

Medication **Ativan**
 Valium Multiplier 10
 Original Dose **5.000**
 Current Dose **5.000**
 Start Date **January 1, 2006**
 Dry Dose **4.000**
 Dissolve Dose **1.000**
 Water in ML **250**
 ML Increments **2**
 Display Dates **no**

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		4.000	250	1.000	2	248	4.992	49.920	0.0080	0.16%			0.00%	
		4.000	250	1.000	4	246	4.984	49.840	0.0080	0.16%			0.32%	
		4.000	250	1.000	6	244	4.976	49.760	0.0080	0.16%			0.48%	
		4.000	250	1.000	8	242	4.968	49.680	0.0080	0.16%			0.64%	
		4.000	250	1.000	10	240	4.960	49.600	0.0080	0.16%			0.80%	
		4.000	250	1.000	12	238	4.952	49.520	0.0080	0.16%			0.96%	
		4.000	250	1.000	14	236	4.944	49.440	0.0080	0.16%			1.12%	
		4.000	250	1.000	16	234	4.936	49.360	0.0080	0.16%			1.28%	
		4.000	250	1.000	18	232	4.928	49.280	0.0080	0.16%			1.44%	
		4.000	250	1.000	20	230	4.920	49.200	0.0080	0.16%			1.60%	
		4.000	250	1.000	22	228	4.912	49.120	0.0080	0.16%			1.76%	
		4.000	250	1.000	24	226	4.904	49.040	0.0080	0.16%			1.92%	
		4.000	250	1.000	26	224	4.896	48.960	0.0080	0.16%			2.08%	
		4.000	250	1.000	28	222	4.888	48.880	0.0080	0.16%	0.104	2.08%	1.040	2.24%
		4.000	250	1.000	30	220	4.880	48.800	0.0080	0.16%			2.40%	
		4.000	250	1.000	32	218	4.872	48.720	0.0080	0.16%			2.56%	
		4.000	250	1.000	34	216	4.864	48.640	0.0080	0.16%			2.72%	
		4.000	250	1.000	36	214	4.856	48.560	0.0080	0.16%			2.88%	
		4.000	250	1.000	38	212	4.848	48.480	0.0080	0.16%			3.04%	
		4.000	250	1.000	40	210	4.840	48.400	0.0080	0.17%			3.20%	
		4.000	250	1.000	42	208	4.832	48.320	0.0080	0.17%			3.36%	
		4.000	250	1.000	44	206	4.824	48.240	0.0080	0.17%			3.52%	
		4.000	250	1.000	46	204	4.816	48.160	0.0080	0.17%			3.68%	
		4.000	250	1.000	48	202	4.808	48.080	0.0080	0.17%			3.84%	
		4.000	250	1.000	50	200	4.800	48.000	0.0080	0.17%			4.00%	
		4.000	250	1.000	52	198	4.792	47.920	0.0080	0.17%			4.16%	
		4.000	250	1.000	54	196	4.784	47.840	0.0080	0.17%			4.32%	
		4.000	250	1.000	56	194	4.776	47.760	0.0080	0.17%	0.104	2.29%	1.040	4.48%
		4.000	250	1.000	58	192	4.768	47.680	0.0080	0.17%			4.64%	

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	1.000	60	190	4.760	47.600	0.0080	0.17%			4.80%	
		4.000	250	1.000	62	188	4.752	47.520	0.0080	0.17%			4.96%	
		4.000	250	1.000	64	186	4.744	47.440	0.0080	0.17%			5.12%	
		4.000	250	1.000	66	184	4.736	47.360	0.0080	0.17%			5.28%	
		4.000	250	1.000	68	182	4.728	47.280	0.0080	0.17%			5.44%	
		4.000	250	1.000	70	180	4.720	47.200	0.0080	0.17%			5.60%	
		4.000	250	1.000	72	178	4.712	47.120	0.0080	0.17%			5.76%	
		4.000	250	1.000	74	176	4.704	47.040	0.0080	0.17%			5.92%	
		4.000	250	1.000	76	174	4.696	46.960	0.0080	0.17%			6.08%	
		4.000	250	1.000	78	172	4.688	46.880	0.0080	0.17%			6.24%	
		4.000	250	1.000	80	170	4.680	46.800	0.0080	0.17%			6.40%	
		4.000	250	1.000	82	168	4.672	46.720	0.0080	0.17%			6.56%	
		4.000	250	1.000	84	166	4.664	46.640	0.0080	0.17%	0.104	2.35%	1.040	6.72%
		4.000	250	1.000	86	164	4.656	46.560	0.0080	0.17%			6.88%	
		4.000	250	1.000	88	162	4.648	46.480	0.0080	0.17%			7.04%	
		4.000	250	1.000	90	160	4.640	46.400	0.0080	0.17%			7.20%	
		4.000	250	1.000	92	158	4.632	46.320	0.0080	0.17%			7.36%	
		4.000	250	1.000	94	156	4.624	46.240	0.0080	0.17%			7.52%	
		4.000	250	1.000	96	154	4.616	46.160	0.0080	0.17%			7.68%	
		4.000	250	1.000	98	152	4.608	46.080	0.0080	0.17%			7.84%	
		4.000	250	1.000	100	150	4.600	46.000	0.0080	0.17%			8.00%	
		4.000	250	1.000	102	148	4.592	45.920	0.0080	0.17%			8.16%	
		4.000	250	1.000	104	146	4.584	45.840	0.0080	0.17%			8.32%	
		4.000	250	1.000	106	144	4.576	45.760	0.0080	0.17%			8.48%	
		4.000	250	1.000	108	142	4.568	45.680	0.0080	0.17%			8.64%	
		4.000	250	1.000	110	140	4.560	45.600	0.0080	0.18%			8.80%	
		4.000	250	1.000	112	138	4.552	45.520	0.0080	0.18%	0.104	2.40%	1.040	8.96%
		4.000	250	1.000	114	136	4.544	45.440	0.0080	0.18%			9.12%	
		4.000	250	1.000	116	134	4.536	45.360	0.0080	0.18%			9.28%	
		4.000	250	1.000	118	132	4.528	45.280	0.0080	0.18%			9.44%	
		4.000	250	1.000	120	130	4.520	45.200	0.0080	0.18%			9.60%	
		4.000	250	1.000	122	128	4.512	45.120	0.0080	0.18%			9.76%	
		4.000	250	1.000	124	126	4.504	45.040	0.0080	0.18%			9.92%	
		4.000	250	1.000	126	124	4.496	44.960	0.0080	0.18%			10.08%	
		4.000	250	1.000	128	122	4.488	44.880	0.0080	0.18%			10.24%	
		4.000	250	1.000	130	120	4.480	44.800	0.0080	0.18%			10.40%	
		4.000	250	1.000	132	118	4.472	44.720	0.0080	0.18%			10.56%	
		4.000	250	1.000	134	116	4.464	44.640	0.0080	0.18%			10.72%	
		4.000	250	1.000	136	114	4.456	44.560	0.0080	0.18%			10.88%	
		4.000	250	1.000	138	112	4.448	44.480	0.0080	0.18%			11.04%	

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	1.000	140	110	4.440	44.400	0.0080	0.18%	0.104	2.46%	1.040	11.20%
		4.000	250	1.000	142	108	4.432	44.320	0.0080	0.18%				11.36%
		4.000	250	1.000	144	106	4.424	44.240	0.0080	0.18%				11.52%
		4.000	250	1.000	146	104	4.416	44.160	0.0080	0.18%				11.68%
		4.000	250	1.000	148	102	4.408	44.080	0.0080	0.18%				11.84%
		4.000	250	1.000	150	100	4.400	44.000	0.0080	0.18%				12.00%
		4.000	250	1.000	152	98	4.392	43.920	0.0080	0.18%				12.16%
		4.000	250	1.000	154	96	4.384	43.840	0.0080	0.18%				12.32%
		4.000	250	1.000	156	94	4.376	43.760	0.0080	0.18%				12.48%
		4.000	250	1.000	158	92	4.368	43.680	0.0080	0.18%				12.64%
		4.000	250	1.000	160	90	4.360	43.600	0.0080	0.18%				12.80%
		4.000	250	1.000	162	88	4.352	43.520	0.0080	0.18%				12.96%
		4.000	250	1.000	164	86	4.344	43.440	0.0080	0.18%				13.12%
		4.000	250	1.000	166	84	4.336	43.360	0.0080	0.18%				13.28%
		4.000	250	1.000	168	82	4.328	43.280	0.0080	0.18%	0.104	2.52%	1.040	13.44%
		4.000	250	1.000	170	80	4.320	43.200	0.0080	0.18%				13.60%
		4.000	250	1.000	172	78	4.312	43.120	0.0080	0.19%				13.76%
		4.000	250	1.000	174	76	4.304	43.040	0.0080	0.19%				13.92%
		4.000	250	1.000	176	74	4.296	42.960	0.0080	0.19%				14.08%
		4.000	250	1.000	178	72	4.288	42.880	0.0080	0.19%				14.24%
		4.000	250	1.000	180	70	4.280	42.800	0.0080	0.19%				14.40%
		4.000	250	1.000	182	68	4.272	42.720	0.0080	0.19%				14.56%
		4.000	250	1.000	184	66	4.264	42.640	0.0080	0.19%				14.72%
		4.000	250	1.000	186	64	4.256	42.560	0.0080	0.19%				14.88%
		4.000	250	1.000	188	62	4.248	42.480	0.0080	0.19%				15.04%
		4.000	250	1.000	190	60	4.240	42.400	0.0080	0.19%				15.20%
		4.000	250	1.000	192	58	4.232	42.320	0.0080	0.19%				15.36%
		4.000	250	1.000	194	56	4.224	42.240	0.0080	0.19%				15.52%
		4.000	250	1.000	196	54	4.216	42.160	0.0080	0.19%	0.104	2.59%	1.040	15.68%
		4.000	250	1.000	198	52	4.208	42.080	0.0080	0.19%				15.84%
		4.000	250	1.000	200	50	4.200	42.000	0.0080	0.19%				16.00%
		4.000	250	1.000	202	48	4.192	41.920	0.0080	0.19%				16.16%
		4.000	250	1.000	204	46	4.184	41.840	0.0080	0.19%				16.32%
		4.000	250	1.000	206	44	4.176	41.760	0.0080	0.19%				16.48%
		4.000	250	1.000	208	42	4.168	41.680	0.0080	0.19%				16.64%
		4.000	250	1.000	210	40	4.160	41.600	0.0080	0.19%				16.80%
		4.000	250	1.000	212	38	4.152	41.520	0.0080	0.19%				16.96%
		4.000	250	1.000	214	36	4.144	41.440	0.0080	0.19%				17.12%
		4.000	250	1.000	216	34	4.136	41.360	0.0080	0.19%				17.28%
		4.000	250	1.000	218	32	4.128	41.280	0.0080	0.19%				17.44%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 4.000
 Start Date May 6, 2006
 Dry Dose 3.000
 Dissolve Dose 1.000
 Water in ML **250**
 ML Increments **2**
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		3.000	250	1.000	2	248	3.992	39.920	0.0080	0.20%			20.16%	
		3.000	250	1.000	4	246	3.984	39.840	0.0080	0.20%			20.32%	
		3.000	250	1.000	6	244	3.976	39.760	0.0080	0.20%			20.48%	
		3.000	250	1.000	8	242	3.968	39.680	0.0080	0.20%			20.64%	
		3.000	250	1.000	10	240	3.960	39.600	0.0080	0.20%			20.80%	
		3.000	250	1.000	12	238	3.952	39.520	0.0080	0.20%			20.96%	
		3.000	250	1.000	14	236	3.944	39.440	0.0080	0.20%			21.12%	
		3.000	250	1.000	16	234	3.936	39.360	0.0080	0.20%			21.28%	
		3.000	250	1.000	18	232	3.928	39.280	0.0080	0.20%			21.44%	
		3.000	250	1.000	20	230	3.920	39.200	0.0080	0.20%			21.60%	
		3.000	250	1.000	22	228	3.912	39.120	0.0080	0.20%			21.76%	
		3.000	250	1.000	24	226	3.904	39.040	0.0080	0.20%			21.92%	
		3.000	250	1.000	26	224	3.896	38.960	0.0080	0.20%			22.08%	
		3.000	250	1.000	28	222	3.888	38.880	0.0080	0.21%	0.104	2.61%	1.040	22.24%
		3.000	250	1.000	30	220	3.880	38.800	0.0080	0.21%			22.40%	
		3.000	250	1.000	32	218	3.872	38.720	0.0080	0.21%			22.56%	
		3.000	250	1.000	34	216	3.864	38.640	0.0080	0.21%			22.72%	
		3.000	250	1.000	36	214	3.856	38.560	0.0080	0.21%			22.88%	
		3.000	250	1.000	38	212	3.848	38.480	0.0080	0.21%			23.04%	
		3.000	250	1.000	40	210	3.840	38.400	0.0080	0.21%			23.20%	
		3.000	250	1.000	42	208	3.832	38.320	0.0080	0.21%			23.36%	
		3.000	250	1.000	44	206	3.824	38.240	0.0080	0.21%			23.52%	
		3.000	250	1.000	46	204	3.816	38.160	0.0080	0.21%			23.68%	
		3.000	250	1.000	48	202	3.808	38.080	0.0080	0.21%			23.84%	
		3.000	250	1.000	50	200	3.800	38.000	0.0080	0.21%			24.00%	
		3.000	250	1.000	52	198	3.792	37.920	0.0080	0.21%			24.16%	
		3.000	250	1.000	54	196	3.784	37.840	0.0080	0.21%			24.32%	
		3.000	250	1.000	56	194	3.776	37.760	0.0080	0.21%	0.104	2.88%	1.040	24.48%
		3.000	250	1.000	58	192	3.768	37.680	0.0080	0.21%			24.64%	

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	1.000	60	190	3.760	37.600	0.0080	0.21%			24.80%	
		3.000	250	1.000	62	188	3.752	37.520	0.0080	0.21%			24.96%	
		3.000	250	1.000	64	186	3.744	37.440	0.0080	0.21%			25.12%	
		3.000	250	1.000	66	184	3.736	37.360	0.0080	0.21%			25.28%	
		3.000	250	1.000	68	182	3.728	37.280	0.0080	0.21%			25.44%	
		3.000	250	1.000	70	180	3.720	37.200	0.0080	0.21%			25.60%	
		3.000	250	1.000	72	178	3.712	37.120	0.0080	0.22%			25.76%	
		3.000	250	1.000	74	176	3.704	37.040	0.0080	0.22%			25.92%	
		3.000	250	1.000	76	174	3.696	36.960	0.0080	0.22%			26.08%	
		3.000	250	1.000	78	172	3.688	36.880	0.0080	0.22%			26.24%	
		3.000	250	1.000	80	170	3.680	36.800	0.0080	0.22%			26.40%	
		3.000	250	1.000	82	168	3.672	36.720	0.0080	0.22%			26.56%	
		3.000	250	1.000	84	166	3.664	36.640	0.0080	0.22%	0.104	2.97%	1.040	26.72%
		3.000	250	1.000	86	164	3.656	36.560	0.0080	0.22%			26.88%	
		3.000	250	1.000	88	162	3.648	36.480	0.0080	0.22%			27.04%	
		3.000	250	1.000	90	160	3.640	36.400	0.0080	0.22%			27.20%	
		3.000	250	1.000	92	158	3.632	36.320	0.0080	0.22%			27.36%	
		3.000	250	1.000	94	156	3.624	36.240	0.0080	0.22%			27.52%	
		3.000	250	1.000	96	154	3.616	36.160	0.0080	0.22%			27.68%	
		3.000	250	1.000	98	152	3.608	36.080	0.0080	0.22%			27.84%	
		3.000	250	1.000	100	150	3.600	36.000	0.0080	0.22%			28.00%	
		3.000	250	1.000	102	148	3.592	35.920	0.0080	0.22%			28.16%	
		3.000	250	1.000	104	146	3.584	35.840	0.0080	0.22%			28.32%	
		3.000	250	1.000	106	144	3.576	35.760	0.0080	0.22%			28.48%	
		3.000	250	1.000	108	142	3.568	35.680	0.0080	0.22%			28.64%	
		3.000	250	1.000	110	140	3.560	35.600	0.0080	0.22%			28.80%	
		3.000	250	1.000	112	138	3.552	35.520	0.0080	0.22%	0.104	3.06%	1.040	28.96%
		3.000	250	1.000	114	136	3.544	35.440	0.0080	0.23%			29.12%	
		3.000	250	1.000	116	134	3.536	35.360	0.0080	0.23%			29.28%	
		3.000	250	1.000	118	132	3.528	35.280	0.0080	0.23%			29.44%	
		3.000	250	1.000	120	130	3.520	35.200	0.0080	0.23%			29.60%	
		3.000	250	1.000	122	128	3.512	35.120	0.0080	0.23%			29.76%	
		3.000	250	1.000	124	126	3.504	35.040	0.0080	0.23%			29.92%	
		3.000	250	1.000	126	124	3.496	34.960	0.0080	0.23%			30.08%	
		3.000	250	1.000	128	122	3.488	34.880	0.0080	0.23%			30.24%	
		3.000	250	1.000	130	120	3.480	34.800	0.0080	0.23%			30.40%	
		3.000	250	1.000	132	118	3.472	34.720	0.0080	0.23%			30.56%	
		3.000	250	1.000	134	116	3.464	34.640	0.0080	0.23%			30.72%	
		3.000	250	1.000	136	114	3.456	34.560	0.0080	0.23%			30.88%	
		3.000	250	1.000	138	112	3.448	34.480	0.0080	0.23%			31.04%	

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	1.000	140	110	3.440	34.400	0.0080	0.23%	0.104	3.15%	1.040	31.20%
		3.000	250	1.000	142	108	3.432	34.320	0.0080	0.23%				31.36%
		3.000	250	1.000	144	106	3.424	34.240	0.0080	0.23%				31.52%
		3.000	250	1.000	146	104	3.416	34.160	0.0080	0.23%				31.68%
		3.000	250	1.000	148	102	3.408	34.080	0.0080	0.23%				31.84%
		3.000	250	1.000	150	100	3.400	34.000	0.0080	0.23%				32.00%
		3.000	250	1.000	152	98	3.392	33.920	0.0080	0.24%				32.16%
		3.000	250	1.000	154	96	3.384	33.840	0.0080	0.24%				32.32%
		3.000	250	1.000	156	94	3.376	33.760	0.0080	0.24%				32.48%
		3.000	250	1.000	158	92	3.368	33.680	0.0080	0.24%				32.64%
		3.000	250	1.000	160	90	3.360	33.600	0.0080	0.24%				32.80%
		3.000	250	1.000	162	88	3.352	33.520	0.0080	0.24%				32.96%
		3.000	250	1.000	164	86	3.344	33.440	0.0080	0.24%				33.12%
		3.000	250	1.000	166	84	3.336	33.360	0.0080	0.24%				33.28%
		3.000	250	1.000	168	82	3.328	33.280	0.0080	0.24%	0.104	3.26%	1.040	33.44%
		3.000	250	1.000	170	80	3.320	33.200	0.0080	0.24%				33.60%
		3.000	250	1.000	172	78	3.312	33.120	0.0080	0.24%				33.76%
		3.000	250	1.000	174	76	3.304	33.040	0.0080	0.24%				33.92%
		3.000	250	1.000	176	74	3.296	32.960	0.0080	0.24%				34.08%
		3.000	250	1.000	178	72	3.288	32.880	0.0080	0.24%				34.24%
		3.000	250	1.000	180	70	3.280	32.800	0.0080	0.24%				34.40%
		3.000	250	1.000	182	68	3.272	32.720	0.0080	0.24%				34.56%
		3.000	250	1.000	184	66	3.264	32.640	0.0080	0.24%				34.72%
		3.000	250	1.000	186	64	3.256	32.560	0.0080	0.25%				34.88%
		3.000	250	1.000	188	62	3.248	32.480	0.0080	0.25%				35.04%
		3.000	250	1.000	190	60	3.240	32.400	0.0080	0.25%				35.20%
		3.000	250	1.000	192	58	3.232	32.320	0.0080	0.25%				35.36%
		3.000	250	1.000	194	56	3.224	32.240	0.0080	0.25%				35.52%
		3.000	250	1.000	196	54	3.216	32.160	0.0080	0.25%	0.104	3.37%	1.040	35.68%
		3.000	250	1.000	198	52	3.208	32.080	0.0080	0.25%				35.84%
		3.000	250	1.000	200	50	3.200	32.000	0.0080	0.25%				36.00%
		3.000	250	1.000	202	48	3.192	31.920	0.0080	0.25%				36.16%
		3.000	250	1.000	204	46	3.184	31.840	0.0080	0.25%				36.32%
		3.000	250	1.000	206	44	3.176	31.760	0.0080	0.25%				36.48%
		3.000	250	1.000	208	42	3.168	31.680	0.0080	0.25%				36.64%
		3.000	250	1.000	210	40	3.160	31.600	0.0080	0.25%				36.80%
		3.000	250	1.000	212	38	3.152	31.520	0.0080	0.25%				36.96%
		3.000	250	1.000	214	36	3.144	31.440	0.0080	0.25%				37.12%
		3.000	250	1.000	216	34	3.136	31.360	0.0080	0.25%				37.28%
		3.000	250	1.000	218	32	3.128	31.280	0.0080	0.26%				37.44%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 3.000
 Start Date September 8, 2006
 Dry Dose 2.000
 Dissolve Dose 1.000
 Water in ML 250
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
		2.000	250	1.000	2	248	2.992	29.920	0.0080	0.27%			40.16%
		2.000	250	1.000	4	246	2.984	29.840	0.0080	0.27%			40.32%
		2.000	250	1.000	6	244	2.976	29.760	0.0080	0.27%			40.48%
		2.000	250	1.000	8	242	2.968	29.680	0.0080	0.27%			40.64%
		2.000	250	1.000	10	240	2.960	29.600	0.0080	0.27%			40.80%
		2.000	250	1.000	12	238	2.952	29.520	0.0080	0.27%			40.96%
		2.000	250	1.000	14	236	2.944	29.440	0.0080	0.27%			41.12%
		2.000	250	1.000	16	234	2.936	29.360	0.0080	0.27%			41.28%
		2.000	250	1.000	18	232	2.928	29.280	0.0080	0.27%			41.44%
		2.000	250	1.000	20	230	2.920	29.200	0.0080	0.27%			41.60%
		2.000	250	1.000	22	228	2.912	29.120	0.0080	0.27%			41.76%
		2.000	250	1.000	24	226	2.904	29.040	0.0080	0.27%			41.92%
		2.000	250	1.000	26	224	2.896	28.960	0.0080	0.28%			42.08%
		2.000	250	1.000	28	222	2.888	28.880	0.0080	0.28%	0.104	3.48%	42.24%
		2.000	250	1.000	30	220	2.880	28.800	0.0080	0.28%			42.40%
		2.000	250	1.000	32	218	2.872	28.720	0.0080	0.28%			42.56%
		2.000	250	1.000	34	216	2.864	28.640	0.0080	0.28%			42.72%
		2.000	250	1.000	36	214	2.856	28.560	0.0080	0.28%			42.88%
		2.000	250	1.000	38	212	2.848	28.480	0.0080	0.28%			43.04%
		2.000	250	1.000	40	210	2.840	28.400	0.0080	0.28%			43.20%
		2.000	250	1.000	42	208	2.832	28.320	0.0080	0.28%			43.36%
		2.000	250	1.000	44	206	2.824	28.240	0.0080	0.28%			43.52%
		2.000	250	1.000	46	204	2.816	28.160	0.0080	0.28%			43.68%
		2.000	250	1.000	48	202	2.808	28.080	0.0080	0.28%			43.84%
		2.000	250	1.000	50	200	2.800	28.000	0.0080	0.28%			44.00%
		2.000	250	1.000	52	198	2.792	27.920	0.0080	0.29%			44.16%
		2.000	250	1.000	54	196	2.784	27.840	0.0080	0.29%			44.32%
		2.000	250	1.000	56	194	2.776	27.760	0.0080	0.29%	0.104	3.88%	44.48%
		2.000	250	1.000	58	192	2.768	27.680	0.0080	0.29%			44.64%

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	1.000	60	190	2.760	27.600	0.0080	0.29%			44.80%	
		2.000	250	1.000	62	188	2.752	27.520	0.0080	0.29%			44.96%	
		2.000	250	1.000	64	186	2.744	27.440	0.0080	0.29%			45.12%	
		2.000	250	1.000	66	184	2.736	27.360	0.0080	0.29%			45.28%	
		2.000	250	1.000	68	182	2.728	27.280	0.0080	0.29%			45.44%	
		2.000	250	1.000	70	180	2.720	27.200	0.0080	0.29%			45.60%	
		2.000	250	1.000	72	178	2.712	27.120	0.0080	0.29%			45.76%	
		2.000	250	1.000	74	176	2.704	27.040	0.0080	0.29%			45.92%	
		2.000	250	1.000	76	174	2.696	26.960	0.0080	0.30%			46.08%	
		2.000	250	1.000	78	172	2.688	26.880	0.0080	0.30%			46.24%	
		2.000	250	1.000	80	170	2.680	26.800	0.0080	0.30%			46.40%	
		2.000	250	1.000	82	168	2.672	26.720	0.0080	0.30%			46.56%	
		2.000	250	1.000	84	166	2.664	26.640	0.0080	0.30%	0.104	4.03%	1.040	46.72%
		2.000	250	1.000	86	164	2.656	26.560	0.0080	0.30%			46.88%	
		2.000	250	1.000	88	162	2.648	26.480	0.0080	0.30%			47.04%	
		2.000	250	1.000	90	160	2.640	26.400	0.0080	0.30%			47.20%	
		2.000	250	1.000	92	158	2.632	26.320	0.0080	0.30%			47.36%	
		2.000	250	1.000	94	156	2.624	26.240	0.0080	0.30%			47.52%	
		2.000	250	1.000	96	154	2.616	26.160	0.0080	0.30%			47.68%	
		2.000	250	1.000	98	152	2.608	26.080	0.0080	0.31%			47.84%	
		2.000	250	1.000	100	150	2.600	26.000	0.0080	0.31%			48.00%	
		2.000	250	1.000	102	148	2.592	25.920	0.0080	0.31%			48.16%	
		2.000	250	1.000	104	146	2.584	25.840	0.0080	0.31%			48.32%	
		2.000	250	1.000	106	144	2.576	25.760	0.0080	0.31%			48.48%	
		2.000	250	1.000	108	142	2.568	25.680	0.0080	0.31%			48.64%	
		2.000	250	1.000	110	140	2.560	25.600	0.0080	0.31%			48.80%	
		2.000	250	1.000	112	138	2.552	25.520	0.0080	0.31%	0.104	4.20%	1.040	48.96%
		2.000	250	1.000	114	136	2.544	25.440	0.0080	0.31%			49.12%	
		2.000	250	1.000	116	134	2.536	25.360	0.0080	0.31%			49.28%	
		2.000	250	1.000	118	132	2.528	25.280	0.0080	0.32%			49.44%	
		2.000	250	1.000	120	130	2.520	25.200	0.0080	0.32%			49.60%	
		2.000	250	1.000	122	128	2.512	25.120	0.0080	0.32%			49.76%	
		2.000	250	1.000	124	126	2.504	25.040	0.0080	0.32%			49.92%	
		2.000	250	1.000	126	124	2.496	24.960	0.0080	0.32%			50.08%	
		2.000	250	1.000	128	122	2.488	24.880	0.0080	0.32%			50.24%	
		2.000	250	1.000	130	120	2.480	24.800	0.0080	0.32%			50.40%	
		2.000	250	1.000	132	118	2.472	24.720	0.0080	0.32%			50.56%	
		2.000	250	1.000	134	116	2.464	24.640	0.0080	0.32%			50.72%	
		2.000	250	1.000	136	114	2.456	24.560	0.0080	0.32%			50.88%	
		2.000	250	1.000	138	112	2.448	24.480	0.0080	0.33%			51.04%	

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	1.000	140	110	2.440	24.400	0.0080	0.33%	0.104	4.39%	1.040	51.20%
		2.000	250	1.000	142	108	2.432	24.320	0.0080	0.33%				51.36%
		2.000	250	1.000	144	106	2.424	24.240	0.0080	0.33%				51.52%
		2.000	250	1.000	146	104	2.416	24.160	0.0080	0.33%				51.68%
		2.000	250	1.000	148	102	2.408	24.080	0.0080	0.33%				51.84%
		2.000	250	1.000	150	100	2.400	24.000	0.0080	0.33%				52.00%
		2.000	250	1.000	152	98	2.392	23.920	0.0080	0.33%				52.16%
		2.000	250	1.000	154	96	2.384	23.840	0.0080	0.33%				52.32%
		2.000	250	1.000	156	94	2.376	23.760	0.0080	0.34%				52.48%
		2.000	250	1.000	158	92	2.368	23.680	0.0080	0.34%				52.64%
		2.000	250	1.000	160	90	2.360	23.600	0.0080	0.34%				52.80%
		2.000	250	1.000	162	88	2.352	23.520	0.0080	0.34%				52.96%
		2.000	250	1.000	164	86	2.344	23.440	0.0080	0.34%				53.12%
		2.000	250	1.000	166	84	2.336	23.360	0.0080	0.34%				53.28%
		2.000	250	1.000	168	82	2.328	23.280	0.0080	0.34%	0.104	4.59%	1.040	53.44%
		2.000	250	1.000	170	80	2.320	23.200	0.0080	0.34%				53.60%
		2.000	250	1.000	172	78	2.312	23.120	0.0080	0.34%				53.76%
		2.000	250	1.000	174	76	2.304	23.040	0.0080	0.35%				53.92%
		2.000	250	1.000	176	74	2.296	22.960	0.0080	0.35%				54.08%
		2.000	250	1.000	178	72	2.288	22.880	0.0080	0.35%				54.24%
		2.000	250	1.000	180	70	2.280	22.800	0.0080	0.35%				54.40%
		2.000	250	1.000	182	68	2.272	22.720	0.0080	0.35%				54.56%
		2.000	250	1.000	184	66	2.264	22.640	0.0080	0.35%				54.72%
		2.000	250	1.000	186	64	2.256	22.560	0.0080	0.35%				54.88%
		2.000	250	1.000	188	62	2.248	22.480	0.0080	0.35%				55.04%
		2.000	250	1.000	190	60	2.240	22.400	0.0080	0.36%				55.20%
		2.000	250	1.000	192	58	2.232	22.320	0.0080	0.36%				55.36%
		2.000	250	1.000	194	56	2.224	22.240	0.0080	0.36%				55.52%
		2.000	250	1.000	196	54	2.216	22.160	0.0080	0.36%	0.104	4.81%	1.040	55.68%
		2.000	250	1.000	198	52	2.208	22.080	0.0080	0.36%				55.84%
		2.000	250	1.000	200	50	2.200	22.000	0.0080	0.36%				56.00%
		2.000	250	1.000	202	48	2.192	21.920	0.0080	0.36%				56.16%
		2.000	250	1.000	204	46	2.184	21.840	0.0080	0.36%				56.32%
		2.000	250	1.000	206	44	2.176	21.760	0.0080	0.37%				56.48%
		2.000	250	1.000	208	42	2.168	21.680	0.0080	0.37%				56.64%
		2.000	250	1.000	210	40	2.160	21.600	0.0080	0.37%				56.80%
		2.000	250	1.000	212	38	2.152	21.520	0.0080	0.37%				56.96%
		2.000	250	1.000	214	36	2.144	21.440	0.0080	0.37%				57.12%
		2.000	250	1.000	216	34	2.136	21.360	0.0080	0.37%				57.28%
		2.000	250	1.000	218	32	2.128	21.280	0.0080	0.37%				57.44%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 2.000
 Start Date January 11, 2007
 Dry Dose 1.000
 Dissolve Dose 1.000
 Water in ML **250**
 ML Increments **2**
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop	
		1.000	250	1.000	2	248	1.992	19.920	0.0080	0.40%			60.16%	
		1.000	250	1.000	4	246	1.984	19.840	0.0080	0.40%			60.32%	
		1.000	250	1.000	6	244	1.976	19.760	0.0080	0.40%			60.48%	
		1.000	250	1.000	8	242	1.968	19.680	0.0080	0.40%			60.64%	
		1.000	250	1.000	10	240	1.960	19.600	0.0080	0.41%			60.80%	
		1.000	250	1.000	12	238	1.952	19.520	0.0080	0.41%			60.96%	
		1.000	250	1.000	14	236	1.944	19.440	0.0080	0.41%			61.12%	
		1.000	250	1.000	16	234	1.936	19.360	0.0080	0.41%			61.28%	
		1.000	250	1.000	18	232	1.928	19.280	0.0080	0.41%			61.44%	
		1.000	250	1.000	20	230	1.920	19.200	0.0080	0.41%			61.60%	
		1.000	250	1.000	22	228	1.912	19.120	0.0080	0.42%			61.76%	
		1.000	250	1.000	24	226	1.904	19.040	0.0080	0.42%			61.92%	
		1.000	250	1.000	26	224	1.896	18.960	0.0080	0.42%			62.08%	
		1.000	250	1.000	28	222	1.888	18.880	0.0080	0.42%	0.104	5.22%	1.040	62.24%
		1.000	250	1.000	30	220	1.880	18.800	0.0080	0.42%			62.40%	
		1.000	250	1.000	32	218	1.872	18.720	0.0080	0.43%			62.56%	
		1.000	250	1.000	34	216	1.864	18.640	0.0080	0.43%			62.72%	
		1.000	250	1.000	36	214	1.856	18.560	0.0080	0.43%			62.88%	
		1.000	250	1.000	38	212	1.848	18.480	0.0080	0.43%			63.04%	
		1.000	250	1.000	40	210	1.840	18.400	0.0080	0.43%			63.20%	
		1.000	250	1.000	42	208	1.832	18.320	0.0080	0.43%			63.36%	
		1.000	250	1.000	44	206	1.824	18.240	0.0080	0.44%			63.52%	
		1.000	250	1.000	46	204	1.816	18.160	0.0080	0.44%			63.68%	
		1.000	250	1.000	48	202	1.808	18.080	0.0080	0.44%			63.84%	
		1.000	250	1.000	50	200	1.800	18.000	0.0080	0.44%			64.00%	
		1.000	250	1.000	52	198	1.792	17.920	0.0080	0.44%			64.16%	
		1.000	250	1.000	54	196	1.784	17.840	0.0080	0.45%			64.32%	
		1.000	250	1.000	56	194	1.776	17.760	0.0080	0.45%	0.104	5.93%	1.040	64.48%
		1.000	250	1.000	58	192	1.768	17.680	0.0080	0.45%			64.64%	

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	1.000	60	190	1.760	17.600	0.0080	0.45%			64.80%	
		1.000	250	1.000	62	188	1.752	17.520	0.0080	0.45%			64.96%	
		1.000	250	1.000	64	186	1.744	17.440	0.0080	0.46%			65.12%	
		1.000	250	1.000	66	184	1.736	17.360	0.0080	0.46%			65.28%	
		1.000	250	1.000	68	182	1.728	17.280	0.0080	0.46%			65.44%	
		1.000	250	1.000	70	180	1.720	17.200	0.0080	0.46%			65.60%	
		1.000	250	1.000	72	178	1.712	17.120	0.0080	0.47%			65.76%	
		1.000	250	1.000	74	176	1.704	17.040	0.0080	0.47%			65.92%	
		1.000	250	1.000	76	174	1.696	16.960	0.0080	0.47%			66.08%	
		1.000	250	1.000	78	172	1.688	16.880	0.0080	0.47%			66.24%	
		1.000	250	1.000	80	170	1.680	16.800	0.0080	0.47%			66.40%	
		1.000	250	1.000	82	168	1.672	16.720	0.0080	0.48%			66.56%	
		1.000	250	1.000	84	166	1.664	16.640	0.0080	0.48%	0.104	6.31%	1.040	66.72%
		1.000	250	1.000	86	164	1.656	16.560	0.0080	0.48%			66.88%	
		1.000	250	1.000	88	162	1.648	16.480	0.0080	0.48%			67.04%	
		1.000	250	1.000	90	160	1.640	16.400	0.0080	0.49%			67.20%	
		1.000	250	1.000	92	158	1.632	16.320	0.0080	0.49%			67.36%	
		1.000	250	1.000	94	156	1.624	16.240	0.0080	0.49%			67.52%	
		1.000	250	1.000	96	154	1.616	16.160	0.0080	0.49%			67.68%	
		1.000	250	1.000	98	152	1.608	16.080	0.0080	0.50%			67.84%	
		1.000	250	1.000	100	150	1.600	16.000	0.0080	0.50%			68.00%	
		1.000	250	1.000	102	148	1.592	15.920	0.0080	0.50%			68.16%	
		1.000	250	1.000	104	146	1.584	15.840	0.0080	0.50%			68.32%	
		1.000	250	1.000	106	144	1.576	15.760	0.0080	0.51%			68.48%	
		1.000	250	1.000	108	142	1.568	15.680	0.0080	0.51%			68.64%	
		1.000	250	1.000	110	140	1.560	15.600	0.0080	0.51%			68.80%	
		1.000	250	1.000	112	138	1.552	15.520	0.0080	0.51%	0.104	6.73%	1.040	68.96%
		1.000	250	1.000	114	136	1.544	15.440	0.0080	0.52%			69.12%	
		1.000	250	1.000	116	134	1.536	15.360	0.0080	0.52%			69.28%	
		1.000	250	1.000	118	132	1.528	15.280	0.0080	0.52%			69.44%	
		1.000	250	1.000	120	130	1.520	15.200	0.0080	0.52%			69.60%	
		1.000	250	1.000	122	128	1.512	15.120	0.0080	0.53%			69.76%	
		1.000	250	1.000	124	126	1.504	15.040	0.0080	0.53%			69.92%	
		1.000	250	1.000	126	124	1.496	14.960	0.0080	0.53%			70.08%	
		1.000	250	1.000	128	122	1.488	14.880	0.0080	0.53%			70.24%	
		1.000	250	1.000	130	120	1.480	14.800	0.0080	0.54%			70.40%	
		1.000	250	1.000	132	118	1.472	14.720	0.0080	0.54%			70.56%	
		1.000	250	1.000	134	116	1.464	14.640	0.0080	0.54%			70.72%	
		1.000	250	1.000	136	114	1.456	14.560	0.0080	0.55%			70.88%	
		1.000	250	1.000	138	112	1.448	14.480	0.0080	0.55%			71.04%	

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	1.000	140	110	1.440	14.400	0.0080	0.55%	0.104	7.22%	1.040	71.20%
		1.000	250	1.000	142	108	1.432	14.320	0.0080	0.56%				71.36%
		1.000	250	1.000	144	106	1.424	14.240	0.0080	0.56%				71.52%
		1.000	250	1.000	146	104	1.416	14.160	0.0080	0.56%				71.68%
		1.000	250	1.000	148	102	1.408	14.080	0.0080	0.56%				71.84%
		1.000	250	1.000	150	100	1.400	14.000	0.0080	0.57%				72.00%
		1.000	250	1.000	152	98	1.392	13.920	0.0080	0.57%				72.16%
		1.000	250	1.000	154	96	1.384	13.840	0.0080	0.57%				72.32%
		1.000	250	1.000	156	94	1.376	13.760	0.0080	0.58%				72.48%
		1.000	250	1.000	158	92	1.368	13.680	0.0080	0.58%				72.64%
		1.000	250	1.000	160	90	1.360	13.600	0.0080	0.58%				72.80%
		1.000	250	1.000	162	88	1.352	13.520	0.0080	0.59%				72.96%
		1.000	250	1.000	164	86	1.344	13.440	0.0080	0.59%				73.12%
		1.000	250	1.000	166	84	1.336	13.360	0.0080	0.60%				73.28%
		1.000	250	1.000	168	82	1.328	13.280	0.0080	0.60%	0.104	7.78%	1.040	73.44%
		1.000	250	1.000	170	80	1.320	13.200	0.0080	0.60%				73.60%
		1.000	250	1.000	172	78	1.312	13.120	0.0080	0.61%				73.76%
		1.000	250	1.000	174	76	1.304	13.040	0.0080	0.61%				73.92%
		1.000	250	1.000	176	74	1.296	12.960	0.0080	0.61%				74.08%
		1.000	250	1.000	178	72	1.288	12.880	0.0080	0.62%				74.24%
		1.000	250	1.000	180	70	1.280	12.800	0.0080	0.62%				74.40%
		1.000	250	1.000	182	68	1.272	12.720	0.0080	0.63%				74.56%
		1.000	250	1.000	184	66	1.264	12.640	0.0080	0.63%				74.72%
		1.000	250	1.000	186	64	1.256	12.560	0.0080	0.63%				74.88%
		1.000	250	1.000	188	62	1.248	12.480	0.0080	0.64%				75.04%
		1.000	250	1.000	190	60	1.240	12.400	0.0080	0.64%				75.20%
		1.000	250	1.000	192	58	1.232	12.320	0.0080	0.65%				75.36%
		1.000	250	1.000	194	56	1.224	12.240	0.0080	0.65%				75.52%
		1.000	250	1.000	196	54	1.216	12.160	0.0080	0.65%	0.104	8.43%	1.040	75.68%
		1.000	250	1.000	198	52	1.208	12.080	0.0080	0.66%				75.84%
		1.000	250	1.000	200	50	1.200	12.000	0.0080	0.66%				76.00%
		1.000	250	1.000	202	48	1.192	11.920	0.0080	0.67%				76.16%
		1.000	250	1.000	204	46	1.184	11.840	0.0080	0.67%				76.32%
		1.000	250	1.000	206	44	1.176	11.760	0.0080	0.68%				76.48%
		1.000	250	1.000	208	42	1.168	11.680	0.0080	0.68%				76.64%
		1.000	250	1.000	210	40	1.160	11.600	0.0080	0.68%				76.80%
		1.000	250	1.000	212	38	1.152	11.520	0.0080	0.69%				76.96%
		1.000	250	1.000	214	36	1.144	11.440	0.0080	0.69%				77.12%
		1.000	250	1.000	216	34	1.136	11.360	0.0080	0.70%				77.28%
		1.000	250	1.000	218	32	1.128	11.280	0.0080	0.70%				77.44%

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 1.000
 Start Date May 16, 2007
 Dry Dose 0.000
 Dissolve Dose 1.000
 Water in ML 250
 ML Increments 2
 Display Dates no

Date	dry mg	Water in ML	dissolve mg	Toss	Drink	Ativan mg intake	Valium mg intake	mg drop	% drop daily	2 week mg drop	2 week % drop	2wk Valium mg drop	cumulative % drop
	0.000	250	1.000	2	248	0.992	9.920	0.0080	0.80%				80.16%
	0.000	250	1.000	4	246	0.984	9.840	0.0080	0.81%				80.32%
	0.000	250	1.000	6	244	0.976	9.760	0.0080	0.81%				80.48%
	0.000	250	1.000	8	242	0.968	9.680	0.0080	0.82%				80.64%
	0.000	250	1.000	10	240	0.960	9.600	0.0080	0.83%				80.80%
	0.000	250	1.000	12	238	0.952	9.520	0.0080	0.83%				80.96%
	0.000	250	1.000	14	236	0.944	9.440	0.0080	0.84%				81.12%
	0.000	250	1.000	16	234	0.936	9.360	0.0080	0.85%				81.28%
	0.000	250	1.000	18	232	0.928	9.280	0.0080	0.85%				81.44%
	0.000	250	1.000	20	230	0.920	9.200	0.0080	0.86%				81.60%
	0.000	250	1.000	22	228	0.912	9.120	0.0080	0.87%				81.76%
	0.000	250	1.000	24	226	0.904	9.040	0.0080	0.88%				81.92%
	0.000	250	1.000	26	224	0.896	8.960	0.0080	0.88%				82.08%
	0.000	250	1.000	28	222	0.888	8.880	0.0080	0.89%	0.104	10.48%	1.040	82.24%
	0.000	250	1.000	30	220	0.880	8.800	0.0080	0.90%				82.40%
	0.000	250	1.000	32	218	0.872	8.720	0.0080	0.91%				82.56%
	0.000	250	1.000	34	216	0.864	8.640	0.0080	0.92%				82.72%
	0.000	250	1.000	36	214	0.856	8.560	0.0080	0.93%				82.88%
	0.000	250	1.000	38	212	0.848	8.480	0.0080	0.93%				83.04%
	0.000	250	1.000	40	210	0.840	8.400	0.0080	0.94%				83.20%
	0.000	250	1.000	42	208	0.832	8.320	0.0080	0.95%				83.36%
	0.000	250	1.000	44	206	0.824	8.240	0.0080	0.96%				83.52%
	0.000	250	1.000	46	204	0.816	8.160	0.0080	0.97%				83.68%
	0.000	250	1.000	48	202	0.808	8.080	0.0080	0.98%				83.84%
	0.000	250	1.000	50	200	0.800	8.000	0.0080	0.99%				84.00%
	0.000	250	1.000	52	198	0.792	7.920	0.0080	1.00%				84.16%
	0.000	250	1.000	54	196	0.784	7.840	0.0080	1.01%				84.32%
	0.000	250	1.000	56	194	0.776	7.760	0.0080	1.02%	0.104	12.61%	1.040	84.48%
	0.000	250	1.000	58	192	0.768	7.680	0.0080	1.03%				84.64%

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	1.000	60	190	0.760	7.600	0.0080	1.04%			84.80%	
		0.000	250	1.000	62	188	0.752	7.520	0.0080	1.05%			84.96%	
		0.000	250	1.000	64	186	0.744	7.440	0.0080	1.06%			85.12%	
		0.000	250	1.000	66	184	0.736	7.360	0.0080	1.08%			85.28%	
		0.000	250	1.000	68	182	0.728	7.280	0.0080	1.09%			85.44%	
		0.000	250	1.000	70	180	0.720	7.200	0.0080	1.10%			85.60%	
		0.000	250	1.000	72	178	0.712	7.120	0.0080	1.11%			85.76%	
		0.000	250	1.000	74	176	0.704	7.040	0.0080	1.12%			85.92%	
		0.000	250	1.000	76	174	0.696	6.960	0.0080	1.14%			86.08%	
		0.000	250	1.000	78	172	0.688	6.880	0.0080	1.15%			86.24%	
		0.000	250	1.000	80	170	0.680	6.800	0.0080	1.16%			86.40%	
		0.000	250	1.000	82	168	0.672	6.720	0.0080	1.18%			86.56%	
		0.000	250	1.000	84	166	0.664	6.640	0.0080	1.19%	0.104	14.43%	1.040	86.72%
		0.000	250	1.000	86	164	0.656	6.560	0.0080	1.20%			86.88%	
		0.000	250	1.000	88	162	0.648	6.480	0.0080	1.22%			87.04%	
		0.000	250	1.000	90	160	0.640	6.400	0.0080	1.23%			87.20%	
		0.000	250	1.000	92	158	0.632	6.320	0.0080	1.25%			87.36%	
		0.000	250	1.000	94	156	0.624	6.240	0.0080	1.27%			87.52%	
		0.000	250	1.000	96	154	0.616	6.160	0.0080	1.28%			87.68%	
		0.000	250	1.000	98	152	0.608	6.080	0.0080	1.30%			87.84%	
		0.000	250	1.000	100	150	0.600	6.000	0.0080	1.32%			88.00%	
		0.000	250	1.000	102	148	0.592	5.920	0.0080	1.33%			88.16%	
		0.000	250	1.000	104	146	0.584	5.840	0.0080	1.35%			88.32%	
		0.000	250	1.000	106	144	0.576	5.760	0.0080	1.37%			88.48%	
		0.000	250	1.000	108	142	0.568	5.680	0.0080	1.39%			88.64%	
		0.000	250	1.000	110	140	0.560	5.600	0.0080	1.41%			88.80%	
		0.000	250	1.000	112	138	0.552	5.520	0.0080	1.43%	0.104	16.87%	1.040	88.96%
		0.000	250	1.000	114	136	0.544	5.440	0.0080	1.45%			89.12%	
		0.000	250	1.000	116	134	0.536	5.360	0.0080	1.47%			89.28%	
		0.000	250	1.000	118	132	0.528	5.280	0.0080	1.49%			89.44%	
		0.000	250	1.000	120	130	0.520	5.200	0.0080	1.52%			89.60%	
		0.000	250	1.000	122	128	0.512	5.120	0.0080	1.54%			89.76%	
		0.000	250	1.000	124	126	0.504	5.040	0.0080	1.56%			89.92%	
		0.000	250	1.000	126	124	0.496	4.960	0.0080	1.59%			90.08%	
		0.000	250	1.000	128	122	0.488	4.880	0.0080	1.61%			90.24%	
		0.000	250	1.000	130	120	0.480	4.800	0.0080	1.64%			90.40%	
		0.000	250	1.000	132	118	0.472	4.720	0.0080	1.67%			90.56%	
		0.000	250	1.000	134	116	0.464	4.640	0.0080	1.69%			90.72%	
		0.000	250	1.000	136	114	0.456	4.560	0.0080	1.72%			90.88%	
		0.000	250	1.000	138	112	0.448	4.480	0.0080	1.75%			91.04%	

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	1.000	140	110	0.440	4.400	0.0080	1.79%	0.104	20.29%	1.040	91.20%
		0.000	250	1.000	142	108	0.432	4.320	0.0080	1.82%				91.36%
		0.000	250	1.000	144	106	0.424	4.240	0.0080	1.85%				91.52%
		0.000	250	1.000	146	104	0.416	4.160	0.0080	1.89%				91.68%
		0.000	250	1.000	148	102	0.408	4.080	0.0080	1.92%				91.84%
		0.000	250	1.000	150	100	0.400	4.000	0.0080	1.96%				92.00%
		0.000	250	1.000	152	98	0.392	3.920	0.0080	2.00%				92.16%
		0.000	250	1.000	154	96	0.384	3.840	0.0080	2.04%				92.32%
		0.000	250	1.000	156	94	0.376	3.760	0.0080	2.08%				92.48%
		0.000	250	1.000	158	92	0.368	3.680	0.0080	2.13%				92.64%
		0.000	250	1.000	160	90	0.360	3.600	0.0080	2.17%				92.80%
		0.000	250	1.000	162	88	0.352	3.520	0.0080	2.22%				92.96%
		0.000	250	1.000	164	86	0.344	3.440	0.0080	2.27%				93.12%
		0.000	250	1.000	166	84	0.336	3.360	0.0080	2.33%				93.28%
		0.000	250	1.000	168	82	0.328	3.280	0.0080	2.38%	0.104	25.45%	1.040	93.44%
		0.000	250	1.000	170	80	0.320	3.200	0.0080	2.44%				93.60%
		0.000	250	1.000	172	78	0.312	3.120	0.0080	2.50%				93.76%
		0.000	250	1.000	174	76	0.304	3.040	0.0080	2.56%				93.92%
		0.000	250	1.000	176	74	0.296	2.960	0.0080	2.63%				94.08%
		0.000	250	1.000	178	72	0.288	2.880	0.0080	2.70%				94.24%
		0.000	250	1.000	180	70	0.280	2.800	0.0080	2.78%				94.40%
		0.000	250	1.000	182	68	0.272	2.720	0.0080	2.86%				94.56%
		0.000	250	1.000	184	66	0.264	2.640	0.0080	2.94%				94.72%
		0.000	250	1.000	186	64	0.256	2.560	0.0080	3.03%				94.88%
		0.000	250	1.000	188	62	0.248	2.480	0.0080	3.13%				95.04%
		0.000	250	1.000	190	60	0.240	2.400	0.0080	3.23%				95.20%
		0.000	250	1.000	192	58	0.232	2.320	0.0080	3.33%				95.36%
		0.000	250	1.000	194	56	0.224	2.240	0.0080	3.45%				95.52%
		0.000	250	1.000	196	54	0.216	2.160	0.0080	3.57%	0.104	34.15%	1.040	95.68%
		0.000	250	1.000	198	52	0.208	2.080	0.0080	3.70%				95.84%
		0.000	250	1.000	200	50	0.200	2.000	0.0080	3.85%				96.00%
		0.000	250	1.000	202	48	0.192	1.920	0.0080	4.00%				96.16%
		0.000	250	1.000	204	46	0.184	1.840	0.0080	4.17%				96.32%
		0.000	250	1.000	206	44	0.176	1.760	0.0080	4.35%				96.48%
		0.000	250	1.000	208	42	0.168	1.680	0.0080	4.55%				96.64%
		0.000	250	1.000	210	40	0.160	1.600	0.0080	4.76%				96.80%
		0.000	250	1.000	212	38	0.152	1.520	0.0080	5.00%				96.96%
		0.000	250	1.000	214	36	0.144	1.440	0.0080	5.26%				97.12%
		0.000	250	1.000	216	34	0.136	1.360	0.0080	5.56%				97.28%
		0.000	250	1.000	218	32	0.128	1.280	0.0080	5.88%				97.44%

