16.740	0.0020	0.12%			66.52%	
		1.500	250	0.500	164	86	1.672	16.720	0.0020	0.12%			66.56%	
		1.500	250	0.500	165	85	1.670	16.700	0.0020	0.12%			66.60%	
		1.500	250	0.500	166	84	1.668	16.680	0.0020	0.12%			66.64%	
		1.500	250	0.500	167	83	1.666	16.660	0.0020	0.12%			66.68%	
		1.500	250	0.500	168	82	1.664	16.640	0.0020	0.12%	0.026	1.65%	0.260	66.72%
		1.500	250	0.500	169	81	1.662	16.620	0.0020	0.12%			66.76%	
		1.500	250	0.500	170	80	1.660	16.600	0.0020	0.12%			66.80%	
		1.500	250	0.500	171	79	1.658	16.580	0.0020	0.12%			66.84%	
		1.500	250	0.500	172	78	1.656	16.560	0.0020	0.12%			66.88%	
		1.500	250	0.500	173	77	1.654	16.540	0.0020	0.12%			66.92%	
		1.500	250	0.500	174	76	1.652	16.520	0.0020	0.12%			66.96%	
		1.500	250	0.500	175	75	1.650	16.500	0.0020	0.12%			67.00%	
		1.500	250	0.500	176	74	1.648	16.480	0.0020	0.12%			67.04%	
		1.500	250	0.500	177	73	1.646	16.460	0.0020	0.12%			67.08%	
		1.500	250	0.500	178	72	1.644	16.440	0.0020	0.12%			67.12%	
		1.500	250	0.500	179	71	1.642	16.420	0.0020	0.12%			67.16%	
		1.500	250	0.500	180	70	1.640	16.400	0.0020	0.12%			67.20%	
		1.500	250	0.500	181	69	1.638	16.380	0.0020	0.12%			67.24%	
		1.500	250	0.500	182	68	1.636	16.360	0.0020	0.12%	0.026	1.68%	0.260	67.28%
		1.500	250	0.500	183	67	1.634	16.340	0.0020	0.12%			67.32%	
		1.500	250	0.500	184	66	1.632	16.320	0.0020	0.12%			67.36%	
		1.500	250	0.500	185	65	1.630	16.300	0.0020	0.12%			67.40%	
		1.500	250	0.500	186	64	1.628	16.280	0.0020	0.12%			67.44%	
		1.500	250	0.500	187	63	1.626	16.260	0.0020	0.12%			67.48%	
		1.500	250	0.500	188	62	1.624	16.240	0.0020	0.12%			67.52%	
		1.500	250	0.500	189	61	1.622	16.220	0.0020	0.12%			67.56%	

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	190	60	1.620	16.200	0.0020	0.12%			67.60%	
		1.500	250	0.500	191	59	1.618	16.180	0.0020	0.12%			67.64%	
		1.500	250	0.500	192	58	1.616	16.160	0.0020	0.12%			67.68%	
		1.500	250	0.500	193	57	1.614	16.140	0.0020	0.12%			67.72%	
		1.500	250	0.500	194	56	1.612	16.120	0.0020	0.12%			67.76%	
		1.500	250	0.500	195	55	1.610	16.100	0.0020	0.12%			67.80%	
		1.500	250	0.500	196	54	1.608	16.080	0.0020	0.12%	0.026	1.71%	0.260	67.84%
		1.500	250	0.500	197	53	1.606	16.060	0.0020	0.12%				67.88%
		1.500	250	0.500	198	52	1.604	16.040	0.0020	0.12%				67.92%
		1.500	250	0.500	199	51	1.602	16.020	0.0020	0.12%				67.96%
		1.500	250	0.500	200	50	1.600	16.000	0.0020	0.12%				68.00%
		1.500	250	0.500	201	49	1.598	15.980	0.0020	0.13%				68.04%
		1.500	250	0.500	202	48	1.596	15.960	0.0020	0.13%				68.08%
		1.500	250	0.500	203	47	1.594	15.940	0.0020	0.13%				68.12%
		1.500	250	0.500	204	46	1.592	15.920	0.0020	0.13%				68.16%
		1.500	250	0.500	205	45	1.590	15.900	0.0020	0.13%				68.20%
		1.500	250	0.500	206	44	1.588	15.880	0.0020	0.13%				68.24%
		1.500	250	0.500	207	43	1.586	15.860	0.0020	0.13%				68.28%
		1.500	250	0.500	208	42	1.584	15.840	0.0020	0.13%				68.32%
		1.500	250	0.500	209	41	1.582	15.820	0.0020	0.13%				68.36%
		1.500	250	0.500	210	40	1.580	15.800	0.0020	0.13%	0.026	1.74%	0.260	68.40%
		1.500	250	0.500	211	39	1.578	15.780	0.0020	0.13%				68.44%
		1.500	250	0.500	212	38	1.576	15.760	0.0020	0.13%				68.48%
		1.500	250	0.500	213	37	1.574	15.740	0.0020	0.13%				68.52%
		1.500	250	0.500	214	36	1.572	15.720	0.0020	0.13%				68.56%
		1.500	250	0.500	215	35	1.570	15.700	0.0020	0.13%				68.60%
		1.500	250	0.500	216	34	1.568	15.680	0.0020	0.13%				68.64%
		1.500	250	0.500	217	33	1.566	15.660	0.0020	0.13%				68.68%
		1.500	250	0.500	218	32	1.564	15.640	0.0020	0.13%				68.72%
		1.500	250	0.500	219	31	1.562	15.620	0.0020	0.13%				68.76%
		1.500	250	0.500	220	30	1.560	15.600	0.0020	0.13%				68.80%
		1.500	250	0.500	221	29	1.558	15.580	0.0020	0.13%				68.84%
		1.500	250	0.500	222	28	1.556	15.560	0.0020	0.13%				68.88%
		1.500	250	0.500	223	27	1.554	15.540	0.0020	0.13%				68.92%
		1.500	250	0.500	224	26	1.552	15.520	0.0020	0.13%	0.026	1.77%	0.260	68.96%
		1.500	250	0.500	225	25	1.550	15.500	0.0020	0.13%				69.00%
		1.500	250	0.500	226	24	1.548	15.480	0.0020	0.13%				69.04%
		1.500	250	0.500	227	23	1.546	15.460	0.0020	0.13%				69.08%
		1.500	250	0.500	228	22	1.544	15.440	0.0020	0.13%				69.12%
		1.500	250	0.500	229	21	1.542	15.420	0.0020	0.13%				69.16%

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	230	20	1.540	15.400	0.0020	0.13%			69.20%	
		1.500	250	0.500	231	19	1.538	15.380	0.0020	0.13%			69.24%	
		1.500	250	0.500	232	18	1.536	15.360	0.0020	0.13%			69.28%	
		1.500	250	0.500	233	17	1.534	15.340	0.0020	0.13%			69.32%	
		1.500	250	0.500	234	16	1.532	15.320	0.0020	0.13%			69.36%	
		1.500	250	0.500	235	15	1.530	15.300	0.0020	0.13%			69.40%	
		1.500	250	0.500	236	14	1.528	15.280	0.0020	0.13%			69.44%	
		1.500	250	0.500	237	13	1.526	15.260	0.0020	0.13%			69.48%	
		1.500	250	0.500	238	12	1.524	15.240	0.0020	0.13%	0.026	1.80%	0.260	69.52%
		1.500	250	0.500	239	11	1.522	15.220	0.0020	0.13%			69.56%	
		1.500	250	0.500	240	10	1.520	15.200	0.0020	0.13%			69.60%	
		1.500	250	0.500	241	9	1.518	15.180	0.0020	0.13%			69.64%	
		1.500	250	0.500	242	8	1.516	15.160	0.0020	0.13%			69.68%	
		1.500	250	0.500	243	7	1.514	15.140	0.0020	0.13%			69.72%	
		1.500	250	0.500	244	6	1.512	15.120	0.0020	0.13%			69.76%	
		1.500	250	0.500	245	5	1.510	15.100	0.0020	0.13%			69.80%	
		1.500	250	0.500	246	4	1.508	15.080	0.0020	0.13%			69.84%	
		1.500	250	0.500	247	3	1.506	15.060	0.0020	0.13%			69.88%	
		1.500	250	0.500	248	2	1.504	15.040	0.0020	0.13%			69.92%	
		1.500	250	0.500	249	1	1.502	15.020	0.0020	0.13%			69.96%	
		1.500	250	0.500	250	0	1.500	15.000	0.0020	0.13%			70.00%	

Medication Ativan
Valium Multiplier 10
Original Dose 5
Current Dose 1.500
Start Date October 17, 2010
Dry Dose 1.000
Dissolve Dose 0.500
Water in ML **250**
ML Increments **1**
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	1	249	1.498	14.980	0.0020	0.13%			70.04%	
		1.000	250	0.500	2	248	1.496	14.960	0.0020	0.13%			70.08%	
		1.000	250	0.500	3	247	1.494	14.940	0.0020	0.13%			70.12%	
		1.000	250	0.500	4	246	1.492	14.920	0.0020	0.13%			70.16%	
		1.000	250	0.500	5	245	1.490	14.900	0.0020	0.13%			70.20%	
		1.000	250	0.500	6	244	1.488	14.880	0.0020	0.13%			70.24%	
		1.000	250	0.500	7	243	1.486	14.860	0.0020	0.13%			70.28%	
		1.000	250	0.500	8	242	1.484	14.840	0.0020	0.13%			70.32%	
		1.000	250	0.500	9	241	1.482	14.820	0.0020	0.13%			70.36%	
		1.000	250	0.500	10	240	1.480	14.800	0.0020	0.13%			70.40%	
		1.000	250	0.500	11	239	1.478	14.780	0.0020	0.14%			70.44%	
		1.000	250	0.500	12	238	1.476	14.760	0.0020	0.14%			70.48%	
		1.000	250	0.500	13	237	1.474	14.740	0.0020	0.14%			70.52%	
		1.000	250	0.500	14	236	1.472	14.720	0.0020	0.14%	0.026	1.74%	0.260	70.56%
		1.000	250	0.500	15	235	1.470	14.700	0.0020	0.14%			70.60%	
		1.000	250	0.500	16	234	1.468	14.680	0.0020	0.14%			70.64%	
		1.000	250	0.500	17	233	1.466	14.660	0.0020	0.14%			70.68%	
		1.000	250	0.500	18	232	1.464	14.640	0.0020	0.14%			70.72%	
		1.000	250	0.500	19	231	1.462	14.620	0.0020	0.14%			70.76%	
		1.000	250	0.500	20	230	1.460	14.600	0.0020	0.14%			70.80%	
		1.000	250	0.500	21	229	1.458	14.580	0.0020	0.14%			70.84%	
		1.000	250	0.500	22	228	1.456	14.560	0.0020	0.14%			70.88%	
		1.000	250	0.500	23	227	1.454	14.540	0.0020	0.14%			70.92%	
		1.000	250	0.500	24	226	1.452	14.520	0.0020	0.14%			70.96%	
		1.000	250	0.500	25	225	1.450	14.500	0.0020	0.14%			71.00%	
		1.000	250	0.500	26	224	1.448	14.480	0.0020	0.14%			71.04%	
		1.000	250	0.500	27	223	1.446	14.460	0.0020	0.14%			71.08%	
		1.000	250	0.500	28	222	1.444	14.440	0.0020	0.14%	0.026	1.90%	0.260	71.12%
		1.000	250	0.500	29	221	1.442	14.420	0.0020	0.14%			71.16%	

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	30	220	1.440	14.400	0.0020	0.14%				71.20%
	1.000	250	0.500	31	219	1.438	14.380	0.0020	0.14%				71.24%
	1.000	250	0.500	32	218	1.436	14.360	0.0020	0.14%				71.28%
	1.000	250	0.500	33	217	1.434	14.340	0.0020	0.14%				71.32%
	1.000	250	0.500	34	216	1.432	14.320	0.0020	0.14%				71.36%
	1.000	250	0.500	35	215	1.430	14.300	0.0020	0.14%				71.40%
	1.000	250	0.500	36	214	1.428	14.280	0.0020	0.14%				71.44%
	1.000	250	0.500	37	213	1.426	14.260	0.0020	0.14%				71.48%
	1.000	250	0.500	38	212	1.424	14.240	0.0020	0.14%				71.52%
	1.000	250	0.500	39	211	1.422	14.220	0.0020	0.14%				71.56%
	1.000	250	0.500	40	210	1.420	14.200	0.0020	0.14%				71.60%
	1.000	250	0.500	41	209	1.418	14.180	0.0020	0.14%				71.64%
	1.000	250	0.500	42	208	1.416	14.160	0.0020	0.14%	0.026	1.94%	0.260	71.68%
	1.000	250	0.500	43	207	1.414	14.140	0.0020	0.14%				71.72%
	1.000	250	0.500	44	206	1.412	14.120	0.0020	0.14%				71.76%
	1.000	250	0.500	45	205	1.410	14.100	0.0020	0.14%				71.80%
	1.000	250	0.500	46	204	1.408	14.080	0.0020	0.14%				71.84%
	1.000	250	0.500	47	203	1.406	14.060	0.0020	0.14%				71.88%
	1.000	250	0.500	48	202	1.404	14.040	0.0020	0.14%				71.92%
	1.000	250	0.500	49	201	1.402	14.020	0.0020	0.14%				71.96%
	1.000	250	0.500	50	200	1.400	14.000	0.0020	0.14%				72.00%
	1.000	250	0.500	51	199	1.398	13.980	0.0020	0.14%				72.04%
	1.000	250	0.500	52	198	1.396	13.960	0.0020	0.14%				72.08%
	1.000	250	0.500	53	197	1.394	13.940	0.0020	0.14%				72.12%
	1.000	250	0.500	54	196	1.392	13.920	0.0020	0.14%				72.16%
	1.000	250	0.500	55	195	1.390	13.900	0.0020	0.14%				72.20%
	1.000	250	0.500	56	194	1.388	13.880	0.0020	0.14%	0.026	1.98%	0.260	72.24%
	1.000	250	0.500	57	193	1.386	13.860	0.0020	0.14%				72.28%
	1.000	250	0.500	58	192	1.384	13.840	0.0020	0.14%				72.32%
	1.000	250	0.500	59	191	1.382	13.820	0.0020	0.14%				72.36%
	1.000	250	0.500	60	190	1.380	13.800	0.0020	0.14%				72.40%
	1.000	250	0.500	61	189	1.378	13.780	0.0020	0.14%				72.44%
	1.000	250	0.500	62	188	1.376	13.760	0.0020	0.15%				72.48%
	1.000	250	0.500	63	187	1.374	13.740	0.0020	0.15%				72.52%
	1.000	250	0.500	64	186	1.372	13.720	0.0020	0.15%				72.56%
	1.000	250	0.500	65	185	1.370	13.700	0.0020	0.15%				72.60%
	1.000	250	0.500	66	184	1.368	13.680	0.0020	0.15%				72.64%
	1.000	250	0.500	67	183	1.366	13.660	0.0020	0.15%				72.68%
	1.000	250	0.500	68	182	1.364	13.640	0.0020	0.15%				72.72%
	1.000	250	0.500	69	181	1.362	13.620	0.0020	0.15%				72.76%

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	70	180	1.360	13.600	0.0020	0.15%	0.026	2.02%	0.260	72.80%
		1.000	250	0.500	71	179	1.358	13.580	0.0020	0.15%				72.84%
		1.000	250	0.500	72	178	1.356	13.560	0.0020	0.15%				72.88%
		1.000	250	0.500	73	177	1.354	13.540	0.0020	0.15%				72.92%
		1.000	250	0.500	74	176	1.352	13.520	0.0020	0.15%				72.96%
		1.000	250	0.500	75	175	1.350	13.500	0.0020	0.15%				73.00%
		1.000	250	0.500	76	174	1.348	13.480	0.0020	0.15%				73.04%
		1.000	250	0.500	77	173	1.346	13.460	0.0020	0.15%				73.08%
		1.000	250	0.500	78	172	1.344	13.440	0.0020	0.15%				73.12%
		1.000	250	0.500	79	171	1.342	13.420	0.0020	0.15%				73.16%
		1.000	250	0.500	80	170	1.340	13.400	0.0020	0.15%				73.20%
		1.000	250	0.500	81	169	1.338	13.380	0.0020	0.15%				73.24%
		1.000	250	0.500	82	168	1.336	13.360	0.0020	0.15%				73.28%
		1.000	250	0.500	83	167	1.334	13.340	0.0020	0.15%				73.32%
		1.000	250	0.500	84	166	1.332	13.320	0.0020	0.15%	0.026	2.06%	0.260	73.36%
		1.000	250	0.500	85	165	1.330	13.300	0.0020	0.15%				73.40%
		1.000	250	0.500	86	164	1.328	13.280	0.0020	0.15%				73.44%
		1.000	250	0.500	87	163	1.326	13.260	0.0020	0.15%				73.48%
		1.000	250	0.500	88	162	1.324	13.240	0.0020	0.15%				73.52%
		1.000	250	0.500	89	161	1.322	13.220	0.0020	0.15%				73.56%
		1.000	250	0.500	90	160	1.320	13.200	0.0020	0.15%				73.60%
		1.000	250	0.500	91	159	1.318	13.180	0.0020	0.15%				73.64%
		1.000	250	0.500	92	158	1.316	13.160	0.0020	0.15%				73.68%
		1.000	250	0.500	93	157	1.314	13.140	0.0020	0.15%				73.72%
		1.000	250	0.500	94	156	1.312	13.120	0.0020	0.15%				73.76%
		1.000	250	0.500	95	155	1.310	13.100	0.0020	0.15%				73.80%
		1.000	250	0.500	96	154	1.308	13.080	0.0020	0.15%				73.84%
		1.000	250	0.500	97	153	1.306	13.060	0.0020	0.15%				73.88%
		1.000	250	0.500	98	152	1.304	13.040	0.0020	0.15%	0.026	2.10%	0.260	73.92%
		1.000	250	0.500	99	151	1.302	13.020	0.0020	0.15%				73.96%
		1.000	250	0.500	100	150	1.300	13.000	0.0020	0.15%				74.00%
		1.000	250	0.500	101	149	1.298	12.980	0.0020	0.15%				74.04%
		1.000	250	0.500	102	148	1.296	12.960	0.0020	0.15%				74.08%
		1.000	250	0.500	103	147	1.294	12.940	0.0020	0.15%				74.12%
		1.000	250	0.500	104	146	1.292	12.920	0.0020	0.15%				74.16%
		1.000	250	0.500	105	145	1.290	12.900	0.0020	0.15%				74.20%
		1.000	250	0.500	106	144	1.288	12.880	0.0020	0.16%				74.24%
		1.000	250	0.500	107	143	1.286	12.860	0.0020	0.16%				74.28%
		1.000	250	0.500	108	142	1.284	12.840	0.0020	0.16%				74.32%
		1.000	250	0.500	109	141	1.282	12.820	0.0020	0.16%				74.36%

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	110	140	1.280	12.800	0.0020	0.16%			74.40%	
		1.000	250	0.500	111	139	1.278	12.780	0.0020	0.16%			74.44%	
		1.000	250	0.500	112	138	1.276	12.760	0.0020	0.16%	0.026	2.15%	0.260	74.48%
		1.000	250	0.500	113	137	1.274	12.740	0.0020	0.16%				74.52%
		1.000	250	0.500	114	136	1.272	12.720	0.0020	0.16%				74.56%
		1.000	250	0.500	115	135	1.270	12.700	0.0020	0.16%				74.60%
		1.000	250	0.500	116	134	1.268	12.680	0.0020	0.16%				74.64%
		1.000	250	0.500	117	133	1.266	12.660	0.0020	0.16%				74.68%
		1.000	250	0.500	118	132	1.264	12.640	0.0020	0.16%				74.72%
		1.000	250	0.500	119	131	1.262	12.620	0.0020	0.16%				74.76%
		1.000	250	0.500	120	130	1.260	12.600	0.0020	0.16%				74.80%
		1.000	250	0.500	121	129	1.258	12.580	0.0020	0.16%				74.84%
		1.000	250	0.500	122	128	1.256	12.560	0.0020	0.16%				74.88%
		1.000	250	0.500	123	127	1.254	12.540	0.0020	0.16%				74.92%
		1.000	250	0.500	124	126	1.252	12.520	0.0020	0.16%				74.96%
		1.000	250	0.500	125	125	1.250	12.500	0.0020	0.16%				75.00%
		1.000	250	0.500	126	124	1.248	12.480	0.0020	0.16%	0.026	2.19%	0.260	75.04%
		1.000	250	0.500	127	123	1.246	12.460	0.0020	0.16%				75.08%
		1.000	250	0.500	128	122	1.244	12.440	0.0020	0.16%				75.12%
		1.000	250	0.500	129	121	1.242	12.420	0.0020	0.16%				75.16%
		1.000	250	0.500	130	120	1.240	12.400	0.0020	0.16%				75.20%
		1.000	250	0.500	131	119	1.238	12.380	0.0020	0.16%				75.24%
		1.000	250	0.500	132	118	1.236	12.360	0.0020	0.16%				75.28%
		1.000	250	0.500	133	117	1.234	12.340	0.0020	0.16%				75.32%
		1.000	250	0.500	134	116	1.232	12.320	0.0020	0.16%				75.36%
		1.000	250	0.500	135	115	1.230	12.300	0.0020	0.16%				75.40%
		1.000	250	0.500	136	114	1.228	12.280	0.0020	0.16%				75.44%
		1.000	250	0.500	137	113	1.226	12.260	0.0020	0.16%				75.48%
		1.000	250	0.500	138	112	1.224	12.240	0.0020	0.16%				75.52%
		1.000	250	0.500	139	111	1.222	12.220	0.0020	0.16%				75.56%
		1.000	250	0.500	140	110	1.220	12.200	0.0020	0.16%	0.026	2.24%	0.260	75.60%
		1.000	250	0.500	141	109	1.218	12.180	0.0020	0.16%				75.64%
		1.000	250	0.500	142	108	1.216	12.160	0.0020	0.16%				75.68%
		1.000	250	0.500	143	107	1.214	12.140	0.0020	0.16%				75.72%
		1.000	250	0.500	144	106	1.212	12.120	0.0020	0.16%				75.76%
		1.000	250	0.500	145	105	1.210	12.100	0.0020	0.17%				75.80%
		1.000	250	0.500	146	104	1.208	12.080	0.0020	0.17%				75.84%
		1.000	250	0.500	147	103	1.206	12.060	0.0020	0.17%				75.88%
		1.000	250	0.500	148	102	1.204	12.040	0.0020	0.17%				75.92%
		1.000	250	0.500	149	101	1.202	12.020	0.0020	0.17%				75.96%

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	150	100	1.200	12.000	0.0020	0.17%			76.00%	
		1.000	250	0.500	151	99	1.198	11.980	0.0020	0.17%			76.04%	
		1.000	250	0.500	152	98	1.196	11.960	0.0020	0.17%			76.08%	
		1.000	250	0.500	153	97	1.194	11.940	0.0020	0.17%			76.12%	
		1.000	250	0.500	154	96	1.192	11.920	0.0020	0.17%	0.026	2.30%	0.260	76.16%
		1.000	250	0.500	155	95	1.190	11.900	0.0020	0.17%			76.20%	
		1.000	250	0.500	156	94	1.188	11.880	0.0020	0.17%			76.24%	
		1.000	250	0.500	157	93	1.186	11.860	0.0020	0.17%			76.28%	
		1.000	250	0.500	158	92	1.184	11.840	0.0020	0.17%			76.32%	
		1.000	250	0.500	159	91	1.182	11.820	0.0020	0.17%			76.36%	
		1.000	250	0.500	160	90	1.180	11.800	0.0020	0.17%			76.40%	
		1.000	250	0.500	161	89	1.178	11.780	0.0020	0.17%			76.44%	
		1.000	250	0.500	162	88	1.176	11.760	0.0020	0.17%			76.48%	
		1.000	250	0.500	163	87	1.174	11.740	0.0020	0.17%			76.52%	
		1.000	250	0.500	164	86	1.172	11.720	0.0020	0.17%			76.56%	
		1.000	250	0.500	165	85	1.170	11.700	0.0020	0.17%			76.60%	
		1.000	250	0.500	166	84	1.168	11.680	0.0020	0.17%			76.64%	
		1.000	250	0.500	167	83	1.166	11.660	0.0020	0.17%			76.68%	
		1.000	250	0.500	168	82	1.164	11.640	0.0020	0.17%	0.026	2.35%	0.260	76.72%
		1.000	250	0.500	169	81	1.162	11.620	0.0020	0.17%			76.76%	
		1.000	250	0.500	170	80	1.160	11.600	0.0020	0.17%			76.80%	
		1.000	250	0.500	171	79	1.158	11.580	0.0020	0.17%			76.84%	
		1.000	250	0.500	172	78	1.156	11.560	0.0020	0.17%			76.88%	
		1.000	250	0.500	173	77	1.154	11.540	0.0020	0.17%			76.92%	
		1.000	250	0.500	174	76	1.152	11.520	0.0020	0.17%			76.96%	
		1.000	250	0.500	175	75	1.150	11.500	0.0020	0.17%			77.00%	
		1.000	250	0.500	176	74	1.148	11.480	0.0020	0.17%			77.04%	
		1.000	250	0.500	177	73	1.146	11.460	0.0020	0.17%			77.08%	
		1.000	250	0.500	178	72	1.144	11.440	0.0020	0.17%			77.12%	
		1.000	250	0.500	179	71	1.142	11.420	0.0020	0.17%			77.16%	
		1.000	250	0.500	180	70	1.140	11.400	0.0020	0.18%			77.20%	
		1.000	250	0.500	181	69	1.138	11.380	0.0020	0.18%			77.24%	
		1.000	250	0.500	182	68	1.136	11.360	0.0020	0.18%	0.026	2.41%	0.260	77.28%
		1.000	250	0.500	183	67	1.134	11.340	0.0020	0.18%			77.32%	
		1.000	250	0.500	184	66	1.132	11.320	0.0020	0.18%			77.36%	
		1.000	250	0.500	185	65	1.130	11.300	0.0020	0.18%			77.40%	
		1.000	250	0.500	186	64	1.128	11.280	0.0020	0.18%			77.44%	
		1.000	250	0.500	187	63	1.126	11.260	0.0020	0.18%			77.48%	
		1.000	250	0.500	188	62	1.124	11.240	0.0020	0.18%			77.52%	
		1.000	250	0.500	189	61	1.122	11.220	0.0020	0.18%			77.56%	

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	190	60	1.120	11.200	0.0020	0.18%			77.60%	
		1.000	250	0.500	191	59	1.118	11.180	0.0020	0.18%			77.64%	
		1.000	250	0.500	192	58	1.116	11.160	0.0020	0.18%			77.68%	
		1.000	250	0.500	193	57	1.114	11.140	0.0020	0.18%			77.72%	
		1.000	250	0.500	194	56	1.112	11.120	0.0020	0.18%			77.76%	
		1.000	250	0.500	195	55	1.110	11.100	0.0020	0.18%			77.80%	
		1.000	250	0.500	196	54	1.108	11.080	0.0020	0.18%	0.026	2.46%	0.260	77.84%
		1.000	250	0.500	197	53	1.106	11.060	0.0020	0.18%				77.88%
		1.000	250	0.500	198	52	1.104	11.040	0.0020	0.18%				77.92%
		1.000	250	0.500	199	51	1.102	11.020	0.0020	0.18%				77.96%
		1.000	250	0.500	200	50	1.100	11.000	0.0020	0.18%				78.00%
		1.000	250	0.500	201	49	1.098	10.980	0.0020	0.18%				78.04%
		1.000	250	0.500	202	48	1.096	10.960	0.0020	0.18%				78.08%
		1.000	250	0.500	203	47	1.094	10.940	0.0020	0.18%				78.12%
		1.000	250	0.500	204	46	1.092	10.920	0.0020	0.18%				78.16%
		1.000	250	0.500	205	45	1.090	10.900	0.0020	0.18%				78.20%
		1.000	250	0.500	206	44	1.088	10.880	0.0020	0.18%				78.24%
		1.000	250	0.500	207	43	1.086	10.860	0.0020	0.18%				78.28%
		1.000	250	0.500	208	42	1.084	10.840	0.0020	0.18%				78.32%
		1.000	250	0.500	209	41	1.082	10.820	0.0020	0.18%				78.36%
		1.000	250	0.500	210	40	1.080	10.800	0.0020	0.18%	0.026	2.53%	0.260	78.40%
		1.000	250	0.500	211	39	1.078	10.780	0.0020	0.19%				78.44%
		1.000	250	0.500	212	38	1.076	10.760	0.0020	0.19%				78.48%
		1.000	250	0.500	213	37	1.074	10.740	0.0020	0.19%				78.52%
		1.000	250	0.500	214	36	1.072	10.720	0.0020	0.19%				78.56%
		1.000	250	0.500	215	35	1.070	10.700	0.0020	0.19%				78.60%
		1.000	250	0.500	216	34	1.068	10.680	0.0020	0.19%				78.64%
		1.000	250	0.500	217	33	1.066	10.660	0.0020	0.19%				78.68%
		1.000	250	0.500	218	32	1.064	10.640	0.0020	0.19%				78.72%
		1.000	250	0.500	219	31	1.062	10.620	0.0020	0.19%				78.76%
		1.000	250	0.500	220	30	1.060	10.600	0.0020	0.19%				78.80%
		1.000	250	0.500	221	29	1.058	10.580	0.0020	0.19%				78.84%
		1.000	250	0.500	222	28	1.056	10.560	0.0020	0.19%				78.88%
		1.000	250	0.500	223	27	1.054	10.540	0.0020	0.19%				78.92%
		1.000	250	0.500	224	26	1.052	10.520	0.0020	0.19%	0.026	2.59%	0.260	78.96%
		1.000	250	0.500	225	25	1.050	10.500	0.0020	0.19%				79.00%
		1.000	250	0.500	226	24	1.048	10.480	0.0020	0.19%				79.04%
		1.000	250	0.500	227	23	1.046	10.460	0.0020	0.19%				79.08%
		1.000	250	0.500	228	22	1.044	10.440	0.0020	0.19%				79.12%
		1.000	250	0.500	229	21	1.042	10.420	0.0020	0.19%				79.16%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 1.000
 Start Date June 24, 2011
 Dry Dose 0.500
 Dissolve Dose 0.500
 Water in ML **250**
 ML Increments **1**
 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	1	249	0.998	9.980	0.0020	0.20%			80.04%	
		0.500	250	0.500	2	248	0.996	9.960	0.0020	0.20%			80.08%	
		0.500	250	0.500	3	247	0.994	9.940	0.0020	0.20%			80.12%	
		0.500	250	0.500	4	246	0.992	9.920	0.0020	0.20%			80.16%	
		0.500	250	0.500	5	245	0.990	9.900	0.0020	0.20%			80.20%	
		0.500	250	0.500	6	244	0.988	9.880	0.0020	0.20%			80.24%	
		0.500	250	0.500	7	243	0.986	9.860	0.0020	0.20%			80.28%	
		0.500	250	0.500	8	242	0.984	9.840	0.0020	0.20%			80.32%	
		0.500	250	0.500	9	241	0.982	9.820	0.0020	0.20%			80.36%	
		0.500	250	0.500	10	240	0.980	9.800	0.0020	0.20%			80.40%	
		0.500	250	0.500	11	239	0.978	9.780	0.0020	0.20%			80.44%	
		0.500	250	0.500	12	238	0.976	9.760	0.0020	0.20%			80.48%	
		0.500	250	0.500	13	237	0.974	9.740	0.0020	0.20%			80.52%	
		0.500	250	0.500	14	236	0.972	9.720	0.0020	0.21%	0.026	2.61%	0.260	80.56%
		0.500	250	0.500	15	235	0.970	9.700	0.0020	0.21%			80.60%	
		0.500	250	0.500	16	234	0.968	9.680	0.0020	0.21%			80.64%	
		0.500	250	0.500	17	233	0.966	9.660	0.0020	0.21%			80.68%	
		0.500	250	0.500	18	232	0.964	9.640	0.0020	0.21%			80.72%	
		0.500	250	0.500	19	231	0.962	9.620	0.0020	0.21%			80.76%	
		0.500	250	0.500	20	230	0.960	9.600	0.0020	0.21%			80.80%	
		0.500	250	0.500	21	229	0.958	9.580	0.0020	0.21%			80.84%	
		0.500	250	0.500	22	228	0.956	9.560	0.0020	0.21%			80.88%	
		0.500	250	0.500	23	227	0.954	9.540	0.0020	0.21%			80.92%	
		0.500	250	0.500	24	226	0.952	9.520	0.0020	0.21%			80.96%	
		0.500	250	0.500	25	225	0.950	9.500	0.0020	0.21%			81.00%	
		0.500	250	0.500	26	224	0.948	9.480	0.0020	0.21%			81.04%	
		0.500	250	0.500	27	223	0.946	9.460	0.0020	0.21%			81.08%	
		0.500	250	0.500	28	222	0.944	9.440	0.0020	0.21%	0.026	2.88%	0.260	81.12%
		0.500	250	0.500	29	221	0.942	9.420	0.0020	0.21%			81.16%	

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	30	220	0.940	9.400	0.0020	0.21%			81.20%	
		0.500	250	0.500	31	219	0.938	9.380	0.0020	0.21%			81.24%	
		0.500	250	0.500	32	218	0.936	9.360	0.0020	0.21%			81.28%	
		0.500	250	0.500	33	217	0.934	9.340	0.0020	0.21%			81.32%	
		0.500	250	0.500	34	216	0.932	9.320	0.0020	0.21%			81.36%	
		0.500	250	0.500	35	215	0.930	9.300	0.0020	0.21%			81.40%	
		0.500	250	0.500	36	214	0.928	9.280	0.0020	0.22%			81.44%	
		0.500	250	0.500	37	213	0.926	9.260	0.0020	0.22%			81.48%	
		0.500	250	0.500	38	212	0.924	9.240	0.0020	0.22%			81.52%	
		0.500	250	0.500	39	211	0.922	9.220	0.0020	0.22%			81.56%	
		0.500	250	0.500	40	210	0.920	9.200	0.0020	0.22%			81.60%	
		0.500	250	0.500	41	209	0.918	9.180	0.0020	0.22%			81.64%	
		0.500	250	0.500	42	208	0.916	9.160	0.0020	0.22%	0.026	2.97%	0.260	81.68%
		0.500	250	0.500	43	207	0.914	9.140	0.0020	0.22%			81.72%	
		0.500	250	0.500	44	206	0.912	9.120	0.0020	0.22%			81.76%	
		0.500	250	0.500	45	205	0.910	9.100	0.0020	0.22%			81.80%	
		0.500	250	0.500	46	204	0.908	9.080	0.0020	0.22%			81.84%	
		0.500	250	0.500	47	203	0.906	9.060	0.0020	0.22%			81.88%	
		0.500	250	0.500	48	202	0.904	9.040	0.0020	0.22%			81.92%	
		0.500	250	0.500	49	201	0.902	9.020	0.0020	0.22%			81.96%	
		0.500	250	0.500	50	200	0.900	9.000	0.0020	0.22%			82.00%	
		0.500	250	0.500	51	199	0.898	8.980	0.0020	0.22%			82.04%	
		0.500	250	0.500	52	198	0.896	8.960	0.0020	0.22%			82.08%	
		0.500	250	0.500	53	197	0.894	8.940	0.0020	0.22%			82.12%	
		0.500	250	0.500	54	196	0.892	8.920	0.0020	0.22%			82.16%	
		0.500	250	0.500	55	195	0.890	8.900	0.0020	0.22%			82.20%	
		0.500	250	0.500	56	194	0.888	8.880	0.0020	0.22%	0.026	3.06%	0.260	82.24%
		0.500	250	0.500	57	193	0.886	8.860	0.0020	0.23%			82.28%	
		0.500	250	0.500	58	192	0.884	8.840	0.0020	0.23%			82.32%	
		0.500	250	0.500	59	191	0.882	8.820	0.0020	0.23%			82.36%	
		0.500	250	0.500	60	190	0.880	8.800	0.0020	0.23%			82.40%	
		0.500	250	0.500	61	189	0.878	8.780	0.0020	0.23%			82.44%	
		0.500	250	0.500	62	188	0.876	8.760	0.0020	0.23%			82.48%	
		0.500	250	0.500	63	187	0.874	8.740	0.0020	0.23%			82.52%	
		0.500	250	0.500	64	186	0.872	8.720	0.0020	0.23%			82.56%	
		0.500	250	0.500	65	185	0.870	8.700	0.0020	0.23%			82.60%	
		0.500	250	0.500	66	184	0.868	8.680	0.0020	0.23%			82.64%	
		0.500	250	0.500	67	183	0.866	8.660	0.0020	0.23%			82.68%	
		0.500	250	0.500	68	182	0.864	8.640	0.0020	0.23%			82.72%	
		0.500	250	0.500	69	181	0.862	8.620	0.0020	0.23%			82.76%	

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	70	180	0.860	8.600	0.0020	0.23%	0.026	3.15%	0.260	82.80%
		0.500	250	0.500	71	179	0.858	8.580	0.0020	0.23%				82.84%
		0.500	250	0.500	72	178	0.856	8.560	0.0020	0.23%				82.88%
		0.500	250	0.500	73	177	0.854	8.540	0.0020	0.23%				82.92%
		0.500	250	0.500	74	176	0.852	8.520	0.0020	0.23%				82.96%
		0.500	250	0.500	75	175	0.850	8.500	0.0020	0.23%				83.00%
		0.500	250	0.500	76	174	0.848	8.480	0.0020	0.24%				83.04%
		0.500	250	0.500	77	173	0.846	8.460	0.0020	0.24%				83.08%
		0.500	250	0.500	78	172	0.844	8.440	0.0020	0.24%				83.12%
		0.500	250	0.500	79	171	0.842	8.420	0.0020	0.24%				83.16%
		0.500	250	0.500	80	170	0.840	8.400	0.0020	0.24%				83.20%
		0.500	250	0.500	81	169	0.838	8.380	0.0020	0.24%				83.24%
		0.500	250	0.500	82	168	0.836	8.360	0.0020	0.24%				83.28%
		0.500	250	0.500	83	167	0.834	8.340	0.0020	0.24%				83.32%
		0.500	250	0.500	84	166	0.832	8.320	0.0020	0.24%	0.026	3.26%	0.260	83.36%
		0.500	250	0.500	85	165	0.830	8.300	0.0020	0.24%				83.40%
		0.500	250	0.500	86	164	0.828	8.280	0.0020	0.24%				83.44%
		0.500	250	0.500	87	163	0.826	8.260	0.0020	0.24%				83.48%
		0.500	250	0.500	88	162	0.824	8.240	0.0020	0.24%				83.52%
		0.500	250	0.500	89	161	0.822	8.220	0.0020	0.24%				83.56%
		0.500	250	0.500	90	160	0.820	8.200	0.0020	0.24%				83.60%
		0.500	250	0.500	91	159	0.818	8.180	0.0020	0.24%				83.64%
		0.500	250	0.500	92	158	0.816	8.160	0.0020	0.24%				83.68%
		0.500	250	0.500	93	157	0.814	8.140	0.0020	0.25%				83.72%
		0.500	250	0.500	94	156	0.812	8.120	0.0020	0.25%				83.76%
		0.500	250	0.500	95	155	0.810	8.100	0.0020	0.25%				83.80%
		0.500	250	0.500	96	154	0.808	8.080	0.0020	0.25%				83.84%
		0.500	250	0.500	97	153	0.806	8.060	0.0020	0.25%				83.88%
		0.500	250	0.500	98	152	0.804	8.040	0.0020	0.25%	0.026	3.37%	0.260	83.92%
		0.500	250	0.500	99	151	0.802	8.020	0.0020	0.25%				83.96%
		0.500	250	0.500	100	150	0.800	8.000	0.0020	0.25%				84.00%
		0.500	250	0.500	101	149	0.798	7.980	0.0020	0.25%				84.04%
		0.500	250	0.500	102	148	0.796	7.960	0.0020	0.25%				84.08%
		0.500	250	0.500	103	147	0.794	7.940	0.0020	0.25%				84.12%
		0.500	250	0.500	104	146	0.792	7.920	0.0020	0.25%				84.16%
		0.500	250	0.500	105	145	0.790	7.900	0.0020	0.25%				84.20%
		0.500	250	0.500	106	144	0.788	7.880	0.0020	0.25%				84.24%
		0.500	250	0.500	107	143	0.786	7.860	0.0020	0.25%				84.28%
		0.500	250	0.500	108	142	0.784	7.840	0.0020	0.25%				84.32%
		0.500	250	0.500	109	141	0.782	7.820	0.0020	0.26%				84.36%

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	110	140	0.780	7.800	0.0020	0.26%			84.40%	
		0.500	250	0.500	111	139	0.778	7.780	0.0020	0.26%			84.44%	
		0.500	250	0.500	112	138	0.776	7.760	0.0020	0.26%	0.026	3.48%	0.260	84.48%
		0.500	250	0.500	113	137	0.774	7.740	0.0020	0.26%				84.52%
		0.500	250	0.500	114	136	0.772	7.720	0.0020	0.26%				84.56%
		0.500	250	0.500	115	135	0.770	7.700	0.0020	0.26%				84.60%
		0.500	250	0.500	116	134	0.768	7.680	0.0020	0.26%				84.64%
		0.500	250	0.500	117	133	0.766	7.660	0.0020	0.26%				84.68%
		0.500	250	0.500	118	132	0.764	7.640	0.0020	0.26%				84.72%
		0.500	250	0.500	119	131	0.762	7.620	0.0020	0.26%				84.76%
		0.500	250	0.500	120	130	0.760	7.600	0.0020	0.26%				84.80%
		0.500	250	0.500	121	129	0.758	7.580	0.0020	0.26%				84.84%
		0.500	250	0.500	122	128	0.756	7.560	0.0020	0.26%				84.88%
		0.500	250	0.500	123	127	0.754	7.540	0.0020	0.26%				84.92%
		0.500	250	0.500	124	126	0.752	7.520	0.0020	0.27%				84.96%
		0.500	250	0.500	125	125	0.750	7.500	0.0020	0.27%				85.00%
		0.500	250	0.500	126	124	0.748	7.480	0.0020	0.27%	0.026	3.61%	0.260	85.04%
		0.500	250	0.500	127	123	0.746	7.460	0.0020	0.27%				85.08%
		0.500	250	0.500	128	122	0.744	7.440	0.0020	0.27%				85.12%
		0.500	250	0.500	129	121	0.742	7.420	0.0020	0.27%				85.16%
		0.500	250	0.500	130	120	0.740	7.400	0.0020	0.27%				85.20%
		0.500	250	0.500	131	119	0.738	7.380	0.0020	0.27%				85.24%
		0.500	250	0.500	132	118	0.736	7.360	0.0020	0.27%				85.28%
		0.500	250	0.500	133	117	0.734	7.340	0.0020	0.27%				85.32%
		0.500	250	0.500	134	116	0.732	7.320	0.0020	0.27%				85.36%
		0.500	250	0.500	135	115	0.730	7.300	0.0020	0.27%				85.40%
		0.500	250	0.500	136	114	0.728	7.280	0.0020	0.27%				85.44%
		0.500	250	0.500	137	113	0.726	7.260	0.0020	0.27%				85.48%
		0.500	250	0.500	138	112	0.724	7.240	0.0020	0.28%				85.52%
		0.500	250	0.500	139	111	0.722	7.220	0.0020	0.28%				85.56%
		0.500	250	0.500	140	110	0.720	7.200	0.0020	0.28%	0.026	3.74%	0.260	85.60%
		0.500	250	0.500	141	109	0.718	7.180	0.0020	0.28%				85.64%
		0.500	250	0.500	142	108	0.716	7.160	0.0020	0.28%				85.68%
		0.500	250	0.500	143	107	0.714	7.140	0.0020	0.28%				85.72%
		0.500	250	0.500	144	106	0.712	7.120	0.0020	0.28%				85.76%
		0.500	250	0.500	145	105	0.710	7.100	0.0020	0.28%				85.80%
		0.500	250	0.500	146	104	0.708	7.080	0.0020	0.28%				85.84%
		0.500	250	0.500	147	103	0.706	7.060	0.0020	0.28%				85.88%
		0.500	250	0.500	148	102	0.704	7.040	0.0020	0.28%				85.92%
		0.500	250	0.500	149	101	0.702	7.020	0.0020	0.28%				85.96%

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	150	100	0.700	7.000	0.0020	0.28%			86.00%	
		0.500	250	0.500	151	99	0.698	6.980	0.0020	0.29%			86.04%	
		0.500	250	0.500	152	98	0.696	6.960	0.0020	0.29%			86.08%	
		0.500	250	0.500	153	97	0.694	6.940	0.0020	0.29%			86.12%	
		0.500	250	0.500	154	96	0.692	6.920	0.0020	0.29%	0.026	3.89%	0.260	86.16%
		0.500	250	0.500	155	95	0.690	6.900	0.0020	0.29%			86.20%	
		0.500	250	0.500	156	94	0.688	6.880	0.0020	0.29%			86.24%	
		0.500	250	0.500	157	93	0.686	6.860	0.0020	0.29%			86.28%	
		0.500	250	0.500	158	92	0.684	6.840	0.0020	0.29%			86.32%	
		0.500	250	0.500	159	91	0.682	6.820	0.0020	0.29%			86.36%	
		0.500	250	0.500	160	90	0.680	6.800	0.0020	0.29%			86.40%	
		0.500	250	0.500	161	89	0.678	6.780	0.0020	0.29%			86.44%	
		0.500	250	0.500	162	88	0.676	6.760	0.0020	0.29%			86.48%	
		0.500	250	0.500	163	87	0.674	6.740	0.0020	0.30%			86.52%	
		0.500	250	0.500	164	86	0.672	6.720	0.0020	0.30%			86.56%	
		0.500	250	0.500	165	85	0.670	6.700	0.0020	0.30%			86.60%	
		0.500	250	0.500	166	84	0.668	6.680	0.0020	0.30%			86.64%	
		0.500	250	0.500	167	83	0.666	6.660	0.0020	0.30%			86.68%	
		0.500	250	0.500	168	82	0.664	6.640	0.0020	0.30%	0.026	4.05%	0.260	86.72%
		0.500	250	0.500	169	81	0.662	6.620	0.0020	0.30%			86.76%	
		0.500	250	0.500	170	80	0.660	6.600	0.0020	0.30%			86.80%	
		0.500	250	0.500	171	79	0.658	6.580	0.0020	0.30%			86.84%	
		0.500	250	0.500	172	78	0.656	6.560	0.0020	0.30%			86.88%	
		0.500	250	0.500	173	77	0.654	6.540	0.0020	0.30%			86.92%	
		0.500	250	0.500	174	76	0.652	6.520	0.0020	0.31%			86.96%	
		0.500	250	0.500	175	75	0.650	6.500	0.0020	0.31%			87.00%	
		0.500	250	0.500	176	74	0.648	6.480	0.0020	0.31%			87.04%	
		0.500	250	0.500	177	73	0.646	6.460	0.0020	0.31%			87.08%	
		0.500	250	0.500	178	72	0.644	6.440	0.0020	0.31%			87.12%	
		0.500	250	0.500	179	71	0.642	6.420	0.0020	0.31%			87.16%	
		0.500	250	0.500	180	70	0.640	6.400	0.0020	0.31%			87.20%	
		0.500	250	0.500	181	69	0.638	6.380	0.0020	0.31%			87.24%	
		0.500	250	0.500	182	68	0.636	6.360	0.0020	0.31%	0.026	4.22%	0.260	87.28%
		0.500	250	0.500	183	67	0.634	6.340	0.0020	0.31%			87.32%	
		0.500	250	0.500	184	66	0.632	6.320	0.0020	0.32%			87.36%	
		0.500	250	0.500	185	65	0.630	6.300	0.0020	0.32%			87.40%	
		0.500	250	0.500	186	64	0.628	6.280	0.0020	0.32%			87.44%	
		0.500	250	0.500	187	63	0.626	6.260	0.0020	0.32%			87.48%	
		0.500	250	0.500	188	62	0.624	6.240	0.0020	0.32%			87.52%	
		0.500	250	0.500	189	61	0.622	6.220	0.0020	0.32%			87.56%	

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	190	60	0.620	6.200	0.0020	0.32%			87.60%	
		0.500	250	0.500	191	59	0.618	6.180	0.0020	0.32%			87.64%	
		0.500	250	0.500	192	58	0.616	6.160	0.0020	0.32%			87.68%	
		0.500	250	0.500	193	57	0.614	6.140	0.0020	0.32%			87.72%	
		0.500	250	0.500	194	56	0.612	6.120	0.0020	0.33%			87.76%	
		0.500	250	0.500	195	55	0.610	6.100	0.0020	0.33%			87.80%	
		0.500	250	0.500	196	54	0.608	6.080	0.0020	0.33%	0.026	4.40%	0.260	87.84%
		0.500	250	0.500	197	53	0.606	6.060	0.0020	0.33%			87.88%	
		0.500	250	0.500	198	52	0.604	6.040	0.0020	0.33%			87.92%	
		0.500	250	0.500	199	51	0.602	6.020	0.0020	0.33%			87.96%	
		0.500	250	0.500	200	50	0.600	6.000	0.0020	0.33%			88.00%	
		0.500	250	0.500	201	49	0.598	5.980	0.0020	0.33%			88.04%	
		0.500	250	0.500	202	48	0.596	5.960	0.0020	0.33%			88.08%	
		0.500	250	0.500	203	47	0.594	5.940	0.0020	0.34%			88.12%	
		0.500	250	0.500	204	46	0.592	5.920	0.0020	0.34%			88.16%	
		0.500	250	0.500	205	45	0.590	5.900	0.0020	0.34%			88.20%	
		0.500	250	0.500	206	44	0.588	5.880	0.0020	0.34%			88.24%	
		0.500	250	0.500	207	43	0.586	5.860	0.0020	0.34%			88.28%	
		0.500	250	0.500	208	42	0.584	5.840	0.0020	0.34%			88.32%	
		0.500	250	0.500	209	41	0.582	5.820	0.0020	0.34%			88.36%	
		0.500	250	0.500	210	40	0.580	5.800	0.0020	0.34%	0.026	4.61%	0.260	88.40%
		0.500	250	0.500	211	39	0.578	5.780	0.0020	0.34%			88.44%	
		0.500	250	0.500	212	38	0.576	5.760	0.0020	0.35%			88.48%	
		0.500	250	0.500	213	37	0.574	5.740	0.0020	0.35%			88.52%	
		0.500	250	0.500	214	36	0.572	5.720	0.0020	0.35%			88.56%	
		0.500	250	0.500	215	35	0.570	5.700	0.0020	0.35%			88.60%	
		0.500	250	0.500	216	34	0.568	5.680	0.0020	0.35%			88.64%	
		0.500	250	0.500	217	33	0.566	5.660	0.0020	0.35%			88.68%	
		0.500	250	0.500	218	32	0.564	5.640	0.0020	0.35%			88.72%	
		0.500	250	0.500	219	31	0.562	5.620	0.0020	0.35%			88.76%	
		0.500	250	0.500	220	30	0.560	5.600	0.0020	0.36%			88.80%	
		0.500	250	0.500	221	29	0.558	5.580	0.0020	0.36%			88.84%	
		0.500	250	0.500	222	28	0.556	5.560	0.0020	0.36%			88.88%	
		0.500	250	0.500	223	27	0.554	5.540	0.0020	0.36%			88.92%	
		0.500	250	0.500	224	26	0.552	5.520	0.0020	0.36%	0.026	4.83%	0.260	88.96%
		0.500	250	0.500	225	25	0.550	5.500	0.0020	0.36%			89.00%	
		0.500	250	0.500	226	24	0.548	5.480	0.0020	0.36%			89.04%	
		0.500	250	0.500	227	23	0.546	5.460	0.0020	0.36%			89.08%	
		0.500	250	0.500	228	22	0.544	5.440	0.0020	0.37%			89.12%	
		0.500	250	0.500	229	21	0.542	5.420	0.0020	0.37%			89.16%	

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 0.500
 Start Date February 29, 2012
 Dry Dose 0.000
 Dissolve Dose 0.500
 Water in ML **250**
 ML Increments 1
 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	1	249	0.498	4.980	0.0020	0.40%				90.04%
	0.000	250	0.500	2	248	0.496	4.960	0.0020	0.40%				90.08%
	0.000	250	0.500	3	247	0.494	4.940	0.0020	0.40%				90.12%
	0.000	250	0.500	4	246	0.492	4.920	0.0020	0.40%				90.16%
	0.000	250	0.500	5	245	0.490	4.900	0.0020	0.41%				90.20%
	0.000	250	0.500	6	244	0.488	4.880	0.0020	0.41%				90.24%
	0.000	250	0.500	7	243	0.486	4.860	0.0020	0.41%				90.28%
	0.000	250	0.500	8	242	0.484	4.840	0.0020	0.41%				90.32%
	0.000	250	0.500	9	241	0.482	4.820	0.0020	0.41%				90.36%
	0.000	250	0.500	10	240	0.480	4.800	0.0020	0.41%				90.40%
	0.000	250	0.500	11	239	0.478	4.780	0.0020	0.42%				90.44%
	0.000	250	0.500	12	238	0.476	4.760	0.0020	0.42%				90.48%
	0.000	250	0.500	13	237	0.474	4.740	0.0020	0.42%				90.52%
	0.000	250	0.500	14	236	0.472	4.720	0.0020	0.42%	0.026	5.22%	0.260	90.56%
	0.000	250	0.500	15	235	0.470	4.700	0.0020	0.42%				90.60%
	0.000	250	0.500	16	234	0.468	4.680	0.0020	0.43%				90.64%
	0.000	250	0.500	17	233	0.466	4.660	0.0020	0.43%				90.68%
	0.000	250	0.500	18	232	0.464	4.640	0.0020	0.43%				90.72%
	0.000	250	0.500	19	231	0.462	4.620	0.0020	0.43%				90.76%
	0.000	250	0.500	20	230	0.460	4.600	0.0020	0.43%				90.80%
	0.000	250	0.500	21	229	0.458	4.580	0.0020	0.43%				90.84%
	0.000	250	0.500	22	228	0.456	4.560	0.0020	0.44%				90.88%
	0.000	250	0.500	23	227	0.454	4.540	0.0020	0.44%				90.92%
	0.000	250	0.500	24	226	0.452	4.520	0.0020	0.44%				90.96%
	0.000	250	0.500	25	225	0.450	4.500	0.0020	0.44%				91.00%
	0.000	250	0.500	26	224	0.448	4.480	0.0020	0.44%				91.04%
	0.000	250	0.500	27	223	0.446	4.460	0.0020	0.45%				91.08%
	0.000	250	0.500	28	222	0.444	4.440	0.0020	0.45%	0.026	5.93%	0.260	91.12%
	0.000	250	0.500	29	221	0.442	4.420	0.0020	0.45%				91.16%

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	30	220	0.440	4.400	0.0020	0.45%				91.20%
	0.000	250	0.500	31	219	0.438	4.380	0.0020	0.45%				91.24%
	0.000	250	0.500	32	218	0.436	4.360	0.0020	0.46%				91.28%
	0.000	250	0.500	33	217	0.434	4.340	0.0020	0.46%				91.32%
	0.000	250	0.500	34	216	0.432	4.320	0.0020	0.46%				91.36%
	0.000	250	0.500	35	215	0.430	4.300	0.0020	0.46%				91.40%
	0.000	250	0.500	36	214	0.428	4.280	0.0020	0.47%				91.44%
	0.000	250	0.500	37	213	0.426	4.260	0.0020	0.47%				91.48%
	0.000	250	0.500	38	212	0.424	4.240	0.0020	0.47%				91.52%
	0.000	250	0.500	39	211	0.422	4.220	0.0020	0.47%				91.56%
	0.000	250	0.500	40	210	0.420	4.200	0.0020	0.47%				91.60%
	0.000	250	0.500	41	209	0.418	4.180	0.0020	0.48%				91.64%
	0.000	250	0.500	42	208	0.416	4.160	0.0020	0.48%	0.026	6.31%	0.260	91.68%
	0.000	250	0.500	43	207	0.414	4.140	0.0020	0.48%				91.72%
	0.000	250	0.500	44	206	0.412	4.120	0.0020	0.48%				91.76%
	0.000	250	0.500	45	205	0.410	4.100	0.0020	0.49%				91.80%
	0.000	250	0.500	46	204	0.408	4.080	0.0020	0.49%				91.84%
	0.000	250	0.500	47	203	0.406	4.060	0.0020	0.49%				91.88%
	0.000	250	0.500	48	202	0.404	4.040	0.0020	0.49%				91.92%
	0.000	250	0.500	49	201	0.402	4.020	0.0020	0.50%				91.96%
	0.000	250	0.500	50	200	0.400	4.000	0.0020	0.50%				92.00%
	0.000	250	0.500	51	199	0.398	3.980	0.0020	0.50%				92.04%
	0.000	250	0.500	52	198	0.396	3.960	0.0020	0.50%				92.08%
	0.000	250	0.500	53	197	0.394	3.940	0.0020	0.51%				92.12%
	0.000	250	0.500	54	196	0.392	3.920	0.0020	0.51%				92.16%
	0.000	250	0.500	55	195	0.390	3.900	0.0020	0.51%				92.20%
	0.000	250	0.500	56	194	0.388	3.880	0.0020	0.51%	0.026	6.73%	0.260	92.24%
	0.000	250	0.500	57	193	0.386	3.860	0.0020	0.52%				92.28%
	0.000	250	0.500	58	192	0.384	3.840	0.0020	0.52%				92.32%
	0.000	250	0.500	59	191	0.382	3.820	0.0020	0.52%				92.36%
	0.000	250	0.500	60	190	0.380	3.800	0.0020	0.52%				92.40%
	0.000	250	0.500	61	189	0.378	3.780	0.0020	0.53%				92.44%
	0.000	250	0.500	62	188	0.376	3.760	0.0020	0.53%				92.48%
	0.000	250	0.500	63	187	0.374	3.740	0.0020	0.53%				92.52%
	0.000	250	0.500	64	186	0.372	3.720	0.0020	0.53%				92.56%
	0.000	250	0.500	65	185	0.370	3.700	0.0020	0.54%				92.60%
	0.000	250	0.500	66	184	0.368	3.680	0.0020	0.54%				92.64%
	0.000	250	0.500	67	183	0.366	3.660	0.0020	0.54%				92.68%
	0.000	250	0.500	68	182	0.364	3.640	0.0020	0.55%				92.72%
	0.000	250	0.500	69	181	0.362	3.620	0.0020	0.55%				92.76%

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	70	180	0.360	3.600	0.0020	0.55%	0.026	7.22%	0.260	92.80%
		0.000	250	0.500	71	179	0.358	3.580	0.0020	0.56%				92.84%
		0.000	250	0.500	72	178	0.356	3.560	0.0020	0.56%				92.88%
		0.000	250	0.500	73	177	0.354	3.540	0.0020	0.56%				92.92%
		0.000	250	0.500	74	176	0.352	3.520	0.0020	0.56%				92.96%
		0.000	250	0.500	75	175	0.350	3.500	0.0020	0.57%				93.00%
		0.000	250	0.500	76	174	0.348	3.480	0.0020	0.57%				93.04%
		0.000	250	0.500	77	173	0.346	3.460	0.0020	0.57%				93.08%
		0.000	250	0.500	78	172	0.344	3.440	0.0020	0.58%				93.12%
		0.000	250	0.500	79	171	0.342	3.420	0.0020	0.58%				93.16%
		0.000	250	0.500	80	170	0.340	3.400	0.0020	0.58%				93.20%
		0.000	250	0.500	81	169	0.338	3.380	0.0020	0.59%				93.24%
		0.000	250	0.500	82	168	0.336	3.360	0.0020	0.59%				93.28%
		0.000	250	0.500	83	167	0.334	3.340	0.0020	0.60%				93.32%
		0.000	250	0.500	84	166	0.332	3.320	0.0020	0.60%	0.026	7.78%	0.260	93.36%
		0.000	250	0.500	85	165	0.330	3.300	0.0020	0.60%				93.40%
		0.000	250	0.500	86	164	0.328	3.280	0.0020	0.61%				93.44%
		0.000	250	0.500	87	163	0.326	3.260	0.0020	0.61%				93.48%
		0.000	250	0.500	88	162	0.324	3.240	0.0020	0.61%				93.52%
		0.000	250	0.500	89	161	0.322	3.220	0.0020	0.62%				93.56%
		0.000	250	0.500	90	160	0.320	3.200	0.0020	0.62%				93.60%
		0.000	250	0.500	91	159	0.318	3.180	0.0020	0.63%				93.64%
		0.000	250	0.500	92	158	0.316	3.160	0.0020	0.63%				93.68%
		0.000	250	0.500	93	157	0.314	3.140	0.0020	0.63%				93.72%
		0.000	250	0.500	94	156	0.312	3.120	0.0020	0.64%				93.76%
		0.000	250	0.500	95	155	0.310	3.100	0.0020	0.64%				93.80%
		0.000	250	0.500	96	154	0.308	3.080	0.0020	0.65%				93.84%
		0.000	250	0.500	97	153	0.306	3.060	0.0020	0.65%				93.88%
		0.000	250	0.500	98	152	0.304	3.040	0.0020	0.65%	0.026	8.43%	0.260	93.92%
		0.000	250	0.500	99	151	0.302	3.020	0.0020	0.66%				93.96%
		0.000	250	0.500	100	150	0.300	3.000	0.0020	0.66%				94.00%
		0.000	250	0.500	101	149	0.298	2.980	0.0020	0.67%				94.04%
		0.000	250	0.500	102	148	0.296	2.960	0.0020	0.67%				94.08%
		0.000	250	0.500	103	147	0.294	2.940	0.0020	0.68%				94.12%
		0.000	250	0.500	104	146	0.292	2.920	0.0020	0.68%				94.16%
		0.000	250	0.500	105	145	0.290	2.900	0.0020	0.68%				94.20%
		0.000	250	0.500	106	144	0.288	2.880	0.0020	0.69%				94.24%
		0.000	250	0.500	107	143	0.286	2.860	0.0020	0.69%				94.28%
		0.000	250	0.500	108	142	0.284	2.840	0.0020	0.70%				94.32%
		0.000	250	0.500	109	141	0.282	2.820	0.0020	0.70%				94.36%

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	110	140	0.280	2.800	0.0020	0.71%			94.40%	
		0.000	250	0.500	111	139	0.278	2.780	0.0020	0.71%			94.44%	
		0.000	250	0.500	112	138	0.276	2.760	0.0020	0.72%	0.026	9.21%	0.260	94.48%
		0.000	250	0.500	113	137	0.274	2.740	0.0020	0.72%			94.52%	
		0.000	250	0.500	114	136	0.272	2.720	0.0020	0.73%			94.56%	
		0.000	250	0.500	115	135	0.270	2.700	0.0020	0.74%			94.60%	
		0.000	250	0.500	116	134	0.268	2.680	0.0020	0.74%			94.64%	
		0.000	250	0.500	117	133	0.266	2.660	0.0020	0.75%			94.68%	
		0.000	250	0.500	118	132	0.264	2.640	0.0020	0.75%			94.72%	
		0.000	250	0.500	119	131	0.262	2.620	0.0020	0.76%			94.76%	
		0.000	250	0.500	120	130	0.260	2.600	0.0020	0.76%			94.80%	
		0.000	250	0.500	121	129	0.258	2.580	0.0020	0.77%			94.84%	
		0.000	250	0.500	122	128	0.256	2.560	0.0020	0.78%			94.88%	
		0.000	250	0.500	123	127	0.254	2.540	0.0020	0.78%			94.92%	
		0.000	250	0.500	124	126	0.252	2.520	0.0020	0.79%			94.96%	
		0.000	250	0.500	125	125	0.250	2.500	0.0020	0.79%			95.00%	
		0.000	250	0.500	126	124	0.248	2.480	0.0020	0.80%	0.026	10.14%	0.260	95.04%
		0.000	250	0.500	127	123	0.246	2.460	0.0020	0.81%			95.08%	
		0.000	250	0.500	128	122	0.244	2.440	0.0020	0.81%			95.12%	
		0.000	250	0.500	129	121	0.242	2.420	0.0020	0.82%			95.16%	
		0.000	250	0.500	130	120	0.240	2.400	0.0020	0.83%			95.20%	
		0.000	250	0.500	131	119	0.238	2.380	0.0020	0.83%			95.24%	
		0.000	250	0.500	132	118	0.236	2.360	0.0020	0.84%			95.28%	
		0.000	250	0.500	133	117	0.234	2.340	0.0020	0.85%			95.32%	
		0.000	250	0.500	134	116	0.232	2.320	0.0020	0.85%			95.36%	
		0.000	250	0.500	135	115	0.230	2.300	0.0020	0.86%			95.40%	
		0.000	250	0.500	136	114	0.228	2.280	0.0020	0.87%			95.44%	
		0.000	250	0.500	137	113	0.226	2.260	0.0020	0.88%			95.48%	
		0.000	250	0.500	138	112	0.224	2.240	0.0020	0.88%			95.52%	
		0.000	250	0.500	139	111	0.222	2.220	0.0020	0.89%			95.56%	
		0.000	250	0.500	140	110	0.220	2.200	0.0020	0.90%	0.026	11.29%	0.260	95.60%
		0.000	250	0.500	141	109	0.218	2.180	0.0020	0.91%			95.64%	
		0.000	250	0.500	142	108	0.216	2.160	0.0020	0.92%			95.68%	
		0.000	250	0.500	143	107	0.214	2.140	0.0020	0.93%			95.72%	
		0.000	250	0.500	144	106	0.212	2.120	0.0020	0.93%			95.76%	
		0.000	250	0.500	145	105	0.210	2.100	0.0020	0.94%			95.80%	
		0.000	250	0.500	146	104	0.208	2.080	0.0020	0.95%			95.84%	
		0.000	250	0.500	147	103	0.206	2.060	0.0020	0.96%			95.88%	
		0.000	250	0.500	148	102	0.204	2.040	0.0020	0.97%			95.92%	
		0.000	250	0.500	149	101	0.202	2.020	0.0020	0.98%			95.96%	

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	150	100	0.200	2.000	0.0020	0.99%			96.00%	
		0.000	250	0.500	151	99	0.198	1.980	0.0020	1.00%			96.04%	
		0.000	250	0.500	152	98	0.196	1.960	0.0020	1.01%			96.08%	
		0.000	250	0.500	153	97	0.194	1.940	0.0020	1.02%			96.12%	
		0.000	250	0.500	154	96	0.192	1.920	0.0020	1.03%	0.026	12.73%	0.260	96.16%
		0.000	250	0.500	155	95	0.190	1.900	0.0020	1.04%			96.20%	
		0.000	250	0.500	156	94	0.188	1.880	0.0020	1.05%			96.24%	
		0.000	250	0.500	157	93	0.186	1.860	0.0020	1.06%			96.28%	
		0.000	250	0.500	158	92	0.184	1.840	0.0020	1.08%			96.32%	
		0.000	250	0.500	159	91	0.182	1.820	0.0020	1.09%			96.36%	
		0.000	250	0.500	160	90	0.180	1.800	0.0020	1.10%			96.40%	
		0.000	250	0.500	161	89	0.178	1.780	0.0020	1.11%			96.44%	
		0.000	250	0.500	162	88	0.176	1.760	0.0020	1.12%			96.48%	
		0.000	250	0.500	163	87	0.174	1.740	0.0020	1.14%			96.52%	
		0.000	250	0.500	164	86	0.172	1.720	0.0020	1.15%			96.56%	
		0.000	250	0.500	165	85	0.170	1.700	0.0020	1.16%			96.60%	
		0.000	250	0.500	166	84	0.168	1.680	0.0020	1.18%			96.64%	
		0.000	250	0.500	167	83	0.166	1.660	0.0020	1.19%			96.68%	
		0.000	250	0.500	168	82	0.164	1.640	0.0020	1.20%	0.026	14.58%	0.260	96.72%
		0.000	250	0.500	169	81	0.162	1.620	0.0020	1.22%			96.76%	
		0.000	250	0.500	170	80	0.160	1.600	0.0020	1.23%			96.80%	
		0.000	250	0.500	171	79	0.158	1.580	0.0020	1.25%			96.84%	
		0.000	250	0.500	172	78	0.156	1.560	0.0020	1.27%			96.88%	
		0.000	250	0.500	173	77	0.154	1.540	0.0020	1.28%			96.92%	
		0.000	250	0.500	174	76	0.152	1.520	0.0020	1.30%			96.96%	
		0.000	250	0.500	175	75	0.150	1.500	0.0020	1.32%			97.00%	
		0.000	250	0.500	176	74	0.148	1.480	0.0020	1.33%			97.04%	
		0.000	250	0.500	177	73	0.146	1.460	0.0020	1.35%			97.08%	
		0.000	250	0.500	178	72	0.144	1.440	0.0020	1.37%			97.12%	
		0.000	250	0.500	179	71	0.142	1.420	0.0020	1.39%			97.16%	
		0.000	250	0.500	180	70	0.140	1.400	0.0020	1.41%			97.20%	
		0.000	250	0.500	181	69	0.138	1.380	0.0020	1.43%			97.24%	
		0.000	250	0.500	182	68	0.136	1.360	0.0020	1.45%	0.026	17.07%	0.260	97.28%
		0.000	250	0.500	183	67	0.134	1.340	0.0020	1.47%			97.32%	
		0.000	250	0.500	184	66	0.132	1.320	0.0020	1.49%			97.36%	
		0.000	250	0.500	185	65	0.130	1.300	0.0020	1.52%			97.40%	
		0.000	250	0.500	186	64	0.128	1.280	0.0020	1.54%			97.44%	
		0.000	250	0.500	187	63	0.126	1.260	0.0020	1.56%			97.48%	
		0.000	250	0.500	188	62	0.124	1.240	0.0020	1.59%			97.52%	
		0.000	250	0.500	189	61	0.122	1.220	0.0020	1.61%			97.56%	

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	190	60	0.120	1.200	0.0020	1.64%				97.60%
	0.000	250	0.500	191	59	0.118	1.180	0.0020	1.67%				97.64%
	0.000	250	0.500	192	58	0.116	1.160	0.0020	1.69%				97.68%
	0.000	250	0.500	193	57	0.114	1.140	0.0020	1.72%				97.72%
	0.000	250	0.500	194	56	0.112	1.120	0.0020	1.75%				97.76%
	0.000	250	0.500	195	55	0.110	1.100	0.0020	1.79%				97.80%
	0.000	250	0.500	196	54	0.108	1.080	0.0020	1.82%	0.026	20.59%	0.260	97.84%
	0.000	250	0.500	197	53	0.106	1.060	0.0020	1.85%				97.88%
	0.000	250	0.500	198	52	0.104	1.040	0.0020	1.89%				97.92%
	0.000	250	0.500	199	51	0.102	1.020	0.0020	1.92%				97.96%
	0.000	250	0.500	200	50	0.100	1.000	0.0020	1.96%				98.00%
	0.000	250	0.500	201	49	0.098	0.980	0.0020	2.00%				98.04%
	0.000	250	0.500	202	48	0.096	0.960	0.0020	2.04%				98.08%
	0.000	250	0.500	203	47	0.094	0.940	0.0020	2.08%				98.12%
	0.000	250	0.500	204	46	0.092	0.920	0.0020	2.13%				98.16%
	0.000	250	0.500	205	45	0.090	0.900	0.0020	2.17%				98.20%
	0.000	250	0.500	206	44	0.088	0.880	0.0020	2.22%				98.24%
	0.000	250	0.500	207	43	0.086	0.860	0.0020	2.27%				98.28%
	0.000	250	0.500	208	42	0.084	0.840	0.0020	2.33%				98.32%
	0.000	250	0.500	209	41	0.082	0.820	0.0020	2.38%				98.36%
	0.000	250	0.500	210	40	0.080	0.800	0.0020	2.44%	0.026	25.93%	0.260	98.40%
	0.000	250	0.500	211	39	0.078	0.780	0.0020	2.50%				98.44%
	0.000	250	0.500	212	38	0.076	0.760	0.0020	2.56%				98.48%
	0.000	250	0.500	213	37	0.074	0.740	0.0020	2.63%				98.52%
	0.000	250	0.500	214	36	0.072	0.720	0.0020	2.70%				98.56%
	0.000	250	0.500	215	35	0.070	0.700	0.0020	2.78%				98.60%
	0.000	250	0.500	216	34	0.068	0.680	0.0020	2.86%				98.64%
	0.000	250	0.500	217	33	0.066	0.660	0.0020	2.94%				98.68%
	0.000	250	0.500	218	32	0.064	0.640	0.0020	3.03%				98.72%
	0.000	250	0.500	219	31	0.062	0.620	0.0020	3.13%				98.76%
	0.000	250	0.500	220	30	0.060	0.600	0.0020	3.23%				98.80%
	0.000	250	0.500	221	29	0.058	0.580	0.0020	3.33%				98.84%
	0.000	250	0.500	222	28	0.056	0.560	0.0020	3.45%				98.88%
	0.000	250	0.500	223	27	0.054	0.540	0.0020	3.57%				98.92%
	0.000	250	0.500	224	26	0.052	0.520	0.0020	3.70%	0.026	35.00%	0.260	98.96%
	0.000	250	0.500	225	25	0.050	0.500	0.0020	3.85%				99.00%
	0.000	250	0.500	226	24	0.048	0.480	0.0020	4.00%				99.04%
	0.000	250	0.500	227	23	0.046	0.460	0.0020	4.17%				99.08%
	0.000	250	0.500	228	22	0.044	0.440	0.0020	4.35%				99.12%
	0.000	250	0.500	229	21	0.042	0.420	0.0020	4.55%				99.16%

