

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 **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 | 1.000 | 1 | 249 | 4.996 | 49.960 | 0.0040 | 0.08% | | | 0.00% | |
| | | 4.000 | 250 | 1.000 | 2 | 248 | 4.992 | 49.920 | 0.0040 | 0.08% | | | 0.16% | |
| | | 4.000 | 250 | 1.000 | 3 | 247 | 4.988 | 49.880 | 0.0040 | 0.08% | | | 0.24% | |
| | | 4.000 | 250 | 1.000 | 4 | 246 | 4.984 | 49.840 | 0.0040 | 0.08% | | | 0.32% | |
| | | 4.000 | 250 | 1.000 | 5 | 245 | 4.980 | 49.800 | 0.0040 | 0.08% | | | 0.40% | |
| | | 4.000 | 250 | 1.000 | 6 | 244 | 4.976 | 49.760 | 0.0040 | 0.08% | | | 0.48% | |
| | | 4.000 | 250 | 1.000 | 7 | 243 | 4.972 | 49.720 | 0.0040 | 0.08% | | | 0.56% | |
| | | 4.000 | 250 | 1.000 | 8 | 242 | 4.968 | 49.680 | 0.0040 | 0.08% | | | 0.64% | |
| | | 4.000 | 250 | 1.000 | 9 | 241 | 4.964 | 49.640 | 0.0040 | 0.08% | | | 0.72% | |
| | | 4.000 | 250 | 1.000 | 10 | 240 | 4.960 | 49.600 | 0.0040 | 0.08% | | | 0.80% | |
| | | 4.000 | 250 | 1.000 | 11 | 239 | 4.956 | 49.560 | 0.0040 | 0.08% | | | 0.88% | |
| | | 4.000 | 250 | 1.000 | 12 | 238 | 4.952 | 49.520 | 0.0040 | 0.08% | | | 0.96% | |
| | | 4.000 | 250 | 1.000 | 13 | 237 | 4.948 | 49.480 | 0.0040 | 0.08% | | | 1.04% | |
| | | 4.000 | 250 | 1.000 | 14 | 236 | 4.944 | 49.440 | 0.0040 | 0.08% | 0.052 | 1.04% | 0.520 | 1.12% |
| | | 4.000 | 250 | 1.000 | 15 | 235 | 4.940 | 49.400 | 0.0040 | 0.08% | | | 1.20% | |
| | | 4.000 | 250 | 1.000 | 16 | 234 | 4.936 | 49.360 | 0.0040 | 0.08% | | | 1.28% | |
| | | 4.000 | 250 | 1.000 | 17 | 233 | 4.932 | 49.320 | 0.0040 | 0.08% | | | 1.36% | |
| | | 4.000 | 250 | 1.000 | 18 | 232 | 4.928 | 49.280 | 0.0040 | 0.08% | | | 1.44% | |
| | | 4.000 | 250 | 1.000 | 19 | 231 | 4.924 | 49.240 | 0.0040 | 0.08% | | | 1.52% | |
| | | 4.000 | 250 | 1.000 | 20 | 230 | 4.920 | 49.200 | 0.0040 | 0.08% | | | 1.60% | |
| | | 4.000 | 250 | 1.000 | 21 | 229 | 4.916 | 49.160 | 0.0040 | 0.08% | | | 1.68% | |
| | | 4.000 | 250 | 1.000 | 22 | 228 | 4.912 | 49.120 | 0.0040 | 0.08% | | | 1.76% | |
| | | 4.000 | 250 | 1.000 | 23 | 227 | 4.908 | 49.080 | 0.0040 | 0.08% | | | 1.84% | |
| | | 4.000 | 250 | 1.000 | 24 | 226 | 4.904 | 49.040 | 0.0040 | 0.08% | | | 1.92% | |
| | | 4.000 | 250 | 1.000 | 25 | 225 | 4.900 | 49.000 | 0.0040 | 0.08% | | | 2.00% | |
| | | 4.000 | 250 | 1.000 | 26 | 224 | 4.896 | 48.960 | 0.0040 | 0.08% | | | 2.08% | |
| | | 4.000 | 250 | 1.000 | 27 | 223 | 4.892 | 48.920 | 0.0040 | 0.08% | | | 2.16% | |
| | | 4.000 | 250 | 1.000 | 28 | 222 | 4.888 | 48.880 | 0.0040 | 0.08% | 0.052 | 1.13% | 0.520 | 2.24% |
| | | 4.000 | 250 | 1.000 | 29 | 221 | 4.884 | 48.840 | 0.0040 | 0.08% | | | 2.32% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|-------|
| | | 4.000 | 250 | 1.000 | 30 | 220 | 4.880 | 48.800 | 0.0040 | 0.08% | | | 2.40% | |
| | | 4.000 | 250 | 1.000 | 31 | 219 | 4.876 | 48.760 | 0.0040 | 0.08% | | | 2.48% | |
| | | 4.000 | 250 | 1.000 | 32 | 218 | 4.872 | 48.720 | 0.0040 | 0.08% | | | 2.56% | |
| | | 4.000 | 250 | 1.000 | 33 | 217 | 4.868 | 48.680 | 0.0040 | 0.08% | | | 2.64% | |
| | | 4.000 | 250 | 1.000 | 34 | 216 | 4.864 | 48.640 | 0.0040 | 0.08% | | | 2.72% | |
| | | 4.000 | 250 | 1.000 | 35 | 215 | 4.860 | 48.600 | 0.0040 | 0.08% | | | 2.80% | |
| | | 4.000 | 250 | 1.000 | 36 | 214 | 4.856 | 48.560 | 0.0040 | 0.08% | | | 2.88% | |
| | | 4.000 | 250 | 1.000 | 37 | 213 | 4.852 | 48.520 | 0.0040 | 0.08% | | | 2.96% | |
| | | 4.000 | 250 | 1.000 | 38 | 212 | 4.848 | 48.480 | 0.0040 | 0.08% | | | 3.04% | |
| | | 4.000 | 250 | 1.000 | 39 | 211 | 4.844 | 48.440 | 0.0040 | 0.08% | | | 3.12% | |
| | | 4.000 | 250 | 1.000 | 40 | 210 | 4.840 | 48.400 | 0.0040 | 0.08% | | | 3.20% | |
| | | 4.000 | 250 | 1.000 | 41 | 209 | 4.836 | 48.360 | 0.0040 | 0.08% | | | 3.28% | |
| | | 4.000 | 250 | 1.000 | 42 | 208 | 4.832 | 48.320 | 0.0040 | 0.08% | 0.052 | 1.15% | 0.520 | 3.36% |
| | | 4.000 | 250 | 1.000 | 43 | 207 | 4.828 | 48.280 | 0.0040 | 0.08% | | | 3.44% | |
| | | 4.000 | 250 | 1.000 | 44 | 206 | 4.824 | 48.240 | 0.0040 | 0.08% | | | 3.52% | |
| | | 4.000 | 250 | 1.000 | 45 | 205 | 4.820 | 48.200 | 0.0040 | 0.08% | | | 3.60% | |
| | | 4.000 | 250 | 1.000 | 46 | 204 | 4.816 | 48.160 | 0.0040 | 0.08% | | | 3.68% | |
| | | 4.000 | 250 | 1.000 | 47 | 203 | 4.812 | 48.120 | 0.0040 | 0.08% | | | 3.76% | |
| | | 4.000 | 250 | 1.000 | 48 | 202 | 4.808 | 48.080 | 0.0040 | 0.08% | | | 3.84% | |
| | | 4.000 | 250 | 1.000 | 49 | 201 | 4.804 | 48.040 | 0.0040 | 0.08% | | | 3.92% | |
| | | 4.000 | 250 | 1.000 | 50 | 200 | 4.800 | 48.000 | 0.0040 | 0.08% | | | 4.00% | |
| | | 4.000 | 250 | 1.000 | 51 | 199 | 4.796 | 47.960 | 0.0040 | 0.08% | | | 4.08% | |
| | | 4.000 | 250 | 1.000 | 52 | 198 | 4.792 | 47.920 | 0.0040 | 0.08% | | | 4.16% | |
| | | 4.000 | 250 | 1.000 | 53 | 197 | 4.788 | 47.880 | 0.0040 | 0.08% | | | 4.24% | |
| | | 4.000 | 250 | 1.000 | 54 | 196 | 4.784 | 47.840 | 0.0040 | 0.08% | | | 4.32% | |
| | | 4.000 | 250 | 1.000 | 55 | 195 | 4.780 | 47.800 | 0.0040 | 0.08% | | | 4.40% | |
| | | 4.000 | 250 | 1.000 | 56 | 194 | 4.776 | 47.760 | 0.0040 | 0.08% | 0.052 | 1.16% | 0.520 | 4.48% |
| | | 4.000 | 250 | 1.000 | 57 | 193 | 4.772 | 47.720 | 0.0040 | 0.08% | | | 4.56% | |
| | | 4.000 | 250 | 1.000 | 58 | 192 | 4.768 | 47.680 | 0.0040 | 0.08% | | | 4.64% | |
| | | 4.000 | 250 | 1.000 | 59 | 191 | 4.764 | 47.640 | 0.0040 | 0.08% | | | 4.72% | |
| | | 4.000 | 250 | 1.000 | 60 | 190 | 4.760 | 47.600 | 0.0040 | 0.08% | | | 4.80% | |
| | | 4.000 | 250 | 1.000 | 61 | 189 | 4.756 | 47.560 | 0.0040 | 0.08% | | | 4.88% | |
| | | 4.000 | 250 | 1.000 | 62 | 188 | 4.752 | 47.520 | 0.0040 | 0.08% | | | 4.96% | |
| | | 4.000 | 250 | 1.000 | 63 | 187 | 4.748 | 47.480 | 0.0040 | 0.08% | | | 5.04% | |
| | | 4.000 | 250 | 1.000 | 64 | 186 | 4.744 | 47.440 | 0.0040 | 0.08% | | | 5.12% | |
| | | 4.000 | 250 | 1.000 | 65 | 185 | 4.740 | 47.400 | 0.0040 | 0.08% | | | 5.20% | |
| | | 4.000 | 250 | 1.000 | 66 | 184 | 4.736 | 47.360 | 0.0040 | 0.08% | | | 5.28% | |
| | | 4.000 | 250 | 1.000 | 67 | 183 | 4.732 | 47.320 | 0.0040 | 0.08% | | | 5.36% | |
| | | 4.000 | 250 | 1.000 | 68 | 182 | 4.728 | 47.280 | 0.0040 | 0.08% | | | 5.44% | |
| | | 4.000 | 250 | 1.000 | 69 | 181 | 4.724 | 47.240 | 0.0040 | 0.08% | | | 5.52% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|-------|
| | | 4.000 | 250 | 1.000 | 70 | 180 | 4.720 | 47.200 | 0.0040 | 0.08% | 0.052 | 1.17% | 0.520 | 5.60% |
| | | 4.000 | 250 | 1.000 | 71 | 179 | 4.716 | 47.160 | 0.0040 | 0.08% | | | | 5.68% |
| | | 4.000 | 250 | 1.000 | 72 | 178 | 4.712 | 47.120 | 0.0040 | 0.08% | | | | 5.76% |
| | | 4.000 | 250 | 1.000 | 73 | 177 | 4.708 | 47.080 | 0.0040 | 0.08% | | | | 5.84% |
| | | 4.000 | 250 | 1.000 | 74 | 176 | 4.704 | 47.040 | 0.0040 | 0.08% | | | | 5.92% |
| | | 4.000 | 250 | 1.000 | 75 | 175 | 4.700 | 47.000 | 0.0040 | 0.09% | | | | 6.00% |
| | | 4.000 | 250 | 1.000 | 76 | 174 | 4.696 | 46.960 | 0.0040 | 0.09% | | | | 6.08% |
| | | 4.000 | 250 | 1.000 | 77 | 173 | 4.692 | 46.920 | 0.0040 | 0.09% | | | | 6.16% |
| | | 4.000 | 250 | 1.000 | 78 | 172 | 4.688 | 46.880 | 0.0040 | 0.09% | | | | 6.24% |
| | | 4.000 | 250 | 1.000 | 79 | 171 | 4.684 | 46.840 | 0.0040 | 0.09% | | | | 6.32% |
| | | 4.000 | 250 | 1.000 | 80 | 170 | 4.680 | 46.800 | 0.0040 | 0.09% | | | | 6.40% |
| | | 4.000 | 250 | 1.000 | 81 | 169 | 4.676 | 46.760 | 0.0040 | 0.09% | | | | 6.48% |
| | | 4.000 | 250 | 1.000 | 82 | 168 | 4.672 | 46.720 | 0.0040 | 0.09% | | | | 6.56% |
| | | 4.000 | 250 | 1.000 | 83 | 167 | 4.668 | 46.680 | 0.0040 | 0.09% | | | | 6.64% |
| | | 4.000 | 250 | 1.000 | 84 | 166 | 4.664 | 46.640 | 0.0040 | 0.09% | 0.052 | 1.19% | 0.520 | 6.72% |
| | | 4.000 | 250 | 1.000 | 85 | 165 | 4.660 | 46.600 | 0.0040 | 0.09% | | | | 6.80% |
| | | 4.000 | 250 | 1.000 | 86 | 164 | 4.656 | 46.560 | 0.0040 | 0.09% | | | | 6.88% |
| | | 4.000 | 250 | 1.000 | 87 | 163 | 4.652 | 46.520 | 0.0040 | 0.09% | | | | 6.96% |
| | | 4.000 | 250 | 1.000 | 88 | 162 | 4.648 | 46.480 | 0.0040 | 0.09% | | | | 7.04% |
| | | 4.000 | 250 | 1.000 | 89 | 161 | 4.644 | 46.440 | 0.0040 | 0.09% | | | | 7.12% |
| | | 4.000 | 250 | 1.000 | 90 | 160 | 4.640 | 46.400 | 0.0040 | 0.09% | | | | 7.20% |
| | | 4.000 | 250 | 1.000 | 91 | 159 | 4.636 | 46.360 | 0.0040 | 0.09% | | | | 7.28% |
| | | 4.000 | 250 | 1.000 | 92 | 158 | 4.632 | 46.320 | 0.0040 | 0.09% | | | | 7.36% |
| | | 4.000 | 250 | 1.000 | 93 | 157 | 4.628 | 46.280 | 0.0040 | 0.09% | | | | 7.44% |
| | | 4.000 | 250 | 1.000 | 94 | 156 | 4.624 | 46.240 | 0.0040 | 0.09% | | | | 7.52% |
| | | 4.000 | 250 | 1.000 | 95 | 155 | 4.620 | 46.200 | 0.0040 | 0.09% | | | | 7.60% |
| | | 4.000 | 250 | 1.000 | 96 | 154 | 4.616 | 46.160 | 0.0040 | 0.09% | | | | 7.68% |
| | | 4.000 | 250 | 1.000 | 97 | 153 | 4.612 | 46.120 | 0.0040 | 0.09% | | | | 7.76% |
| | | 4.000 | 250 | 1.000 | 98 | 152 | 4.608 | 46.080 | 0.0040 | 0.09% | 0.052 | 1.20% | 0.520 | 7.84% |
| | | 4.000 | 250 | 1.000 | 99 | 151 | 4.604 | 46.040 | 0.0040 | 0.09% | | | | 7.92% |
| | | 4.000 | 250 | 1.000 | 100 | 150 | 4.600 | 46.000 | 0.0040 | 0.09% | | | | 8.00% |
| | | 4.000 | 250 | 1.000 | 101 | 149 | 4.596 | 45.960 | 0.0040 | 0.09% | | | | 8.08% |
| | | 4.000 | 250 | 1.000 | 102 | 148 | 4.592 | 45.920 | 0.0040 | 0.09% | | | | 8.16% |
| | | 4.000 | 250 | 1.000 | 103 | 147 | 4.588 | 45.880 | 0.0040 | 0.09% | | | | 8.24% |
| | | 4.000 | 250 | 1.000 | 104 | 146 | 4.584 | 45.840 | 0.0040 | 0.09% | | | | 8.32% |
| | | 4.000 | 250 | 1.000 | 105 | 145 | 4.580 | 45.800 | 0.0040 | 0.09% | | | | 8.40% |
| | | 4.000 | 250 | 1.000 | 106 | 144 | 4.576 | 45.760 | 0.0040 | 0.09% | | | | 8.48% |
| | | 4.000 | 250 | 1.000 | 107 | 143 | 4.572 | 45.720 | 0.0040 | 0.09% | | | | 8.56% |
| | | 4.000 | 250 | 1.000 | 108 | 142 | 4.568 | 45.680 | 0.0040 | 0.09% | | | | 8.64% |
| | | 4.000 | 250 | 1.000 | 109 | 141 | 4.564 | 45.640 | 0.0040 | 0.09% | | | | 8.72% |

| 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 | 110 | 140 | 4.560 | 45.600 | 0.0040 | 0.09% | | | 8.80% |
| | | 4.000 | 250 | 1.000 | 111 | 139 | 4.556 | 45.560 | 0.0040 | 0.09% | | | 8.88% |
| | | 4.000 | 250 | 1.000 | 112 | 138 | 4.552 | 45.520 | 0.0040 | 0.09% | 0.052 | 1.22% | 8.96% |
| | | 4.000 | 250 | 1.000 | 113 | 137 | 4.548 | 45.480 | 0.0040 | 0.09% | | | 9.04% |
| | | 4.000 | 250 | 1.000 | 114 | 136 | 4.544 | 45.440 | 0.0040 | 0.09% | | | 9.12% |
| | | 4.000 | 250 | 1.000 | 115 | 135 | 4.540 | 45.400 | 0.0040 | 0.09% | | | 9.20% |
| | | 4.000 | 250 | 1.000 | 116 | 134 | 4.536 | 45.360 | 0.0040 | 0.09% | | | 9.28% |
| | | 4.000 | 250 | 1.000 | 117 | 133 | 4.532 | 45.320 | 0.0040 | 0.09% | | | 9.36% |
| | | 4.000 | 250 | 1.000 | 118 | 132 | 4.528 | 45.280 | 0.0040 | 0.09% | | | 9.44% |
| | | 4.000 | 250 | 1.000 | 119 | 131 | 4.524 | 45.240 | 0.0040 | 0.09% | | | 9.52% |
| | | 4.000 | 250 | 1.000 | 120 | 130 | 4.520 | 45.200 | 0.0040 | 0.09% | | | 9.60% |
| | | 4.000 | 250 | 1.000 | 121 | 129 | 4.516 | 45.160 | 0.0040 | 0.09% | | | 9.68% |
| | | 4.000 | 250 | 1.000 | 122 | 128 | 4.512 | 45.120 | 0.0040 | 0.09% | | | 9.76% |
| | | 4.000 | 250 | 1.000 | 123 | 127 | 4.508 | 45.080 | 0.0040 | 0.09% | | | 9.84% |
| | | 4.000 | 250 | 1.000 | 124 | 126 | 4.504 | 45.040 | 0.0040 | 0.09% | | | 9.92% |
| | | 4.000 | 250 | 1.000 | 125 | 125 | 4.500 | 45.000 | 0.0040 | 0.09% | | | 10.00% |
| | | 4.000 | 250 | 1.000 | 126 | 124 | 4.496 | 44.960 | 0.0040 | 0.09% | 0.052 | 1.23% | 10.08% |
| | | 4.000 | 250 | 1.000 | 127 | 123 | 4.492 | 44.920 | 0.0040 | 0.09% | | | 10.16% |
| | | 4.000 | 250 | 1.000 | 128 | 122 | 4.488 | 44.880 | 0.0040 | 0.09% | | | 10.24% |
| | | 4.000 | 250 | 1.000 | 129 | 121 | 4.484 | 44.840 | 0.0040 | 0.09% | | | 10.32% |
| | | 4.000 | 250 | 1.000 | 130 | 120 | 4.480 | 44.800 | 0.0040 | 0.09% | | | 10.40% |
| | | 4.000 | 250 | 1.000 | 131 | 119 | 4.476 | 44.760 | 0.0040 | 0.09% | | | 10.48% |
| | | 4.000 | 250 | 1.000 | 132 | 118 | 4.472 | 44.720 | 0.0040 | 0.09% | | | 10.56% |
| | | 4.000 | 250 | 1.000 | 133 | 117 | 4.468 | 44.680 | 0.0040 | 0.09% | | | 10.64% |
| | | 4.000 | 250 | 1.000 | 134 | 116 | 4.464 | 44.640 | 0.0040 | 0.09% | | | 10.72% |
| | | 4.000 | 250 | 1.000 | 135 | 115 | 4.460 | 44.600 | 0.0040 | 0.09% | | | 10.80% |
| | | 4.000 | 250 | 1.000 | 136 | 114 | 4.456 | 44.560 | 0.0040 | 0.09% | | | 10.88% |
| | | 4.000 | 250 | 1.000 | 137 | 113 | 4.452 | 44.520 | 0.0040 | 0.09% | | | 10.96% |
| | | 4.000 | 250 | 1.000 | 138 | 112 | 4.448 | 44.480 | 0.0040 | 0.09% | | | 11.04% |
| | | 4.000 | 250 | 1.000 | 139 | 111 | 4.444 | 44.440 | 0.0040 | 0.09% | | | 11.12% |
| | | 4.000 | 250 | 1.000 | 140 | 110 | 4.440 | 44.400 | 0.0040 | 0.09% | 0.052 | 1.25% | 11.20% |
| | | 4.000 | 250 | 1.000 | 141 | 109 | 4.436 | 44.360 | 0.0040 | 0.09% | | | 11.28% |
| | | 4.000 | 250 | 1.000 | 142 | 108 | 4.432 | 44.320 | 0.0040 | 0.09% | | | 11.36% |
| | | 4.000 | 250 | 1.000 | 143 | 107 | 4.428 | 44.280 | 0.0040 | 0.09% | | | 11.44% |
| | | 4.000 | 250 | 1.000 | 144 | 106 | 4.424 | 44.240 | 0.0040 | 0.09% | | | 11.52% |
| | | 4.000 | 250 | 1.000 | 145 | 105 | 4.420 | 44.200 | 0.0040 | 0.09% | | | 11.60% |
| | | 4.000 | 250 | 1.000 | 146 | 104 | 4.416 | 44.160 | 0.0040 | 0.09% | | | 11.68% |
| | | 4.000 | 250 | 1.000 | 147 | 103 | 4.412 | 44.120 | 0.0040 | 0.09% | | | 11.76% |
| | | 4.000 | 250 | 1.000 | 148 | 102 | 4.408 | 44.080 | 0.0040 | 0.09% | | | 11.84% |
| | | 4.000 | 250 | 1.000 | 149 | 101 | 4.404 | 44.040 | 0.0040 | 0.09% | | | 11.92% |

| 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 | 150 | 100 | 4.400 | 44.000 | 0.0040 | 0.09% | | | 12.00% | |
| | | 4.000 | 250 | 1.000 | 151 | 99 | 4.396 | 43.960 | 0.0040 | 0.09% | | | 12.08% | |
| | | 4.000 | 250 | 1.000 | 152 | 98 | 4.392 | 43.920 | 0.0040 | 0.09% | | | 12.16% | |
| | | 4.000 | 250 | 1.000 | 153 | 97 | 4.388 | 43.880 | 0.0040 | 0.09% | | | 12.24% | |
| | | 4.000 | 250 | 1.000 | 154 | 96 | 4.384 | 43.840 | 0.0040 | 0.09% | 0.052 | 1.26% | 0.520 | 12.32% |
| | | 4.000 | 250 | 1.000 | 155 | 95 | 4.380 | 43.800 | 0.0040 | 0.09% | | | 12.40% | |
| | | 4.000 | 250 | 1.000 | 156 | 94 | 4.376 | 43.760 | 0.0040 | 0.09% | | | 12.48% | |
| | | 4.000 | 250 | 1.000 | 157 | 93 | 4.372 | 43.720 | 0.0040 | 0.09% | | | 12.56% | |
| | | 4.000 | 250 | 1.000 | 158 | 92 | 4.368 | 43.680 | 0.0040 | 0.09% | | | 12.64% | |
| | | 4.000 | 250 | 1.000 | 159 | 91 | 4.364 | 43.640 | 0.0040 | 0.09% | | | 12.72% | |
| | | 4.000 | 250 | 1.000 | 160 | 90 | 4.360 | 43.600 | 0.0040 | 0.09% | | | 12.80% | |
| | | 4.000 | 250 | 1.000 | 161 | 89 | 4.356 | 43.560 | 0.0040 | 0.09% | | | 12.88% | |
| | | 4.000 | 250 | 1.000 | 162 | 88 | 4.352 | 43.520 | 0.0040 | 0.09% | | | 12.96% | |
| | | 4.000 | 250 | 1.000 | 163 | 87 | 4.348 | 43.480 | 0.0040 | 0.09% | | | 13.04% | |
| | | 4.000 | 250 | 1.000 | 164 | 86 | 4.344 | 43.440 | 0.0040 | 0.09% | | | 13.12% | |
| | | 4.000 | 250 | 1.000 | 165 | 85 | 4.340 | 43.400 | 0.0040 | 0.09% | | | 13.20% | |
| | | 4.000 | 250 | 1.000 | 166 | 84 | 4.336 | 43.360 | 0.0040 | 0.09% | | | 13.28% | |
| | | 4.000 | 250 | 1.000 | 167 | 83 | 4.332 | 43.320 | 0.0040 | 0.09% | | | 13.36% | |
| | | 4.000 | 250 | 1.000 | 168 | 82 | 4.328 | 43.280 | 0.0040 | 0.09% | 0.052 | 1.28% | 0.520 | 13.44% |
| | | 4.000 | 250 | 1.000 | 169 | 81 | 4.324 | 43.240 | 0.0040 | 0.09% | | | 13.52% | |
| | | 4.000 | 250 | 1.000 | 170 | 80 | 4.320 | 43.200 | 0.0040 | 0.09% | | | 13.60% | |
| | | 4.000 | 250 | 1.000 | 171 | 79 | 4.316 | 43.160 | 0.0040 | 0.09% | | | 13.68% | |
| | | 4.000 | 250 | 1.000 | 172 | 78 | 4.312 | 43.120 | 0.0040 | 0.09% | | | 13.76% | |
| | | 4.000 | 250 | 1.000 | 173 | 77 | 4.308 | 43.080 | 0.0040 | 0.09% | | | 13.84% | |
| | | 4.000 | 250 | 1.000 | 174 | 76 | 4.304 | 43.040 | 0.0040 | 0.09% | | | 13.92% | |
| | | 4.000 | 250 | 1.000 | 175 | 75 | 4.300 | 43.000 | 0.0040 | 0.09% | | | 14.00% | |
| | | 4.000 | 250 | 1.000 | 176 | 74 | 4.296 | 42.960 | 0.0040 | 0.09% | | | 14.08% | |
| | | 4.000 | 250 | 1.000 | 177 | 73 | 4.292 | 42.920 | 0.0040 | 0.09% | | | 14.16% | |
| | | 4.000 | 250 | 1.000 | 178 | 72 | 4.288 | 42.880 | 0.0040 | 0.09% | | | 14.24% | |
| | | 4.000 | 250 | 1.000 | 179 | 71 | 4.284 | 42.840 | 0.0040 | 0.09% | | | 14.32% | |
| | | 4.000 | 250 | 1.000 | 180 | 70 | 4.280 | 42.800 | 0.0040 | 0.09% | | | 14.40% | |
| | | 4.000 | 250 | 1.000 | 181 | 69 | 4.276 | 42.760 | 0.0040 | 0.09% | | | 14.48% | |
| | | 4.000 | 250 | 1.000 | 182 | 68 | 4.272 | 42.720 | 0.0040 | 0.09% | 0.052 | 1.29% | 0.520 | 14.56% |
| | | 4.000 | 250 | 1.000 | 183 | 67 | 4.268 | 42.680 | 0.0040 | 0.09% | | | 14.64% | |
| | | 4.000 | 250 | 1.000 | 184 | 66 | 4.264 | 42.640 | 0.0040 | 0.09% | | | 14.72% | |
| | | 4.000 | 250 | 1.000 | 185 | 65 | 4.260 | 42.600 | 0.0040 | 0.09% | | | 14.80% | |
| | | 4.000 | 250 | 1.000 | 186 | 64 | 4.256 | 42.560 | 0.0040 | 0.09% | | | 14.88% | |
| | | 4.000 | 250 | 1.000 | 187 | 63 | 4.252 | 42.520 | 0.0040 | 0.09% | | | 14.96% | |
| | | 4.000 | 250 | 1.000 | 188 | 62 | 4.248 | 42.480 | 0.0040 | 0.09% | | | 15.04% | |
| | | 4.000 | 250 | 1.000 | 189 | 61 | 4.244 | 42.440 | 0.0040 | 0.09% | | | 15.12% | |

| 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 | 190 | 60 | 4.240 | 42.400 | 0.0040 | 0.09% | | | 15.20% | |
| | | 4.000 | 250 | 1.000 | 191 | 59 | 4.236 | 42.360 | 0.0040 | 0.09% | | | 15.28% | |
| | | 4.000 | 250 | 1.000 | 192 | 58 | 4.232 | 42.320 | 0.0040 | 0.09% | | | 15.36% | |
| | | 4.000 | 250 | 1.000 | 193 | 57 | 4.228 | 42.280 | 0.0040 | 0.09% | | | 15.44% | |
| | | 4.000 | 250 | 1.000 | 194 | 56 | 4.224 | 42.240 | 0.0040 | 0.09% | | | 15.52% | |
| | | 4.000 | 250 | 1.000 | 195 | 55 | 4.220 | 42.200 | 0.0040 | 0.09% | | | 15.60% | |
| | | 4.000 | 250 | 1.000 | 196 | 54 | 4.216 | 42.160 | 0.0040 | 0.09% | 0.052 | 1.31% | 0.520 | 15.68% |
| | | 4.000 | 250 | 1.000 | 197 | 53 | 4.212 | 42.120 | 0.0040 | 0.09% | | | 15.76% | |
| | | 4.000 | 250 | 1.000 | 198 | 52 | 4.208 | 42.080 | 0.0040 | 0.09% | | | 15.84% | |
| | | 4.000 | 250 | 1.000 | 199 | 51 | 4.204 | 42.040 | 0.0040 | 0.10% | | | 15.92% | |
| | | 4.000 | 250 | 1.000 | 200 | 50 | 4.200 | 42.000 | 0.0040 | 0.10% | | | 16.00% | |
| | | 4.000 | 250 | 1.000 | 201 | 49 | 4.196 | 41.960 | 0.0040 | 0.10% | | | 16.08% | |
| | | 4.000 | 250 | 1.000 | 202 | 48 | 4.192 | 41.920 | 0.0040 | 0.10% | | | 16.16% | |
| | | 4.000 | 250 | 1.000 | 203 | 47 | 4.188 | 41.880 | 0.0040 | 0.10% | | | 16.24% | |
| | | 4.000 | 250 | 1.000 | 204 | 46 | 4.184 | 41.840 | 0.0040 | 0.10% | | | 16.32% | |
| | | 4.000 | 250 | 1.000 | 205 | 45 | 4.180 | 41.800 | 0.0040 | 0.10% | | | 16.40% | |
| | | 4.000 | 250 | 1.000 | 206 | 44 | 4.176 | 41.760 | 0.0040 | 0.10% | | | 16.48% | |
| | | 4.000 | 250 | 1.000 | 207 | 43 | 4.172 | 41.720 | 0.0040 | 0.10% | | | 16.56% | |
| | | 4.000 | 250 | 1.000 | 208 | 42 | 4.168 | 41.680 | 0.0040 | 0.10% | | | 16.64% | |
| | | 4.000 | 250 | 1.000 | 209 | 41 | 4.164 | 41.640 | 0.0040 | 0.10% | | | 16.72% | |
| | | 4.000 | 250 | 1.000 | 210 | 40 | 4.160 | 41.600 | 0.0040 | 0.10% | 0.052 | 1.33% | 0.520 | 16.80% |
| | | 4.000 | 250 | 1.000 | 211 | 39 | 4.156 | 41.560 | 0.0040 | 0.10% | | | 16.88% | |
| | | 4.000 | 250 | 1.000 | 212 | 38 | 4.152 | 41.520 | 0.0040 | 0.10% | | | 16.96% | |
| | | 4.000 | 250 | 1.000 | 213 | 37 | 4.148 | 41.480 | 0.0040 | 0.10% | | | 17.04% | |
| | | 4.000 | 250 | 1.000 | 214 | 36 | 4.144 | 41.440 | 0.0040 | 0.10% | | | 17.12% | |
| | | 4.000 | 250 | 1.000 | 215 | 35 | 4.140 | 41.400 | 0.0040 | 0.10% | | | 17.20% | |
| | | 4.000 | 250 | 1.000 | 216 | 34 | 4.136 | 41.360 | 0.0040 | 0.10% | | | 17.28% | |
| | | 4.000 | 250 | 1.000 | 217 | 33 | 4.132 | 41.320 | 0.0040 | 0.10% | | | 17.36% | |
| | | 4.000 | 250 | 1.000 | 218 | 32 | 4.128 | 41.280 | 0.0040 | 0.10% | | | 17.44% | |
| | | 4.000 | 250 | 1.000 | 219 | 31 | 4.124 | 41.240 | 0.0040 | 0.10% | | | 17.52% | |
| | | 4.000 | 250 | 1.000 | 220 | 30 | 4.120 | 41.200 | 0.0040 | 0.10% | | | 17.60% | |
| | | 4.000 | 250 | 1.000 | 221 | 29 | 4.116 | 41.160 | 0.0040 | 0.10% | | | 17.68% | |
| | | 4.000 | 250 | 1.000 | 222 | 28 | 4.112 | 41.120 | 0.0040 | 0.10% | | | 17.76% | |
| | | 4.000 | 250 | 1.000 | 223 | 27 | 4.108 | 41.080 | 0.0040 | 0.10% | | | 17.84% | |
| | | 4.000 | 250 | 1.000 | 224 | 26 | 4.104 | 41.040 | 0.0040 | 0.10% | 0.052 | 1.35% | 0.520 | 17.92% |
| | | 4.000 | 250 | 1.000 | 225 | 25 | 4.100 | 41.000 | 0.0040 | 0.10% | | | 18.00% | |
| | | 4.000 | 250 | 1.000 | 226 | 24 | 4.096 | 40.960 | 0.0040 | 0.10% | | | 18.08% | |
| | | 4.000 | 250 | 1.000 | 227 | 23 | 4.092 | 40.920 | 0.0040 | 0.10% | | | 18.16% | |
| | | 4.000 | 250 | 1.000 | 228 | 22 | 4.088 | 40.880 | 0.0040 | 0.10% | | | 18.24% | |
| | | 4.000 | 250 | 1.000 | 229 | 21 | 4.084 | 40.840 | 0.0040 | 0.10% | | | 18.32% | |

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 4.000
 Start Date September 8, 2006
 Dry Dose 3.000
 Dissolve Dose 1.000
 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 | 1.000 | 1 | 249 | 3.996 | 39.960 | 0.0040 | 0.10% | | | 20.08% | |
| | | 3.000 | 250 | 1.000 | 2 | 248 | 3.992 | 39.920 | 0.0040 | 0.10% | | | 20.16% | |
| | | 3.000 | 250 | 1.000 | 3 | 247 | 3.988 | 39.880 | 0.0040 | 0.10% | | | 20.24% | |
| | | 3.000 | 250 | 1.000 | 4 | 246 | 3.984 | 39.840 | 0.0040 | 0.10% | | | 20.32% | |
| | | 3.000 | 250 | 1.000 | 5 | 245 | 3.980 | 39.800 | 0.0040 | 0.10% | | | 20.40% | |
| | | 3.000 | 250 | 1.000 | 6 | 244 | 3.976 | 39.760 | 0.0040 | 0.10% | | | 20.48% | |
| | | 3.000 | 250 | 1.000 | 7 | 243 | 3.972 | 39.720 | 0.0040 | 0.10% | | | 20.56% | |
| | | 3.000 | 250 | 1.000 | 8 | 242 | 3.968 | 39.680 | 0.0040 | 0.10% | | | 20.64% | |
| | | 3.000 | 250 | 1.000 | 9 | 241 | 3.964 | 39.640 | 0.0040 | 0.10% | | | 20.72% | |
| | | 3.000 | 250 | 1.000 | 10 | 240 | 3.960 | 39.600 | 0.0040 | 0.10% | | | 20.80% | |
| | | 3.000 | 250 | 1.000 | 11 | 239 | 3.956 | 39.560 | 0.0040 | 0.10% | | | 20.88% | |
| | | 3.000 | 250 | 1.000 | 12 | 238 | 3.952 | 39.520 | 0.0040 | 0.10% | | | 20.96% | |
| | | 3.000 | 250 | 1.000 | 13 | 237 | 3.948 | 39.480 | 0.0040 | 0.10% | | | 21.04% | |
| | | 3.000 | 250 | 1.000 | 14 | 236 | 3.944 | 39.440 | 0.0040 | 0.10% | 0.052 | 1.30% | 0.520 | 21.12% |
| | | 3.000 | 250 | 1.000 | 15 | 235 | 3.940 | 39.400 | 0.0040 | 0.10% | | | 21.20% | |
| | | 3.000 | 250 | 1.000 | 16 | 234 | 3.936 | 39.360 | 0.0040 | 0.10% | | | 21.28% | |
| | | 3.000 | 250 | 1.000 | 17 | 233 | 3.932 | 39.320 | 0.0040 | 0.10% | | | 21.36% | |
| | | 3.000 | 250 | 1.000 | 18 | 232 | 3.928 | 39.280 | 0.0040 | 0.10% | | | 21.44% | |
| | | 3.000 | 250 | 1.000 | 19 | 231 | 3.924 | 39.240 | 0.0040 | 0.10% | | | 21.52% | |
| | | 3.000 | 250 | 1.000 | 20 | 230 | 3.920 | 39.200 | 0.0040 | 0.10% | | | 21.60% | |
| | | 3.000 | 250 | 1.000 | 21 | 229 | 3.916 | 39.160 | 0.0040 | 0.10% | | | 21.68% | |
| | | 3.000 | 250 | 1.000 | 22 | 228 | 3.912 | 39.120 | 0.0040 | 0.10% | | | 21.76% | |
| | | 3.000 | 250 | 1.000 | 23 | 227 | 3.908 | 39.080 | 0.0040 | 0.10% | | | 21.84% | |
| | | 3.000 | 250 | 1.000 | 24 | 226 | 3.904 | 39.040 | 0.0040 | 0.10% | | | 21.92% | |
| | | 3.000 | 250 | 1.000 | 25 | 225 | 3.900 | 39.000 | 0.0040 | 0.10% | | | 22.00% | |
| | | 3.000 | 250 | 1.000 | 26 | 224 | 3.896 | 38.960 | 0.0040 | 0.10% | | | 22.08% | |
| | | 3.000 | 250 | 1.000 | 27 | 223 | 3.892 | 38.920 | 0.0040 | 0.10% | | | 22.16% | |
| | | 3.000 | 250 | 1.000 | 28 | 222 | 3.888 | 38.880 | 0.0040 | 0.10% | 0.052 | 1.42% | 0.520 | 22.24% |
| | | 3.000 | 250 | 1.000 | 29 | 221 | 3.884 | 38.840 | 0.0040 | 0.10% | | | 22.32% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 250 | 1.000 | 30 | 220 | 3.880 | 38.800 | 0.0040 | 0.10% | | | 22.40% | |
| | | 3.000 | 250 | 1.000 | 31 | 219 | 3.876 | 38.760 | 0.0040 | 0.10% | | | 22.48% | |
| | | 3.000 | 250 | 1.000 | 32 | 218 | 3.872 | 38.720 | 0.0040 | 0.10% | | | 22.56% | |
| | | 3.000 | 250 | 1.000 | 33 | 217 | 3.868 | 38.680 | 0.0040 | 0.10% | | | 22.64% | |
| | | 3.000 | 250 | 1.000 | 34 | 216 | 3.864 | 38.640 | 0.0040 | 0.10% | | | 22.72% | |
| | | 3.000 | 250 | 1.000 | 35 | 215 | 3.860 | 38.600 | 0.0040 | 0.10% | | | 22.80% | |
| | | 3.000 | 250 | 1.000 | 36 | 214 | 3.856 | 38.560 | 0.0040 | 0.10% | | | 22.88% | |
| | | 3.000 | 250 | 1.000 | 37 | 213 | 3.852 | 38.520 | 0.0040 | 0.10% | | | 22.96% | |
| | | 3.000 | 250 | 1.000 | 38 | 212 | 3.848 | 38.480 | 0.0040 | 0.10% | | | 23.04% | |
| | | 3.000 | 250 | 1.000 | 39 | 211 | 3.844 | 38.440 | 0.0040 | 0.10% | | | 23.12% | |
| | | 3.000 | 250 | 1.000 | 40 | 210 | 3.840 | 38.400 | 0.0040 | 0.10% | | | 23.20% | |
| | | 3.000 | 250 | 1.000 | 41 | 209 | 3.836 | 38.360 | 0.0040 | 0.10% | | | 23.28% | |
| | | 3.000 | 250 | 1.000 | 42 | 208 | 3.832 | 38.320 | 0.0040 | 0.10% | 0.052 | 1.44% | 0.520 | 23.36% |
| | | 3.000 | 250 | 1.000 | 43 | 207 | 3.828 | 38.280 | 0.0040 | 0.10% | | | 23.44% | |
| | | 3.000 | 250 | 1.000 | 44 | 206 | 3.824 | 38.240 | 0.0040 | 0.10% | | | 23.52% | |
| | | 3.000 | 250 | 1.000 | 45 | 205 | 3.820 | 38.200 | 0.0040 | 0.10% | | | 23.60% | |
| | | 3.000 | 250 | 1.000 | 46 | 204 | 3.816 | 38.160 | 0.0040 | 0.10% | | | 23.68% | |
| | | 3.000 | 250 | 1.000 | 47 | 203 | 3.812 | 38.120 | 0.0040 | 0.10% | | | 23.76% | |
| | | 3.000 | 250 | 1.000 | 48 | 202 | 3.808 | 38.080 | 0.0040 | 0.10% | | | 23.84% | |
| | | 3.000 | 250 | 1.000 | 49 | 201 | 3.804 | 38.040 | 0.0040 | 0.11% | | | 23.92% | |
| | | 3.000 | 250 | 1.000 | 50 | 200 | 3.800 | 38.000 | 0.0040 | 0.11% | | | 24.00% | |
| | | 3.000 | 250 | 1.000 | 51 | 199 | 3.796 | 37.960 | 0.0040 | 0.11% | | | 24.08% | |
| | | 3.000 | 250 | 1.000 | 52 | 198 | 3.792 | 37.920 | 0.0040 | 0.11% | | | 24.16% | |
| | | 3.000 | 250 | 1.000 | 53 | 197 | 3.788 | 37.880 | 0.0040 | 0.11% | | | 24.24% | |
| | | 3.000 | 250 | 1.000 | 54 | 196 | 3.784 | 37.840 | 0.0040 | 0.11% | | | 24.32% | |
| | | 3.000 | 250 | 1.000 | 55 | 195 | 3.780 | 37.800 | 0.0040 | 0.11% | | | 24.40% | |
| | | 3.000 | 250 | 1.000 | 56 | 194 | 3.776 | 37.760 | 0.0040 | 0.11% | 0.052 | 1.46% | 0.520 | 24.48% |
| | | 3.000 | 250 | 1.000 | 57 | 193 | 3.772 | 37.720 | 0.0040 | 0.11% | | | 24.56% | |
| | | 3.000 | 250 | 1.000 | 58 | 192 | 3.768 | 37.680 | 0.0040 | 0.11% | | | 24.64% | |
| | | 3.000 | 250 | 1.000 | 59 | 191 | 3.764 | 37.640 | 0.0040 | 0.11% | | | 24.72% | |
| | | 3.000 | 250 | 1.000 | 60 | 190 | 3.760 | 37.600 | 0.0040 | 0.11% | | | 24.80% | |
| | | 3.000 | 250 | 1.000 | 61 | 189 | 3.756 | 37.560 | 0.0040 | 0.11% | | | 24.88% | |
| | | 3.000 | 250 | 1.000 | 62 | 188 | 3.752 | 37.520 | 0.0040 | 0.11% | | | 24.96% | |
| | | 3.000 | 250 | 1.000 | 63 | 187 | 3.748 | 37.480 | 0.0040 | 0.11% | | | 25.04% | |
| | | 3.000 | 250 | 1.000 | 64 | 186 | 3.744 | 37.440 | 0.0040 | 0.11% | | | 25.12% | |
| | | 3.000 | 250 | 1.000 | 65 | 185 | 3.740 | 37.400 | 0.0040 | 0.11% | | | 25.20% | |
| | | 3.000 | 250 | 1.000 | 66 | 184 | 3.736 | 37.360 | 0.0040 | 0.11% | | | 25.28% | |
| | | 3.000 | 250 | 1.000 | 67 | 183 | 3.732 | 37.320 | 0.0040 | 0.11% | | | 25.36% | |
| | | 3.000 | 250 | 1.000 | 68 | 182 | 3.728 | 37.280 | 0.0040 | 0.11% | | | 25.44% | |
| | | 3.000 | 250 | 1.000 | 69 | 181 | 3.724 | 37.240 | 0.0040 | 0.11% | | | 25.52% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 250 | 1.000 | 70 | 180 | 3.720 | 37.200 | 0.0040 | 0.11% | 0.052 | 1.48% | 0.520 | 25.60% |
| | | 3.000 | 250 | 1.000 | 71 | 179 | 3.716 | 37.160 | 0.0040 | 0.11% | | | | 25.68% |
| | | 3.000 | 250 | 1.000 | 72 | 178 | 3.712 | 37.120 | 0.0040 | 0.11% | | | | 25.76% |
| | | 3.000 | 250 | 1.000 | 73 | 177 | 3.708 | 37.080 | 0.0040 | 0.11% | | | | 25.84% |
| | | 3.000 | 250 | 1.000 | 74 | 176 | 3.704 | 37.040 | 0.0040 | 0.11% | | | | 25.92% |
| | | 3.000 | 250 | 1.000 | 75 | 175 | 3.700 | 37.000 | 0.0040 | 0.11% | | | | 26.00% |
| | | 3.000 | 250 | 1.000 | 76 | 174 | 3.696 | 36.960 | 0.0040 | 0.11% | | | | 26.08% |
| | | 3.000 | 250 | 1.000 | 77 | 173 | 3.692 | 36.920 | 0.0040 | 0.11% | | | | 26.16% |
| | | 3.000 | 250 | 1.000 | 78 | 172 | 3.688 | 36.880 | 0.0040 | 0.11% | | | | 26.24% |
| | | 3.000 | 250 | 1.000 | 79 | 171 | 3.684 | 36.840 | 0.0040 | 0.11% | | | | 26.32% |
| | | 3.000 | 250 | 1.000 | 80 | 170 | 3.680 | 36.800 | 0.0040 | 0.11% | | | | 26.40% |
| | | 3.000 | 250 | 1.000 | 81 | 169 | 3.676 | 36.760 | 0.0040 | 0.11% | | | | 26.48% |
| | | 3.000 | 250 | 1.000 | 82 | 168 | 3.672 | 36.720 | 0.0040 | 0.11% | | | | 26.56% |
| | | 3.000 | 250 | 1.000 | 83 | 167 | 3.668 | 36.680 | 0.0040 | 0.11% | | | | 26.64% |
| | | 3.000 | 250 | 1.000 | 84 | 166 | 3.664 | 36.640 | 0.0040 | 0.11% | 0.052 | 1.51% | 0.520 | 26.72% |
| | | 3.000 | 250 | 1.000 | 85 | 165 | 3.660 | 36.600 | 0.0040 | 0.11% | | | | 26.80% |
| | | 3.000 | 250 | 1.000 | 86 | 164 | 3.656 | 36.560 | 0.0040 | 0.11% | | | | 26.88% |
| | | 3.000 | 250 | 1.000 | 87 | 163 | 3.652 | 36.520 | 0.0040 | 0.11% | | | | 26.96% |
| | | 3.000 | 250 | 1.000 | 88 | 162 | 3.648 | 36.480 | 0.0040 | 0.11% | | | | 27.04% |
| | | 3.000 | 250 | 1.000 | 89 | 161 | 3.644 | 36.440 | 0.0040 | 0.11% | | | | 27.12% |
| | | 3.000 | 250 | 1.000 | 90 | 160 | 3.640 | 36.400 | 0.0040 | 0.11% | | | | 27.20% |
| | | 3.000 | 250 | 1.000 | 91 | 159 | 3.636 | 36.360 | 0.0040 | 0.11% | | | | 27.28% |
| | | 3.000 | 250 | 1.000 | 92 | 158 | 3.632 | 36.320 | 0.0040 | 0.11% | | | | 27.36% |
| | | 3.000 | 250 | 1.000 | 93 | 157 | 3.628 | 36.280 | 0.0040 | 0.11% | | | | 27.44% |
| | | 3.000 | 250 | 1.000 | 94 | 156 | 3.624 | 36.240 | 0.0040 | 0.11% | | | | 27.52% |
| | | 3.000 | 250 | 1.000 | 95 | 155 | 3.620 | 36.200 | 0.0040 | 0.11% | | | | 27.60% |
| | | 3.000 | 250 | 1.000 | 96 | 154 | 3.616 | 36.160 | 0.0040 | 0.11% | | | | 27.68% |
| | | 3.000 | 250 | 1.000 | 97 | 153 | 3.612 | 36.120 | 0.0040 | 0.11% | | | | 27.76% |
| | | 3.000 | 250 | 1.000 | 98 | 152 | 3.608 | 36.080 | 0.0040 | 0.11% | 0.052 | 1.53% | 0.520 | 27.84% |
| | | 3.000 | 250 | 1.000 | 99 | 151 | 3.604 | 36.040 | 0.0040 | 0.11% | | | | 27.92% |
| | | 3.000 | 250 | 1.000 | 100 | 150 | 3.600 | 36.000 | 0.0040 | 0.11% | | | | 28.00% |
| | | 3.000 | 250 | 1.000 | 101 | 149 | 3.596 | 35.960 | 0.0040 | 0.11% | | | | 28.08% |
| | | 3.000 | 250 | 1.000 | 102 | 148 | 3.592 | 35.920 | 0.0040 | 0.11% | | | | 28.16% |
| | | 3.000 | 250 | 1.000 | 103 | 147 | 3.588 | 35.880 | 0.0040 | 0.11% | | | | 28.24% |
| | | 3.000 | 250 | 1.000 | 104 | 146 | 3.584 | 35.840 | 0.0040 | 0.11% | | | | 28.32% |
| | | 3.000 | 250 | 1.000 | 105 | 145 | 3.580 | 35.800 | 0.0040 | 0.11% | | | | 28.40% |
| | | 3.000 | 250 | 1.000 | 106 | 144 | 3.576 | 35.760 | 0.0040 | 0.11% | | | | 28.48% |
| | | 3.000 | 250 | 1.000 | 107 | 143 | 3.572 | 35.720 | 0.0040 | 0.11% | | | | 28.56% |
| | | 3.000 | 250 | 1.000 | 108 | 142 | 3.568 | 35.680 | 0.0040 | 0.11% | | | | 28.64% |
| | | 3.000 | 250 | 1.000 | 109 | 141 | 3.564 | 35.640 | 0.0040 | 0.11% | | | | 28.72% |

| 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 | 110 | 140 | 3.560 | 35.600 | 0.0040 | 0.11% | | | 28.80% | |
| | | 3.000 | 250 | 1.000 | 111 | 139 | 3.556 | 35.560 | 0.0040 | 0.11% | | | 28.88% | |
| | | 3.000 | 250 | 1.000 | 112 | 138 | 3.552 | 35.520 | 0.0040 | 0.11% | 0.052 | 1.55% | 0.520 | 28.96% |
| | | 3.000 | 250 | 1.000 | 113 | 137 | 3.548 | 35.480 | 0.0040 | 0.11% | | | | 29.04% |
| | | 3.000 | 250 | 1.000 | 114 | 136 | 3.544 | 35.440 | 0.0040 | 0.11% | | | | 29.12% |
| | | 3.000 | 250 | 1.000 | 115 | 135 | 3.540 | 35.400 | 0.0040 | 0.11% | | | | 29.20% |
| | | 3.000 | 250 | 1.000 | 116 | 134 | 3.536 | 35.360 | 0.0040 | 0.11% | | | | 29.28% |
| | | 3.000 | 250 | 1.000 | 117 | 133 | 3.532 | 35.320 | 0.0040 | 0.11% | | | | 29.36% |
| | | 3.000 | 250 | 1.000 | 118 | 132 | 3.528 | 35.280 | 0.0040 | 0.11% | | | | 29.44% |
| | | 3.000 | 250 | 1.000 | 119 | 131 | 3.524 | 35.240 | 0.0040 | 0.11% | | | | 29.52% |
| | | 3.000 | 250 | 1.000 | 120 | 130 | 3.520 | 35.200 | 0.0040 | 0.11% | | | | 29.60% |
| | | 3.000 | 250 | 1.000 | 121 | 129 | 3.516 | 35.160 | 0.0040 | 0.11% | | | | 29.68% |
| | | 3.000 | 250 | 1.000 | 122 | 128 | 3.512 | 35.120 | 0.0040 | 0.11% | | | | 29.76% |
| | | 3.000 | 250 | 1.000 | 123 | 127 | 3.508 | 35.080 | 0.0040 | 0.11% | | | | 29.84% |
| | | 3.000 | 250 | 1.000 | 124 | 126 | 3.504 | 35.040 | 0.0040 | 0.11% | | | | 29.92% |
| | | 3.000 | 250 | 1.000 | 125 | 125 | 3.500 | 35.000 | 0.0040 | 0.11% | | | | 30.00% |
| | | 3.000 | 250 | 1.000 | 126 | 124 | 3.496 | 34.960 | 0.0040 | 0.11% | 0.052 | 1.58% | 0.520 | 30.08% |
| | | 3.000 | 250 | 1.000 | 127 | 123 | 3.492 | 34.920 | 0.0040 | 0.11% | | | | 30.16% |
| | | 3.000 | 250 | 1.000 | 128 | 122 | 3.488 | 34.880 | 0.0040 | 0.11% | | | | 30.24% |
| | | 3.000 | 250 | 1.000 | 129 | 121 | 3.484 | 34.840 | 0.0040 | 0.11% | | | | 30.32% |
| | | 3.000 | 250 | 1.000 | 130 | 120 | 3.480 | 34.800 | 0.0040 | 0.11% | | | | 30.40% |
| | | 3.000 | 250 | 1.000 | 131 | 119 | 3.476 | 34.760 | 0.0040 | 0.11% | | | | 30.48% |
| | | 3.000 | 250 | 1.000 | 132 | 118 | 3.472 | 34.720 | 0.0040 | 0.12% | | | | 30.56% |
| | | 3.000 | 250 | 1.000 | 133 | 117 | 3.468 | 34.680 | 0.0040 | 0.12% | | | | 30.64% |
| | | 3.000 | 250 | 1.000 | 134 | 116 | 3.464 | 34.640 | 0.0040 | 0.12% | | | | 30.72% |
| | | 3.000 | 250 | 1.000 | 135 | 115 | 3.460 | 34.600 | 0.0040 | 0.12% | | | | 30.80% |
| | | 3.000 | 250 | 1.000 | 136 | 114 | 3.456 | 34.560 | 0.0040 | 0.12% | | | | 30.88% |
| | | 3.000 | 250 | 1.000 | 137 | 113 | 3.452 | 34.520 | 0.0040 | 0.12% | | | | 30.96% |
| | | 3.000 | 250 | 1.000 | 138 | 112 | 3.448 | 34.480 | 0.0040 | 0.12% | | | | 31.04% |
| | | 3.000 | 250 | 1.000 | 139 | 111 | 3.444 | 34.440 | 0.0040 | 0.12% | | | | 31.12% |
| | | 3.000 | 250 | 1.000 | 140 | 110 | 3.440 | 34.400 | 0.0040 | 0.12% | 0.052 | 1.60% | 0.520 | 31.20% |
| | | 3.000 | 250 | 1.000 | 141 | 109 | 3.436 | 34.360 | 0.0040 | 0.12% | | | | 31.28% |
| | | 3.000 | 250 | 1.000 | 142 | 108 | 3.432 | 34.320 | 0.0040 | 0.12% | | | | 31.36% |
| | | 3.000 | 250 | 1.000 | 143 | 107 | 3.428 | 34.280 | 0.0040 | 0.12% | | | | 31.44% |
| | | 3.000 | 250 | 1.000 | 144 | 106 | 3.424 | 34.240 | 0.0040 | 0.12% | | | | 31.52% |
| | | 3.000 | 250 | 1.000 | 145 | 105 | 3.420 | 34.200 | 0.0040 | 0.12% | | | | 31.60% |
| | | 3.000 | 250 | 1.000 | 146 | 104 | 3.416 | 34.160 | 0.0040 | 0.12% | | | | 31.68% |
| | | 3.000 | 250 | 1.000 | 147 | 103 | 3.412 | 34.120 | 0.0040 | 0.12% | | | | 31.76% |
| | | 3.000 | 250 | 1.000 | 148 | 102 | 3.408 | 34.080 | 0.0040 | 0.12% | | | | 31.84% |
| | | 3.000 | 250 | 1.000 | 149 | 101 | 3.404 | 34.040 | 0.0040 | 0.12% | | | | 31.92% |

| 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 | 150 | 100 | 3.400 | 34.000 | 0.0040 | 0.12% | | | 32.00% | |
| | | 3.000 | 250 | 1.000 | 151 | 99 | 3.396 | 33.960 | 0.0040 | 0.12% | | | 32.08% | |
| | | 3.000 | 250 | 1.000 | 152 | 98 | 3.392 | 33.920 | 0.0040 | 0.12% | | | 32.16% | |
| | | 3.000 | 250 | 1.000 | 153 | 97 | 3.388 | 33.880 | 0.0040 | 0.12% | | | 32.24% | |
| | | 3.000 | 250 | 1.000 | 154 | 96 | 3.384 | 33.840 | 0.0040 | 0.12% | 0.052 | 1.63% | 0.520 | 32.32% |
| | | 3.000 | 250 | 1.000 | 155 | 95 | 3.380 | 33.800 | 0.0040 | 0.12% | | | 32.40% | |
| | | 3.000 | 250 | 1.000 | 156 | 94 | 3.376 | 33.760 | 0.0040 | 0.12% | | | 32.48% | |
| | | 3.000 | 250 | 1.000 | 157 | 93 | 3.372 | 33.720 | 0.0040 | 0.12% | | | 32.56% | |
| | | 3.000 | 250 | 1.000 | 158 | 92 | 3.368 | 33.680 | 0.0040 | 0.12% | | | 32.64% | |
| | | 3.000 | 250 | 1.000 | 159 | 91 | 3.364 | 33.640 | 0.0040 | 0.12% | | | 32.72% | |
| | | 3.000 | 250 | 1.000 | 160 | 90 | 3.360 | 33.600 | 0.0040 | 0.12% | | | 32.80% | |
| | | 3.000 | 250 | 1.000 | 161 | 89 | 3.356 | 33.560 | 0.0040 | 0.12% | | | 32.88% | |
| | | 3.000 | 250 | 1.000 | 162 | 88 | 3.352 | 33.520 | 0.0040 | 0.12% | | | 32.96% | |
| | | 3.000 | 250 | 1.000 | 163 | 87 | 3.348 | 33.480 | 0.0040 | 0.12% | | | 33.04% | |
| | | 3.000 | 250 | 1.000 | 164 | 86 | 3.344 | 33.440 | 0.0040 | 0.12% | | | 33.12% | |
| | | 3.000 | 250 | 1.000 | 165 | 85 | 3.340 | 33.400 | 0.0040 | 0.12% | | | 33.20% | |
| | | 3.000 | 250 | 1.000 | 166 | 84 | 3.336 | 33.360 | 0.0040 | 0.12% | | | 33.28% | |
| | | 3.000 | 250 | 1.000 | 167 | 83 | 3.332 | 33.320 | 0.0040 | 0.12% | | | 33.36% | |
| | | 3.000 | 250 | 1.000 | 168 | 82 | 3.328 | 33.280 | 0.0040 | 0.12% | 0.052 | 1.65% | 0.520 | 33.44% |
| | | 3.000 | 250 | 1.000 | 169 | 81 | 3.324 | 33.240 | 0.0040 | 0.12% | | | 33.52% | |
| | | 3.000 | 250 | 1.000 | 170 | 80 | 3.320 | 33.200 | 0.0040 | 0.12% | | | 33.60% | |
| | | 3.000 | 250 | 1.000 | 171 | 79 | 3.316 | 33.160 | 0.0040 | 0.12% | | | 33.68% | |
| | | 3.000 | 250 | 1.000 | 172 | 78 | 3.312 | 33.120 | 0.0040 | 0.12% | | | 33.76% | |
| | | 3.000 | 250 | 1.000 | 173 | 77 | 3.308 | 33.080 | 0.0040 | 0.12% | | | 33.84% | |
| | | 3.000 | 250 | 1.000 | 174 | 76 | 3.304 | 33.040 | 0.0040 | 0.12% | | | 33.92% | |
| | | 3.000 | 250 | 1.000 | 175 | 75 | 3.300 | 33.000 | 0.0040 | 0.12% | | | 34.00% | |
| | | 3.000 | 250 | 1.000 | 176 | 74 | 3.296 | 32.960 | 0.0040 | 0.12% | | | 34.08% | |
| | | 3.000 | 250 | 1.000 | 177 | 73 | 3.292 | 32.920 | 0.0040 | 0.12% | | | 34.16% | |
| | | 3.000 | 250 | 1.000 | 178 | 72 | 3.288 | 32.880 | 0.0040 | 0.12% | | | 34.24% | |
| | | 3.000 | 250 | 1.000 | 179 | 71 | 3.284 | 32.840 | 0.0040 | 0.12% | | | 34.32% | |
| | | 3.000 | 250 | 1.000 | 180 | 70 | 3.280 | 32.800 | 0.0040 | 0.12% | | | 34.40% | |
| | | 3.000 | 250 | 1.000 | 181 | 69 | 3.276 | 32.760 | 0.0040 | 0.12% | | | 34.48% | |
| | | 3.000 | 250 | 1.000 | 182 | 68 | 3.272 | 32.720 | 0.0040 | 0.12% | 0.052 | 1.68% | 0.520 | 34.56% |
| | | 3.000 | 250 | 1.000 | 183 | 67 | 3.268 | 32.680 | 0.0040 | 0.12% | | | 34.64% | |
| | | 3.000 | 250 | 1.000 | 184 | 66 | 3.264 | 32.640 | 0.0040 | 0.12% | | | 34.72% | |
| | | 3.000 | 250 | 1.000 | 185 | 65 | 3.260 | 32.600 | 0.0040 | 0.12% | | | 34.80% | |
| | | 3.000 | 250 | 1.000 | 186 | 64 | 3.256 | 32.560 | 0.0040 | 0.12% | | | 34.88% | |
| | | 3.000 | 250 | 1.000 | 187 | 63 | 3.252 | 32.520 | 0.0040 | 0.12% | | | 34.96% | |
| | | 3.000 | 250 | 1.000 | 188 | 62 | 3.248 | 32.480 | 0.0040 | 0.12% | | | 35.04% | |
| | | 3.000 | 250 | 1.000 | 189 | 61 | 3.244 | 32.440 | 0.0040 | 0.12% | | | 35.12% | |

| 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 | 190 | 60 | 3.240 | 32.400 | 0.0040 | 0.12% | | | 35.20% | |
| | | 3.000 | 250 | 1.000 | 191 | 59 | 3.236 | 32.360 | 0.0040 | 0.12% | | | 35.28% | |
| | | 3.000 | 250 | 1.000 | 192 | 58 | 3.232 | 32.320 | 0.0040 | 0.12% | | | 35.36% | |
| | | 3.000 | 250 | 1.000 | 193 | 57 | 3.228 | 32.280 | 0.0040 | 0.12% | | | 35.44% | |
| | | 3.000 | 250 | 1.000 | 194 | 56 | 3.224 | 32.240 | 0.0040 | 0.12% | | | 35.52% | |
| | | 3.000 | 250 | 1.000 | 195 | 55 | 3.220 | 32.200 | 0.0040 | 0.12% | | | 35.60% | |
| | | 3.000 | 250 | 1.000 | 196 | 54 | 3.216 | 32.160 | 0.0040 | 0.12% | 0.052 | 1.71% | 0.520 | 35.68% |
| | | 3.000 | 250 | 1.000 | 197 | 53 | 3.212 | 32.120 | 0.0040 | 0.12% | | | | 35.76% |
| | | 3.000 | 250 | 1.000 | 198 | 52 | 3.208 | 32.080 | 0.0040 | 0.12% | | | | 35.84% |
| | | 3.000 | 250 | 1.000 | 199 | 51 | 3.204 | 32.040 | 0.0040 | 0.12% | | | | 35.92% |
| | | 3.000 | 250 | 1.000 | 200 | 50 | 3.200 | 32.000 | 0.0040 | 0.12% | | | | 36.00% |
| | | 3.000 | 250 | 1.000 | 201 | 49 | 3.196 | 31.960 | 0.0040 | 0.13% | | | | 36.08% |
| | | 3.000 | 250 | 1.000 | 202 | 48 | 3.192 | 31.920 | 0.0040 | 0.13% | | | | 36.16% |
| | | 3.000 | 250 | 1.000 | 203 | 47 | 3.188 | 31.880 | 0.0040 | 0.13% | | | | 36.24% |
| | | 3.000 | 250 | 1.000 | 204 | 46 | 3.184 | 31.840 | 0.0040 | 0.13% | | | | 36.32% |
| | | 3.000 | 250 | 1.000 | 205 | 45 | 3.180 | 31.800 | 0.0040 | 0.13% | | | | 36.40% |
| | | 3.000 | 250 | 1.000 | 206 | 44 | 3.176 | 31.760 | 0.0040 | 0.13% | | | | 36.48% |
| | | 3.000 | 250 | 1.000 | 207 | 43 | 3.172 | 31.720 | 0.0040 | 0.13% | | | | 36.56% |
| | | 3.000 | 250 | 1.000 | 208 | 42 | 3.168 | 31.680 | 0.0040 | 0.13% | | | | 36.64% |
| | | 3.000 | 250 | 1.000 | 209 | 41 | 3.164 | 31.640 | 0.0040 | 0.13% | | | | 36.72% |
| | | 3.000 | 250 | 1.000 | 210 | 40 | 3.160 | 31.600 | 0.0040 | 0.13% | 0.052 | 1.74% | 0.520 | 36.80% |
| | | 3.000 | 250 | 1.000 | 211 | 39 | 3.156 | 31.560 | 0.0040 | 0.13% | | | | 36.88% |
| | | 3.000 | 250 | 1.000 | 212 | 38 | 3.152 | 31.520 | 0.0040 | 0.13% | | | | 36.96% |
| | | 3.000 | 250 | 1.000 | 213 | 37 | 3.148 | 31.480 | 0.0040 | 0.13% | | | | 37.04% |
| | | 3.000 | 250 | 1.000 | 214 | 36 | 3.144 | 31.440 | 0.0040 | 0.13% | | | | 37.12% |
| | | 3.000 | 250 | 1.000 | 215 | 35 | 3.140 | 31.400 | 0.0040 | 0.13% | | | | 37.20% |
| | | 3.000 | 250 | 1.000 | 216 | 34 | 3.136 | 31.360 | 0.0040 | 0.13% | | | | 37.28% |
| | | 3.000 | 250 | 1.000 | 217 | 33 | 3.132 | 31.320 | 0.0040 | 0.13% | | | | 37.36% |
| | | 3.000 | 250 | 1.000 | 218 | 32 | 3.128 | 31.280 | 0.0040 | 0.13% | | | | 37.44% |
| | | 3.000 | 250 | 1.000 | 219 | 31 | 3.124 | 31.240 | 0.0040 | 0.13% | | | | 37.52% |
| | | 3.000 | 250 | 1.000 | 220 | 30 | 3.120 | 31.200 | 0.0040 | 0.13% | | | | 37.60% |
| | | 3.000 | 250 | 1.000 | 221 | 29 | 3.116 | 31.160 | 0.0040 | 0.13% | | | | 37.68% |
| | | 3.000 | 250 | 1.000 | 222 | 28 | 3.112 | 31.120 | 0.0040 | 0.13% | | | | 37.76% |
| | | 3.000 | 250 | 1.000 | 223 | 27 | 3.108 | 31.080 | 0.0040 | 0.13% | | | | 37.84% |
| | | 3.000 | 250 | 1.000 | 224 | 26 | 3.104 | 31.040 | 0.0040 | 0.13% | 0.052 | 1.77% | 0.520 | 37.92% |
| | | 3.000 | 250 | 1.000 | 225 | 25 | 3.100 | 31.000 | 0.0040 | 0.13% | | | | 38.00% |
| | | 3.000 | 250 | 1.000 | 226 | 24 | 3.096 | 30.960 | 0.0040 | 0.13% | | | | 38.08% |
| | | 3.000 | 250 | 1.000 | 227 | 23 | 3.092 | 30.920 | 0.0040 | 0.13% | | | | 38.16% |
| | | 3.000 | 250 | 1.000 | 228 | 22 | 3.088 | 30.880 | 0.0040 | 0.13% | | | | 38.24% |
| | | 3.000 | 250 | 1.000 | 229 | 21 | 3.084 | 30.840 | 0.0040 | 0.13% | | | | 38.32% |

Medication Ativan
 Valium Multiplier 10
 Original Dose 5.000
 Current Dose 3.000
 Start Date May 16, 2007
 Dry Dose 2.000
 Dissolve Dose 1.000
 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 | 1.000 | 1 | 249 | 2.996 | 29.960 | 0.0040 | 0.13% | | | 40.08% | |
| | | 2.000 | 250 | 1.000 | 2 | 248 | 2.992 | 29.920 | 0.0040 | 0.13% | | | 40.16% | |
| | | 2.000 | 250 | 1.000 | 3 | 247 | 2.988 | 29.880 | 0.0040 | 0.13% | | | 40.24% | |
| | | 2.000 | 250 | 1.000 | 4 | 246 | 2.984 | 29.840 | 0.0040 | 0.13% | | | 40.32% | |
| | | 2.000 | 250 | 1.000 | 5 | 245 | 2.980 | 29.800 | 0.0040 | 0.13% | | | 40.40% | |
| | | 2.000 | 250 | 1.000 | 6 | 244 | 2.976 | 29.760 | 0.0040 | 0.13% | | | 40.48% | |
| | | 2.000 | 250 | 1.000 | 7 | 243 | 2.972 | 29.720 | 0.0040 | 0.13% | | | 40.56% | |
| | | 2.000 | 250 | 1.000 | 8 | 242 | 2.968 | 29.680 | 0.0040 | 0.13% | | | 40.64% | |
| | | 2.000 | 250 | 1.000 | 9 | 241 | 2.964 | 29.640 | 0.0040 | 0.13% | | | 40.72% | |
| | | 2.000 | 250 | 1.000 | 10 | 240 | 2.960 | 29.600 | 0.0040 | 0.13% | | | 40.80% | |
| | | 2.000 | 250 | 1.000 | 11 | 239 | 2.956 | 29.560 | 0.0040 | 0.14% | | | 40.88% | |
| | | 2.000 | 250 | 1.000 | 12 | 238 | 2.952 | 29.520 | 0.0040 | 0.14% | | | 40.96% | |
| | | 2.000 | 250 | 1.000 | 13 | 237 | 2.948 | 29.480 | 0.0040 | 0.14% | | | 41.04% | |
| | | 2.000 | 250 | 1.000 | 14 | 236 | 2.944 | 29.440 | 0.0040 | 0.14% | 0.052 | 1.74% | 0.520 | 41.12% |
| | | 2.000 | 250 | 1.000 | 15 | 235 | 2.940 | 29.400 | 0.0040 | 0.14% | | | 41.20% | |
| | | 2.000 | 250 | 1.000 | 16 | 234 | 2.936 | 29.360 | 0.0040 | 0.14% | | | 41.28% | |
| | | 2.000 | 250 | 1.000 | 17 | 233 | 2.932 | 29.320 | 0.0040 | 0.14% | | | 41.36% | |
| | | 2.000 | 250 | 1.000 | 18 | 232 | 2.928 | 29.280 | 0.0040 | 0.14% | | | 41.44% | |
| | | 2.000 | 250 | 1.000 | 19 | 231 | 2.924 | 29.240 | 0.0040 | 0.14% | | | 41.52% | |
| | | 2.000 | 250 | 1.000 | 20 | 230 | 2.920 | 29.200 | 0.0040 | 0.14% | | | 41.60% | |
| | | 2.000 | 250 | 1.000 | 21 | 229 | 2.916 | 29.160 | 0.0040 | 0.14% | | | 41.68% | |
| | | 2.000 | 250 | 1.000 | 22 | 228 | 2.912 | 29.120 | 0.0040 | 0.14% | | | 41.76% | |
| | | 2.000 | 250 | 1.000 | 23 | 227 | 2.908 | 29.080 | 0.0040 | 0.14% | | | 41.84% | |
| | | 2.000 | 250 | 1.000 | 24 | 226 | 2.904 | 29.040 | 0.0040 | 0.14% | | | 41.92% | |
| | | 2.000 | 250 | 1.000 | 25 | 225 | 2.900 | 29.000 | 0.0040 | 0.14% | | | 42.00% | |
| | | 2.000 | 250 | 1.000 | 26 | 224 | 2.896 | 28.960 | 0.0040 | 0.14% | | | 42.08% | |
| | | 2.000 | 250 | 1.000 | 27 | 223 | 2.892 | 28.920 | 0.0040 | 0.14% | | | 42.16% | |
| | | 2.000 | 250 | 1.000 | 28 | 222 | 2.888 | 28.880 | 0.0040 | 0.14% | 0.052 | 1.90% | 0.520 | 42.24% |
| | | 2.000 | 250 | 1.000 | 29 | 221 | 2.884 | 28.840 | 0.0040 | 0.14% | | | 42.32% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 250 | 1.000 | 30 | 220 | 2.880 | 28.800 | 0.0040 | 0.14% | | | 42.40% | |
| | | 2.000 | 250 | 1.000 | 31 | 219 | 2.876 | 28.760 | 0.0040 | 0.14% | | | 42.48% | |
| | | 2.000 | 250 | 1.000 | 32 | 218 | 2.872 | 28.720 | 0.0040 | 0.14% | | | 42.56% | |
| | | 2.000 | 250 | 1.000 | 33 | 217 | 2.868 | 28.680 | 0.0040 | 0.14% | | | 42.64% | |
| | | 2.000 | 250 | 1.000 | 34 | 216 | 2.864 | 28.640 | 0.0040 | 0.14% | | | 42.72% | |
| | | 2.000 | 250 | 1.000 | 35 | 215 | 2.860 | 28.600 | 0.0040 | 0.14% | | | 42.80% | |
| | | 2.000 | 250 | 1.000 | 36 | 214 | 2.856 | 28.560 | 0.0040 | 0.14% | | | 42.88% | |
| | | 2.000 | 250 | 1.000 | 37 | 213 | 2.852 | 28.520 | 0.0040 | 0.14% | | | 42.96% | |
| | | 2.000 | 250 | 1.000 | 38 | 212 | 2.848 | 28.480 | 0.0040 | 0.14% | | | 43.04% | |
| | | 2.000 | 250 | 1.000 | 39 | 211 | 2.844 | 28.440 | 0.0040 | 0.14% | | | 43.12% | |
| | | 2.000 | 250 | 1.000 | 40 | 210 | 2.840 | 28.400 | 0.0040 | 0.14% | | | 43.20% | |
| | | 2.000 | 250 | 1.000 | 41 | 209 | 2.836 | 28.360 | 0.0040 | 0.14% | | | 43.28% | |
| | | 2.000 | 250 | 1.000 | 42 | 208 | 2.832 | 28.320 | 0.0040 | 0.14% | 0.052 | 1.94% | 0.520 | 43.36% |
| | | 2.000 | 250 | 1.000 | 43 | 207 | 2.828 | 28.280 | 0.0040 | 0.14% | | | 43.44% | |
| | | 2.000 | 250 | 1.000 | 44 | 206 | 2.824 | 28.240 | 0.0040 | 0.14% | | | 43.52% | |
| | | 2.000 | 250 | 1.000 | 45 | 205 | 2.820 | 28.200 | 0.0040 | 0.14% | | | 43.60% | |
| | | 2.000 | 250 | 1.000 | 46 | 204 | 2.816 | 28.160 | 0.0040 | 0.14% | | | 43.68% | |
| | | 2.000 | 250 | 1.000 | 47 | 203 | 2.812 | 28.120 | 0.0040 | 0.14% | | | 43.76% | |
| | | 2.000 | 250 | 1.000 | 48 | 202 | 2.808 | 28.080 | 0.0040 | 0.14% | | | 43.84% | |
| | | 2.000 | 250 | 1.000 | 49 | 201 | 2.804 | 28.040 | 0.0040 | 0.14% | | | 43.92% | |
| | | 2.000 | 250 | 1.000 | 50 | 200 | 2.800 | 28.000 | 0.0040 | 0.14% | | | 44.00% | |
| | | 2.000 | 250 | 1.000 | 51 | 199 | 2.796 | 27.960 | 0.0040 | 0.14% | | | 44.08% | |
| | | 2.000 | 250 | 1.000 | 52 | 198 | 2.792 | 27.920 | 0.0040 | 0.14% | | | 44.16% | |
| | | 2.000 | 250 | 1.000 | 53 | 197 | 2.788 | 27.880 | 0.0040 | 0.14% | | | 44.24% | |
| | | 2.000 | 250 | 1.000 | 54 | 196 | 2.784 | 27.840 | 0.0040 | 0.14% | | | 44.32% | |
| | | 2.000 | 250 | 1.000 | 55 | 195 | 2.780 | 27.800 | 0.0040 | 0.14% | | | 44.40% | |
| | | 2.000 | 250 | 1.000 | 56 | 194 | 2.776 | 27.760 | 0.0040 | 0.14% | 0.052 | 1.98% | 0.520 | 44.48% |
| | | 2.000 | 250 | 1.000 | 57 | 193 | 2.772 | 27.720 | 0.0040 | 0.14% | | | 44.56% | |
| | | 2.000 | 250 | 1.000 | 58 | 192 | 2.768 | 27.680 | 0.0040 | 0.14% | | | 44.64% | |
| | | 2.000 | 250 | 1.000 | 59 | 191 | 2.764 | 27.640 | 0.0040 | 0.14% | | | 44.72% | |
| | | 2.000 | 250 | 1.000 | 60 | 190 | 2.760 | 27.600 | 0.0040 | 0.14% | | | 44.80% | |
| | | 2.000 | 250 | 1.000 | 61 | 189 | 2.756 | 27.560 | 0.0040 | 0.14% | | | 44.88% | |
| | | 2.000 | 250 | 1.000 | 62 | 188 | 2.752 | 27.520 | 0.0040 | 0.15% | | | 44.96% | |
| | | 2.000 | 250 | 1.000 | 63 | 187 | 2.748 | 27.480 | 0.0040 | 0.15% | | | 45.04% | |
| | | 2.000 | 250 | 1.000 | 64 | 186 | 2.744 | 27.440 | 0.0040 | 0.15% | | | 45.12% | |
| | | 2.000 | 250 | 1.000 | 65 | 185 | 2.740 | 27.400 | 0.0040 | 0.15% | | | 45.20% | |
| | | 2.000 | 250 | 1.000 | 66 | 184 | 2.736 | 27.360 | 0.0040 | 0.15% | | | 45.28% | |
| | | 2.000 | 250 | 1.000 | 67 | 183 | 2.732 | 27.320 | 0.0040 | 0.15% | | | 45.36% | |
| | | 2.000 | 250 | 1.000 | 68 | 182 | 2.728 | 27.280 | 0.0040 | 0.15% | | | 45.44% | |
| | | 2.000 | 250 | 1.000 | 69 | 181 | 2.724 | 27.240 | 0.0040 | 0.15% | | | 45.52% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 250 | 1.000 | 70 | 180 | 2.720 | 27.200 | 0.0040 | 0.15% | 0.052 | 2.02% | 0.520 | 45.60% |
| | | 2.000 | 250 | 1.000 | 71 | 179 | 2.716 | 27.160 | 0.0040 | 0.15% | | | | 45.68% |
| | | 2.000 | 250 | 1.000 | 72 | 178 | 2.712 | 27.120 | 0.0040 | 0.15% | | | | 45.76% |
| | | 2.000 | 250 | 1.000 | 73 | 177 | 2.708 | 27.080 | 0.0040 | 0.15% | | | | 45.84% |
| | | 2.000 | 250 | 1.000 | 74 | 176 | 2.704 | 27.040 | 0.0040 | 0.15% | | | | 45.92% |
| | | 2.000 | 250 | 1.000 | 75 | 175 | 2.700 | 27.000 | 0.0040 | 0.15% | | | | 46.00% |
| | | 2.000 | 250 | 1.000 | 76 | 174 | 2.696 | 26.960 | 0.0040 | 0.15% | | | | 46.08% |
| | | 2.000 | 250 | 1.000 | 77 | 173 | 2.692 | 26.920 | 0.0040 | 0.15% | | | | 46.16% |
| | | 2.000 | 250 | 1.000 | 78 | 172 | 2.688 | 26.880 | 0.0040 | 0.15% | | | | 46.24% |
| | | 2.000 | 250 | 1.000 | 79 | 171 | 2.684 | 26.840 | 0.0040 | 0.15% | | | | 46.32% |
| | | 2.000 | 250 | 1.000 | 80 | 170 | 2.680 | 26.800 | 0.0040 | 0.15% | | | | 46.40% |
| | | 2.000 | 250 | 1.000 | 81 | 169 | 2.676 | 26.760 | 0.0040 | 0.15% | | | | 46.48% |
| | | 2.000 | 250 | 1.000 | 82 | 168 | 2.672 | 26.720 | 0.0040 | 0.15% | | | | 46.56% |
| | | 2.000 | 250 | 1.000 | 83 | 167 | 2.668 | 26.680 | 0.0040 | 0.15% | | | | 46.64% |
| | | 2.000 | 250 | 1.000 | 84 | 166 | 2.664 | 26.640 | 0.0040 | 0.15% | 0.052 | 2.06% | 0.520 | 46.72% |
| | | 2.000 | 250 | 1.000 | 85 | 165 | 2.660 | 26.600 | 0.0040 | 0.15% | | | | 46.80% |
| | | 2.000 | 250 | 1.000 | 86 | 164 | 2.656 | 26.560 | 0.0040 | 0.15% | | | | 46.88% |
| | | 2.000 | 250 | 1.000 | 87 | 163 | 2.652 | 26.520 | 0.0040 | 0.15% | | | | 46.96% |
| | | 2.000 | 250 | 1.000 | 88 | 162 | 2.648 | 26.480 | 0.0040 | 0.15% | | | | 47.04% |
| | | 2.000 | 250 | 1.000 | 89 | 161 | 2.644 | 26.440 | 0.0040 | 0.15% | | | | 47.12% |
| | | 2.000 | 250 | 1.000 | 90 | 160 | 2.640 | 26.400 | 0.0040 | 0.15% | | | | 47.20% |
| | | 2.000 | 250 | 1.000 | 91 | 159 | 2.636 | 26.360 | 0.0040 | 0.15% | | | | 47.28% |
| | | 2.000 | 250 | 1.000 | 92 | 158 | 2.632 | 26.320 | 0.0040 | 0.15% | | | | 47.36% |
| | | 2.000 | 250 | 1.000 | 93 | 157 | 2.628 | 26.280 | 0.0040 | 0.15% | | | | 47.44% |
| | | 2.000 | 250 | 1.000 | 94 | 156 | 2.624 | 26.240 | 0.0040 | 0.15% | | | | 47.52% |
| | | 2.000 | 250 | 1.000 | 95 | 155 | 2.620 | 26.200 | 0.0040 | 0.15% | | | | 47.60% |
| | | 2.000 | 250 | 1.000 | 96 | 154 | 2.616 | 26.160 | 0.0040 | 0.15% | | | | 47.68% |
| | | 2.000 | 250 | 1.000 | 97 | 153 | 2.612 | 26.120 | 0.0040 | 0.15% | | | | 47.76% |
| | | 2.000 | 250 | 1.000 | 98 | 152 | 2.608 | 26.080 | 0.0040 | 0.15% | 0.052 | 2.10% | 0.520 | 47.84% |
| | | 2.000 | 250 | 1.000 | 99 | 151 | 2.604 | 26.040 | 0.0040 | 0.15% | | | | 47.92% |
| | | 2.000 | 250 | 1.000 | 100 | 150 | 2.600 | 26.000 | 0.0040 | 0.15% | | | | 48.00% |
| | | 2.000 | 250 | 1.000 | 101 | 149 | 2.596 | 25.960 | 0.0040 | 0.15% | | | | 48.08% |
| | | 2.000 | 250 | 1.000 | 102 | 148 | 2.592 | 25.920 | 0.0040 | 0.15% | | | | 48.16% |
| | | 2.000 | 250 | 1.000 | 103 | 147 | 2.588 | 25.880 | 0.0040 | 0.15% | | | | 48.24% |
| | | 2.000 | 250 | 1.000 | 104 | 146 | 2.584 | 25.840 | 0.0040 | 0.15% | | | | 48.32% |
| | | 2.000 | 250 | 1.000 | 105 | 145 | 2.580 | 25.800 | 0.0040 | 0.15% | | | | 48.40% |
| | | 2.000 | 250 | 1.000 | 106 | 144 | 2.576 | 25.760 | 0.0040 | 0.16% | | | | 48.48% |
| | | 2.000 | 250 | 1.000 | 107 | 143 | 2.572 | 25.720 | 0.0040 | 0.16% | | | | 48.56% |
| | | 2.000 | 250 | 1.000 | 108 | 142 | 2.568 | 25.680 | 0.0040 | 0.16% | | | | 48.64% |
| | | 2.000 | 250 | 1.000 | 109 | 141 | 2.564 | 25.640 | 0.0040 | 0.16% | | | | 48.72% |

| 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 | 110 | 140 | 2.560 | 25.600 | 0.0040 | 0.16% | | | 48.80% | |
| | | 2.000 | 250 | 1.000 | 111 | 139 | 2.556 | 25.560 | 0.0040 | 0.16% | | | 48.88% | |
| | | 2.000 | 250 | 1.000 | 112 | 138 | 2.552 | 25.520 | 0.0040 | 0.16% | 0.052 | 2.15% | 0.520 | 48.96% |
| | | 2.000 | 250 | 1.000 | 113 | 137 | 2.548 | 25.480 | 0.0040 | 0.16% | | | | 49.04% |
| | | 2.000 | 250 | 1.000 | 114 | 136 | 2.544 | 25.440 | 0.0040 | 0.16% | | | | 49.12% |
| | | 2.000 | 250 | 1.000 | 115 | 135 | 2.540 | 25.400 | 0.0040 | 0.16% | | | | 49.20% |
| | | 2.000 | 250 | 1.000 | 116 | 134 | 2.536 | 25.360 | 0.0040 | 0.16% | | | | 49.28% |
| | | 2.000 | 250 | 1.000 | 117 | 133 | 2.532 | 25.320 | 0.0040 | 0.16% | | | | 49.36% |
| | | 2.000 | 250 | 1.000 | 118 | 132 | 2.528 | 25.280 | 0.0040 | 0.16% | | | | 49.44% |
| | | 2.000 | 250 | 1.000 | 119 | 131 | 2.524 | 25.240 | 0.0040 | 0.16% | | | | 49.52% |
| | | 2.000 | 250 | 1.000 | 120 | 130 | 2.520 | 25.200 | 0.0040 | 0.16% | | | | 49.60% |
| | | 2.000 | 250 | 1.000 | 121 | 129 | 2.516 | 25.160 | 0.0040 | 0.16% | | | | 49.68% |
| | | 2.000 | 250 | 1.000 | 122 | 128 | 2.512 | 25.120 | 0.0040 | 0.16% | | | | 49.76% |
| | | 2.000 | 250 | 1.000 | 123 | 127 | 2.508 | 25.080 | 0.0040 | 0.16% | | | | 49.84% |
| | | 2.000 | 250 | 1.000 | 124 | 126 | 2.504 | 25.040 | 0.0040 | 0.16% | | | | 49.92% |
| | | 2.000 | 250 | 1.000 | 125 | 125 | 2.500 | 25.000 | 0.0040 | 0.16% | | | | 50.00% |
| | | 2.000 | 250 | 1.000 | 126 | 124 | 2.496 | 24.960 | 0.0040 | 0.16% | 0.052 | 2.19% | 0.520 | 50.08% |
| | | 2.000 | 250 | 1.000 | 127 | 123 | 2.492 | 24.920 | 0.0040 | 0.16% | | | | 50.16% |
| | | 2.000 | 250 | 1.000 | 128 | 122 | 2.488 | 24.880 | 0.0040 | 0.16% | | | | 50.24% |
| | | 2.000 | 250 | 1.000 | 129 | 121 | 2.484 | 24.840 | 0.0040 | 0.16% | | | | 50.32% |
| | | 2.000 | 250 | 1.000 | 130 | 120 | 2.480 | 24.800 | 0.0040 | 0.16% | | | | 50.40% |
| | | 2.000 | 250 | 1.000 | 131 | 119 | 2.476 | 24.760 | 0.0040 | 0.16% | | | | 50.48% |
| | | 2.000 | 250 | 1.000 | 132 | 118 | 2.472 | 24.720 | 0.0040 | 0.16% | | | | 50.56% |
| | | 2.000 | 250 | 1.000 | 133 | 117 | 2.468 | 24.680 | 0.0040 | 0.16% | | | | 50.64% |
| | | 2.000 | 250 | 1.000 | 134 | 116 | 2.464 | 24.640 | 0.0040 | 0.16% | | | | 50.72% |
| | | 2.000 | 250 | 1.000 | 135 | 115 | 2.460 | 24.600 | 0.0040 | 0.16% | | | | 50.80% |
| | | 2.000 | 250 | 1.000 | 136 | 114 | 2.456 | 24.560 | 0.0040 | 0.16% | | | | 50.88% |
| | | 2.000 | 250 | 1.000 | 137 | 113 | 2.452 | 24.520 | 0.0040 | 0.16% | | | | 50.96% |
| | | 2.000 | 250 | 1.000 | 138 | 112 | 2.448 | 24.480 | 0.0040 | 0.16% | | | | 51.04% |
| | | 2.000 | 250 | 1.000 | 139 | 111 | 2.444 | 24.440 | 0.0040 | 0.16% | | | | 51.12% |
| | | 2.000 | 250 | 1.000 | 140 | 110 | 2.440 | 24.400 | 0.0040 | 0.16% | 0.052 | 2.24% | 0.520 | 51.20% |
| | | 2.000 | 250 | 1.000 | 141 | 109 | 2.436 | 24.360 | 0.0040 | 0.16% | | | | 51.28% |
| | | 2.000 | 250 | 1.000 | 142 | 108 | 2.432 | 24.320 | 0.0040 | 0.16% | | | | 51.36% |
| | | 2.000 | 250 | 1.000 | 143 | 107 | 2.428 | 24.280 | 0.0040 | 0.16% | | | | 51.44% |
| | | 2.000 | 250 | 1.000 | 144 | 106 | 2.424 | 24.240 | 0.0040 | 0.16% | | | | 51.52% |
| | | 2.000 | 250 | 1.000 | 145 | 105 | 2.420 | 24.200 | 0.0040 | 0.17% | | | | 51.60% |
| | | 2.000 | 250 | 1.000 | 146 | 104 | 2.416 | 24.160 | 0.0040 | 0.17% | | | | 51.68% |
| | | 2.000 | 250 | 1.000 | 147 | 103 | 2.412 | 24.120 | 0.0040 | 0.17% | | | | 51.76% |
| | | 2.000 | 250 | 1.000 | 148 | 102 | 2.408 | 24.080 | 0.0040 | 0.17% | | | | 51.84% |
| | | 2.000 | 250 | 1.000 | 149 | 101 | 2.404 | 24.040 | 0.0040 | 0.17% | | | | 51.92% |

| 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 | 150 | 100 | 2.400 | 24.000 | 0.0040 | 0.17% | | | 52.00% | |
| | | 2.000 | 250 | 1.000 | 151 | 99 | 2.396 | 23.960 | 0.0040 | 0.17% | | | 52.08% | |
| | | 2.000 | 250 | 1.000 | 152 | 98 | 2.392 | 23.920 | 0.0040 | 0.17% | | | 52.16% | |
| | | 2.000 | 250 | 1.000 | 153 | 97 | 2.388 | 23.880 | 0.0040 | 0.17% | | | 52.24% | |
| | | 2.000 | 250 | 1.000 | 154 | 96 | 2.384 | 23.840 | 0.0040 | 0.17% | 0.052 | 2.30% | 0.520 | 52.32% |
| | | 2.000 | 250 | 1.000 | 155 | 95 | 2.380 | 23.800 | 0.0040 | 0.17% | | | 52.40% | |
| | | 2.000 | 250 | 1.000 | 156 | 94 | 2.376 | 23.760 | 0.0040 | 0.17% | | | 52.48% | |
| | | 2.000 | 250 | 1.000 | 157 | 93 | 2.372 | 23.720 | 0.0040 | 0.17% | | | 52.56% | |
| | | 2.000 | 250 | 1.000 | 158 | 92 | 2.368 | 23.680 | 0.0040 | 0.17% | | | 52.64% | |
| | | 2.000 | 250 | 1.000 | 159 | 91 | 2.364 | 23.640 | 0.0040 | 0.17% | | | 52.72% | |
| | | 2.000 | 250 | 1.000 | 160 | 90 | 2.360 | 23.600 | 0.0040 | 0.17% | | | 52.80% | |
| | | 2.000 | 250 | 1.000 | 161 | 89 | 2.356 | 23.560 | 0.0040 | 0.17% | | | 52.88% | |
| | | 2.000 | 250 | 1.000 | 162 | 88 | 2.352 | 23.520 | 0.0040 | 0.17% | | | 52.96% | |
| | | 2.000 | 250 | 1.000 | 163 | 87 | 2.348 | 23.480 | 0.0040 | 0.17% | | | 53.04% | |
| | | 2.000 | 250 | 1.000 | 164 | 86 | 2.344 | 23.440 | 0.0040 | 0.17% | | | 53.12% | |
| | | 2.000 | 250 | 1.000 | 165 | 85 | 2.340 | 23.400 | 0.0040 | 0.17% | | | 53.20% | |
| | | 2.000 | 250 | 1.000 | 166 | 84 | 2.336 | 23.360 | 0.0040 | 0.17% | | | 53.28% | |
| | | 2.000 | 250 | 1.000 | 167 | 83 | 2.332 | 23.320 | 0.0040 | 0.17% | | | 53.36% | |
| | | 2.000 | 250 | 1.000 | 168 | 82 | 2.328 | 23.280 | 0.0040 | 0.17% | 0.052 | 2.35% | 0.520 | 53.44% |
| | | 2.000 | 250 | 1.000 | 169 | 81 | 2.324 | 23.240 | 0.0040 | 0.17% | | | 53.52% | |
| | | 2.000 | 250 | 1.000 | 170 | 80 | 2.320 | 23.200 | 0.0040 | 0.17% | | | 53.60% | |
| | | 2.000 | 250 | 1.000 | 171 | 79 | 2.316 | 23.160 | 0.0040 | 0.17% | | | 53.68% | |
| | | 2.000 | 250 | 1.000 | 172 | 78 | 2.312 | 23.120 | 0.0040 | 0.17% | | | 53.76% | |
| | | 2.000 | 250 | 1.000 | 173 | 77 | 2.308 | 23.080 | 0.0040 | 0.17% | | | 53.84% | |
| | | 2.000 | 250 | 1.000 | 174 | 76 | 2.304 | 23.040 | 0.0040 | 0.17% | | | 53.92% | |
| | | 2.000 | 250 | 1.000 | 175 | 75 | 2.300 | 23.000 | 0.0040 | 0.17% | | | 54.00% | |
| | | 2.000 | 250 | 1.000 | 176 | 74 | 2.296 | 22.960 | 0.0040 | 0.17% | | | 54.08% | |
| | | 2.000 | 250 | 1.000 | 177 | 73 | 2.292 | 22.920 | 0.0040 | 0.17% | | | 54.16% | |
| | | 2.000 | 250 | 1.000 | 178 | 72 | 2.288 | 22.880 | 0.0040 | 0.17% | | | 54.24% | |
| | | 2.000 | 250 | 1.000 | 179 | 71 | 2.284 | 22.840 | 0.0040 | 0.17% | | | 54.32% | |
| | | 2.000 | 250 | 1.000 | 180 | 70 | 2.280 | 22.800 | 0.0040 | 0.18% | | | 54.40% | |
| | | 2.000 | 250 | 1.000 | 181 | 69 | 2.276 | 22.760 | 0.0040 | 0.18% | | | 54.48% | |
| | | 2.000 | 250 | 1.000 | 182 | 68 | 2.272 | 22.720 | 0.0040 | 0.18% | 0.052 | 2.41% | 0.520 | 54.56% |
| | | 2.000 | 250 | 1.000 | 183 | 67 | 2.268 | 22.680 | 0.0040 | 0.18% | | | 54.64% | |
| | | 2.000 | 250 | 1.000 | 184 | 66 | 2.264 | 22.640 | 0.0040 | 0.18% | | | 54.72% | |
| | | 2.000 | 250 | 1.000 | 185 | 65 | 2.260 | 22.600 | 0.0040 | 0.18% | | | 54.80% | |
| | | 2.000 | 250 | 1.000 | 186 | 64 | 2.256 | 22.560 | 0.0040 | 0.18% | | | 54.88% | |
| | | 2.000 | 250 | 1.000 | 187 | 63 | 2.252 | 22.520 | 0.0040 | 0.18% | | | 54.96% | |
| | | 2.000 | 250 | 1.000 | 188 | 62 | 2.248 | 22.480 | 0.0040 | 0.18% | | | 55.04% | |
| | | 2.000 | 250 | 1.000 | 189 | 61 | 2.244 | 22.440 | 0.0040 | 0.18% | | | 55.12% | |

| 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 | 190 | 60 | 2.240 | 22.400 | 0.0040 | 0.18% | | | 55.20% | |
| | | 2.000 | 250 | 1.000 | 191 | 59 | 2.236 | 22.360 | 0.0040 | 0.18% | | | 55.28% | |
| | | 2.000 | 250 | 1.000 | 192 | 58 | 2.232 | 22.320 | 0.0040 | 0.18% | | | 55.36% | |
| | | 2.000 | 250 | 1.000 | 193 | 57 | 2.228 | 22.280 | 0.0040 | 0.18% | | | 55.44% | |
| | | 2.000 | 250 | 1.000 | 194 | 56 | 2.224 | 22.240 | 0.0040 | 0.18% | | | 55.52% | |
| | | 2.000 | 250 | 1.000 | 195 | 55 | 2.220 | 22.200 | 0.0040 | 0.18% | | | 55.60% | |
| | | 2.000 | 250 | 1.000 | 196 | 54 | 2.216 | 22.160 | 0.0040 | 0.18% | 0.052 | 2.46% | 0.520 | 55.68% |
| | | 2.000 | 250 | 1.000 | 197 | 53 | 2.212 | 22.120 | 0.0040 | 0.18% | | | | 55.76% |
| | | 2.000 | 250 | 1.000 | 198 | 52 | 2.208 | 22.080 | 0.0040 | 0.18% | | | | 55.84% |
| | | 2.000 | 250 | 1.000 | 199 | 51 | 2.204 | 22.040 | 0.0040 | 0.18% | | | | 55.92% |
| | | 2.000 | 250 | 1.000 | 200 | 50 | 2.200 | 22.000 | 0.0040 | 0.18% | | | | 56.00% |
| | | 2.000 | 250 | 1.000 | 201 | 49 | 2.196 | 21.960 | 0.0040 | 0.18% | | | | 56.08% |
| | | 2.000 | 250 | 1.000 | 202 | 48 | 2.192 | 21.920 | 0.0040 | 0.18% | | | | 56.16% |
| | | 2.000 | 250 | 1.000 | 203 | 47 | 2.188 | 21.880 | 0.0040 | 0.18% | | | | 56.24% |
| | | 2.000 | 250 | 1.000 | 204 | 46 | 2.184 | 21.840 | 0.0040 | 0.18% | | | | 56.32% |
| | | 2.000 | 250 | 1.000 | 205 | 45 | 2.180 | 21.800 | 0.0040 | 0.18% | | | | 56.40% |
| | | 2.000 | 250 | 1.000 | 206 | 44 | 2.176 | 21.760 | 0.0040 | 0.18% | | | | 56.48% |
| | | 2.000 | 250 | 1.000 | 207 | 43 | 2.172 | 21.720 | 0.0040 | 0.18% | | | | 56.56% |
| | | 2.000 | 250 | 1.000 | 208 | 42 | 2.168 | 21.680 | 0.0040 | 0.18% | | | | 56.64% |
| | | 2.000 | 250 | 1.000 | 209 | 41 | 2.164 | 21.640 | 0.0040 | 0.18% | | | | 56.72% |
| | | 2.000 | 250 | 1.000 | 210 | 40 | 2.160 | 21.600 | 0.0040 | 0.18% | 0.052 | 2.53% | 0.520 | 56.80% |
| | | 2.000 | 250 | 1.000 | 211 | 39 | 2.156 | 21.560 | 0.0040 | 0.19% | | | | 56.88% |
| | | 2.000 | 250 | 1.000 | 212 | 38 | 2.152 | 21.520 | 0.0040 | 0.19% | | | | 56.96% |
| | | 2.000 | 250 | 1.000 | 213 | 37 | 2.148 | 21.480 | 0.0040 | 0.19% | | | | 57.04% |
| | | 2.000 | 250 | 1.000 | 214 | 36 | 2.144 | 21.440 | 0.0040 | 0.19% | | | | 57.12% |
| | | 2.000 | 250 | 1.000 | 215 | 35 | 2.140 | 21.400 | 0.0040 | 0.19% | | | | 57.20% |
| | | 2.000 | 250 | 1.000 | 216 | 34 | 2.136 | 21.360 | 0.0040 | 0.19% | | | | 57.28% |
| | | 2.000 | 250 | 1.000 | 217 | 33 | 2.132 | 21.320 | 0.0040 | 0.19% | | | | 57.36% |
| | | 2.000 | 250 | 1.000 | 218 | 32 | 2.128 | 21.280 | 0.0040 | 0.19% | | | | 57.44% |
| | | 2.000 | 250 | 1.000 | 219 | 31 | 2.124 | 21.240 | 0.0040 | 0.19% | | | | 57.52% |
| | | 2.000 | 250 | 1.000 | 220 | 30 | 2.120 | 21.200 | 0.0040 | 0.19% | | | | 57.60% |
| | | 2.000 | 250 | 1.000 | 221 | 29 | 2.116 | 21.160 | 0.0040 | 0.19% | | | | 57.68% |
| | | 2.000 | 250 | 1.000 | 222 | 28 | 2.112 | 21.120 | 0.0040 | 0.19% | | | | 57.76% |
| | | 2.000 | 250 | 1.000 | 223 | 27 | 2.108 | 21.080 | 0.0040 | 0.19% | | | | 57.84% |
| | | 2.000 | 250 | 1.000 | 224 | 26 | 2.104 | 21.040 | 0.0040 | 0.19% | 0.052 | 2.59% | 0.520 | 57.92% |
| | | 2.000 | 250 | 1.000 | 225 | 25 | 2.100 | 21.000 | 0.0040 | 0.19% | | | | 58.00% |
| | | 2.000 | 250 | 1.000 | 226 | 24 | 2.096 | 20.960 | 0.0040 | 0.19% | | | | 58.08% |
| | | 2.000 | 250 | 1.000 | 227 | 23 | 2.092 | 20.920 | 0.0040 | 0.19% | | | | 58.16% |
| | | 2.000 | 250 | 1.000 | 228 | 22 | 2.088 | 20.880 | 0.0040 | 0.19% | | | | 58.24% |
| | | 2.000 | 250 | 1.000 | 229 | 21 | 2.084 | 20.840 | 0.0040 | 0.19% | | | | 58.32% |

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 2.000
 Start Date January 21, 2008
 Dry Dose 1.000
 Dissolve Dose 1.000
 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 | 1.000 | 1 | 249 | 1.996 | 19.960 | 0.0040 | 0.20% | | | 60.08% | |
| | | 1.000 | 250 | 1.000 | 2 | 248 | 1.992 | 19.920 | 0.0040 | 0.20% | | | 60.16% | |
| | | 1.000 | 250 | 1.000 | 3 | 247 | 1.988 | 19.880 | 0.0040 | 0.20% | | | 60.24% | |
| | | 1.000 | 250 | 1.000 | 4 | 246 | 1.984 | 19.840 | 0.0040 | 0.20% | | | 60.32% | |
| | | 1.000 | 250 | 1.000 | 5 | 245 | 1.980 | 19.800 | 0.0040 | 0.20% | | | 60.40% | |
| | | 1.000 | 250 | 1.000 | 6 | 244 | 1.976 | 19.760 | 0.0040 | 0.20% | | | 60.48% | |
| | | 1.000 | 250 | 1.000 | 7 | 243 | 1.972 | 19.720 | 0.0040 | 0.20% | | | 60.56% | |
| | | 1.000 | 250 | 1.000 | 8 | 242 | 1.968 | 19.680 | 0.0040 | 0.20% | | | 60.64% | |
| | | 1.000 | 250 | 1.000 | 9 | 241 | 1.964 | 19.640 | 0.0040 | 0.20% | | | 60.72% | |
| | | 1.000 | 250 | 1.000 | 10 | 240 | 1.960 | 19.600 | 0.0040 | 0.20% | | | 60.80% | |
| | | 1.000 | 250 | 1.000 | 11 | 239 | 1.956 | 19.560 | 0.0040 | 0.20% | | | 60.88% | |
| | | 1.000 | 250 | 1.000 | 12 | 238 | 1.952 | 19.520 | 0.0040 | 0.20% | | | 60.96% | |
| | | 1.000 | 250 | 1.000 | 13 | 237 | 1.948 | 19.480 | 0.0040 | 0.20% | | | 61.04% | |
| | | 1.000 | 250 | 1.000 | 14 | 236 | 1.944 | 19.440 | 0.0040 | 0.21% | 0.052 | 2.61% | 0.520 | 61.12% |
| | | 1.000 | 250 | 1.000 | 15 | 235 | 1.940 | 19.400 | 0.0040 | 0.21% | | | 61.20% | |
| | | 1.000 | 250 | 1.000 | 16 | 234 | 1.936 | 19.360 | 0.0040 | 0.21% | | | 61.28% | |
| | | 1.000 | 250 | 1.000 | 17 | 233 | 1.932 | 19.320 | 0.0040 | 0.21% | | | 61.36% | |
| | | 1.000 | 250 | 1.000 | 18 | 232 | 1.928 | 19.280 | 0.0040 | 0.21% | | | 61.44% | |
| | | 1.000 | 250 | 1.000 | 19 | 231 | 1.924 | 19.240 | 0.0040 | 0.21% | | | 61.52% | |
| | | 1.000 | 250 | 1.000 | 20 | 230 | 1.920 | 19.200 | 0.0040 | 0.21% | | | 61.60% | |
| | | 1.000 | 250 | 1.000 | 21 | 229 | 1.916 | 19.160 | 0.0040 | 0.21% | | | 61.68% | |
| | | 1.000 | 250 | 1.000 | 22 | 228 | 1.912 | 19.120 | 0.0040 | 0.21% | | | 61.76% | |
| | | 1.000 | 250 | 1.000 | 23 | 227 | 1.908 | 19.080 | 0.0040 | 0.21% | | | 61.84% | |
| | | 1.000 | 250 | 1.000 | 24 | 226 | 1.904 | 19.040 | 0.0040 | 0.21% | | | 61.92% | |
| | | 1.000 | 250 | 1.000 | 25 | 225 | 1.900 | 19.000 | 0.0040 | 0.21% | | | 62.00% | |
| | | 1.000 | 250 | 1.000 | 26 | 224 | 1.896 | 18.960 | 0.0040 | 0.21% | | | 62.08% | |
| | | 1.000 | 250 | 1.000 | 27 | 223 | 1.892 | 18.920 | 0.0040 | 0.21% | | | 62.16% | |
| | | 1.000 | 250 | 1.000 | 28 | 222 | 1.888 | 18.880 | 0.0040 | 0.21% | 0.052 | 2.88% | 0.520 | 62.24% |
| | | 1.000 | 250 | 1.000 | 29 | 221 | 1.884 | 18.840 | 0.0040 | 0.21% | | | 62.32% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|--------|-------------|-------------|-------|-------|------------------|------------------|---------|--------------|----------------|---------------|--------------------|-------------------|--------|
| | | 1.000 | 250 | 1.000 | 30 | 220 | 1.880 | 18.800 | 0.0040 | 0.21% | | | 62.40% | |
| | | 1.000 | 250 | 1.000 | 31 | 219 | 1.876 | 18.760 | 0.0040 | 0.21% | | | 62.48% | |
| | | 1.000 | 250 | 1.000 | 32 | 218 | 1.872 | 18.720 | 0.0040 | 0.21% | | | 62.56% | |
| | | 1.000 | 250 | 1.000 | 33 | 217 | 1.868 | 18.680 | 0.0040 | 0.21% | | | 62.64% | |
| | | 1.000 | 250 | 1.000 | 34 | 216 | 1.864 | 18.640 | 0.0040 | 0.21% | | | 62.72% | |
| | | 1.000 | 250 | 1.000 | 35 | 215 | 1.860 | 18.600 | 0.0040 | 0.21% | | | 62.80% | |
| | | 1.000 | 250 | 1.000 | 36 | 214 | 1.856 | 18.560 | 0.0040 | 0.22% | | | 62.88% | |
| | | 1.000 | 250 | 1.000 | 37 | 213 | 1.852 | 18.520 | 0.0040 | 0.22% | | | 62.96% | |
| | | 1.000 | 250 | 1.000 | 38 | 212 | 1.848 | 18.480 | 0.0040 | 0.22% | | | 63.04% | |
| | | 1.000 | 250 | 1.000 | 39 | 211 | 1.844 | 18.440 | 0.0040 | 0.22% | | | 63.12% | |
| | | 1.000 | 250 | 1.000 | 40 | 210 | 1.840 | 18.400 | 0.0040 | 0.22% | | | 63.20% | |
| | | 1.000 | 250 | 1.000 | 41 | 209 | 1.836 | 18.360 | 0.0040 | 0.22% | | | 63.28% | |
| | | 1.000 | 250 | 1.000 | 42 | 208 | 1.832 | 18.320 | 0.0040 | 0.22% | 0.052 | 2.97% | 0.520 | 63.36% |
| | | 1.000 | 250 | 1.000 | 43 | 207 | 1.828 | 18.280 | 0.0040 | 0.22% | | | 63.44% | |
| | | 1.000 | 250 | 1.000 | 44 | 206 | 1.824 | 18.240 | 0.0040 | 0.22% | | | 63.52% | |
| | | 1.000 | 250 | 1.000 | 45 | 205 | 1.820 | 18.200 | 0.0040 | 0.22% | | | 63.60% | |
| | | 1.000 | 250 | 1.000 | 46 | 204 | 1.816 | 18.160 | 0.0040 | 0.22% | | | 63.68% | |
| | | 1.000 | 250 | 1.000 | 47 | 203 | 1.812 | 18.120 | 0.0040 | 0.22% | | | 63.76% | |
| | | 1.000 | 250 | 1.000 | 48 | 202 | 1.808 | 18.080 | 0.0040 | 0.22% | | | 63.84% | |
| | | 1.000 | 250 | 1.000 | 49 | 201 | 1.804 | 18.040 | 0.0040 | 0.22% | | | 63.92% | |
| | | 1.000 | 250 | 1.000 | 50 | 200 | 1.800 | 18.000 | 0.0040 | 0.22% | | | 64.00% | |
| | | 1.000 | 250 | 1.000 | 51 | 199 | 1.796 | 17.960 | 0.0040 | 0.22% | | | 64.08% | |
| | | 1.000 | 250 | 1.000 | 52 | 198 | 1.792 | 17.920 | 0.0040 | 0.22% | | | 64.16% | |
| | | 1.000 | 250 | 1.000 | 53 | 197 | 1.788 | 17.880 | 0.0040 | 0.22% | | | 64.24% | |
| | | 1.000 | 250 | 1.000 | 54 | 196 | 1.784 | 17.840 | 0.0040 | 0.22% | | | 64.32% | |
| | | 1.000 | 250 | 1.000 | 55 | 195 | 1.780 | 17.800 | 0.0040 | 0.22% | | | 64.40% | |
| | | 1.000 | 250 | 1.000 | 56 | 194 | 1.776 | 17.760 | 0.0040 | 0.22% | 0.052 | 3.06% | 0.520 | 64.48% |
| | | 1.000 | 250 | 1.000 | 57 | 193 | 1.772 | 17.720 | 0.0040 | 0.23% | | | 64.56% | |
| | | 1.000 | 250 | 1.000 | 58 | 192 | 1.768 | 17.680 | 0.0040 | 0.23% | | | 64.64% | |
| | | 1.000 | 250 | 1.000 | 59 | 191 | 1.764 | 17.640 | 0.0040 | 0.23% | | | 64.72% | |
| | | 1.000 | 250 | 1.000 | 60 | 190 | 1.760 | 17.600 | 0.0040 | 0.23% | | | 64.80% | |
| | | 1.000 | 250 | 1.000 | 61 | 189 | 1.756 | 17.560 | 0.0040 | 0.23% | | | 64.88% | |
| | | 1.000 | 250 | 1.000 | 62 | 188 | 1.752 | 17.520 | 0.0040 | 0.23% | | | 64.96% | |
| | | 1.000 | 250 | 1.000 | 63 | 187 | 1.748 | 17.480 | 0.0040 | 0.23% | | | 65.04% | |
| | | 1.000 | 250 | 1.000 | 64 | 186 | 1.744 | 17.440 | 0.0040 | 0.23% | | | 65.12% | |
| | | 1.000 | 250 | 1.000 | 65 | 185 | 1.740 | 17.400 | 0.0040 | 0.23% | | | 65.20% | |
| | | 1.000 | 250 | 1.000 | 66 | 184 | 1.736 | 17.360 | 0.0040 | 0.23% | | | 65.28% | |
| | | 1.000 | 250 | 1.000 | 67 | 183 | 1.732 | 17.320 | 0.0040 | 0.23% | | | 65.36% | |
| | | 1.000 | 250 | 1.000 | 68 | 182 | 1.728 | 17.280 | 0.0040 | 0.23% | | | 65.44% | |
| | | 1.000 | 250 | 1.000 | 69 | 181 | 1.724 | 17.240 | 0.0040 | 0.23% | | | 65.52% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 250 | 1.000 | 70 | 180 | 1.720 | 17.200 | 0.0040 | 0.23% | 0.052 | 3.15% | 0.520 | 65.60% |
| | | 1.000 | 250 | 1.000 | 71 | 179 | 1.716 | 17.160 | 0.0040 | 0.23% | | | | 65.68% |
| | | 1.000 | 250 | 1.000 | 72 | 178 | 1.712 | 17.120 | 0.0040 | 0.23% | | | | 65.76% |
| | | 1.000 | 250 | 1.000 | 73 | 177 | 1.708 | 17.080 | 0.0040 | 0.23% | | | | 65.84% |
| | | 1.000 | 250 | 1.000 | 74 | 176 | 1.704 | 17.040 | 0.0040 | 0.23% | | | | 65.92% |
| | | 1.000 | 250 | 1.000 | 75 | 175 | 1.700 | 17.000 | 0.0040 | 0.23% | | | | 66.00% |
| | | 1.000 | 250 | 1.000 | 76 | 174 | 1.696 | 16.960 | 0.0040 | 0.24% | | | | 66.08% |
| | | 1.000 | 250 | 1.000 | 77 | 173 | 1.692 | 16.920 | 0.0040 | 0.24% | | | | 66.16% |
| | | 1.000 | 250 | 1.000 | 78 | 172 | 1.688 | 16.880 | 0.0040 | 0.24% | | | | 66.24% |
| | | 1.000 | 250 | 1.000 | 79 | 171 | 1.684 | 16.840 | 0.0040 | 0.24% | | | | 66.32% |
| | | 1.000 | 250 | 1.000 | 80 | 170 | 1.680 | 16.800 | 0.0040 | 0.24% | | | | 66.40% |
| | | 1.000 | 250 | 1.000 | 81 | 169 | 1.676 | 16.760 | 0.0040 | 0.24% | | | | 66.48% |
| | | 1.000 | 250 | 1.000 | 82 | 168 | 1.672 | 16.720 | 0.0040 | 0.24% | | | | 66.56% |
| | | 1.000 | 250 | 1.000 | 83 | 167 | 1.668 | 16.680 | 0.0040 | 0.24% | | | | 66.64% |
| | | 1.000 | 250 | 1.000 | 84 | 166 | 1.664 | 16.640 | 0.0040 | 0.24% | 0.052 | 3.26% | 0.520 | 66.72% |
| | | 1.000 | 250 | 1.000 | 85 | 165 | 1.660 | 16.600 | 0.0040 | 0.24% | | | | 66.80% |
| | | 1.000 | 250 | 1.000 | 86 | 164 | 1.656 | 16.560 | 0.0040 | 0.24% | | | | 66.88% |
| | | 1.000 | 250 | 1.000 | 87 | 163 | 1.652 | 16.520 | 0.0040 | 0.24% | | | | 66.96% |
| | | 1.000 | 250 | 1.000 | 88 | 162 | 1.648 | 16.480 | 0.0040 | 0.24% | | | | 67.04% |
| | | 1.000 | 250 | 1.000 | 89 | 161 | 1.644 | 16.440 | 0.0040 | 0.24% | | | | 67.12% |
| | | 1.000 | 250 | 1.000 | 90 | 160 | 1.640 | 16.400 | 0.0040 | 0.24% | | | | 67.20% |
| | | 1.000 | 250 | 1.000 | 91 | 159 | 1.636 | 16.360 | 0.0040 | 0.24% | | | | 67.28% |
| | | 1.000 | 250 | 1.000 | 92 | 158 | 1.632 | 16.320 | 0.0040 | 0.24% | | | | 67.36% |
| | | 1.000 | 250 | 1.000 | 93 | 157 | 1.628 | 16.280 | 0.0040 | 0.25% | | | | 67.44% |
| | | 1.000 | 250 | 1.000 | 94 | 156 | 1.624 | 16.240 | 0.0040 | 0.25% | | | | 67.52% |
| | | 1.000 | 250 | 1.000 | 95 | 155 | 1.620 | 16.200 | 0.0040 | 0.25% | | | | 67.60% |
| | | 1.000 | 250 | 1.000 | 96 | 154 | 1.616 | 16.160 | 0.0040 | 0.25% | | | | 67.68% |
| | | 1.000 | 250 | 1.000 | 97 | 153 | 1.612 | 16.120 | 0.0040 | 0.25% | | | | 67.76% |
| | | 1.000 | 250 | 1.000 | 98 | 152 | 1.608 | 16.080 | 0.0040 | 0.25% | 0.052 | 3.37% | 0.520 | 67.84% |
| | | 1.000 | 250 | 1.000 | 99 | 151 | 1.604 | 16.040 | 0.0040 | 0.25% | | | | 67.92% |
| | | 1.000 | 250 | 1.000 | 100 | 150 | 1.600 | 16.000 | 0.0040 | 0.25% | | | | 68.00% |
| | | 1.000 | 250 | 1.000 | 101 | 149 | 1.596 | 15.960 | 0.0040 | 0.25% | | | | 68.08% |
| | | 1.000 | 250 | 1.000 | 102 | 148 | 1.592 | 15.920 | 0.0040 | 0.25% | | | | 68.16% |
| | | 1.000 | 250 | 1.000 | 103 | 147 | 1.588 | 15.880 | 0.0040 | 0.25% | | | | 68.24% |
| | | 1.000 | 250 | 1.000 | 104 | 146 | 1.584 | 15.840 | 0.0040 | 0.25% | | | | 68.32% |
| | | 1.000 | 250 | 1.000 | 105 | 145 | 1.580 | 15.800 | 0.0040 | 0.25% | | | | 68.40% |
| | | 1.000 | 250 | 1.000 | 106 | 144 | 1.576 | 15.760 | 0.0040 | 0.25% | | | | 68.48% |
| | | 1.000 | 250 | 1.000 | 107 | 143 | 1.572 | 15.720 | 0.0040 | 0.25% | | | | 68.56% |
| | | 1.000 | 250 | 1.000 | 108 | 142 | 1.568 | 15.680 | 0.0040 | 0.25% | | | | 68.64% |
| | | 1.000 | 250 | 1.000 | 109 | 141 | 1.564 | 15.640 | 0.0040 | 0.26% | | | | 68.72% |

| 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 | 110 | 140 | 1.560 | 15.600 | 0.0040 | 0.26% | | | 68.80% |
| | | 1.000 | 250 | 1.000 | 111 | 139 | 1.556 | 15.560 | 0.0040 | 0.26% | | | 68.88% |
| | | 1.000 | 250 | 1.000 | 112 | 138 | 1.552 | 15.520 | 0.0040 | 0.26% | 0.052 | 3.48% | 68.96% |
| | | 1.000 | 250 | 1.000 | 113 | 137 | 1.548 | 15.480 | 0.0040 | 0.26% | | | 69.04% |
| | | 1.000 | 250 | 1.000 | 114 | 136 | 1.544 | 15.440 | 0.0040 | 0.26% | | | 69.12% |
| | | 1.000 | 250 | 1.000 | 115 | 135 | 1.540 | 15.400 | 0.0040 | 0.26% | | | 69.20% |
| | | 1.000 | 250 | 1.000 | 116 | 134 | 1.536 | 15.360 | 0.0040 | 0.26% | | | 69.28% |
| | | 1.000 | 250 | 1.000 | 117 | 133 | 1.532 | 15.320 | 0.0040 | 0.26% | | | 69.36% |
| | | 1.000 | 250 | 1.000 | 118 | 132 | 1.528 | 15.280 | 0.0040 | 0.26% | | | 69.44% |
| | | 1.000 | 250 | 1.000 | 119 | 131 | 1.524 | 15.240 | 0.0040 | 0.26% | | | 69.52% |
| | | 1.000 | 250 | 1.000 | 120 | 130 | 1.520 | 15.200 | 0.0040 | 0.26% | | | 69.60% |
| | | 1.000 | 250 | 1.000 | 121 | 129 | 1.516 | 15.160 | 0.0040 | 0.26% | | | 69.68% |
| | | 1.000 | 250 | 1.000 | 122 | 128 | 1.512 | 15.120 | 0.0040 | 0.26% | | | 69.76% |
| | | 1.000 | 250 | 1.000 | 123 | 127 | 1.508 | 15.080 | 0.0040 | 0.26% | | | 69.84% |
| | | 1.000 | 250 | 1.000 | 124 | 126 | 1.504 | 15.040 | 0.0040 | 0.27% | | | 69.92% |
| | | 1.000 | 250 | 1.000 | 125 | 125 | 1.500 | 15.000 | 0.0040 | 0.27% | | | 70.00% |
| | | 1.000 | 250 | 1.000 | 126 | 124 | 1.496 | 14.960 | 0.0040 | 0.27% | 0.052 | 3.61% | 70.08% |
| | | 1.000 | 250 | 1.000 | 127 | 123 | 1.492 | 14.920 | 0.0040 | 0.27% | | | 70.16% |
| | | 1.000 | 250 | 1.000 | 128 | 122 | 1.488 | 14.880 | 0.0040 | 0.27% | | | 70.24% |
| | | 1.000 | 250 | 1.000 | 129 | 121 | 1.484 | 14.840 | 0.0040 | 0.27% | | | 70.32% |
| | | 1.000 | 250 | 1.000 | 130 | 120 | 1.480 | 14.800 | 0.0040 | 0.27% | | | 70.40% |
| | | 1.000 | 250 | 1.000 | 131 | 119 | 1.476 | 14.760 | 0.0040 | 0.27% | | | 70.48% |
| | | 1.000 | 250 | 1.000 | 132 | 118 | 1.472 | 14.720 | 0.0040 | 0.27% | | | 70.56% |
| | | 1.000 | 250 | 1.000 | 133 | 117 | 1.468 | 14.680 | 0.0040 | 0.27% | | | 70.64% |
| | | 1.000 | 250 | 1.000 | 134 | 116 | 1.464 | 14.640 | 0.0040 | 0.27% | | | 70.72% |
| | | 1.000 | 250 | 1.000 | 135 | 115 | 1.460 | 14.600 | 0.0040 | 0.27% | | | 70.80% |
| | | 1.000 | 250 | 1.000 | 136 | 114 | 1.456 | 14.560 | 0.0040 | 0.27% | | | 70.88% |
| | | 1.000 | 250 | 1.000 | 137 | 113 | 1.452 | 14.520 | 0.0040 | 0.27% | | | 70.96% |
| | | 1.000 | 250 | 1.000 | 138 | 112 | 1.448 | 14.480 | 0.0040 | 0.28% | | | 71.04% |
| | | 1.000 | 250 | 1.000 | 139 | 111 | 1.444 | 14.440 | 0.0040 | 0.28% | | | 71.12% |
| | | 1.000 | 250 | 1.000 | 140 | 110 | 1.440 | 14.400 | 0.0040 | 0.28% | 0.052 | 3.74% | 71.20% |
| | | 1.000 | 250 | 1.000 | 141 | 109 | 1.436 | 14.360 | 0.0040 | 0.28% | | | 71.28% |
| | | 1.000 | 250 | 1.000 | 142 | 108 | 1.432 | 14.320 | 0.0040 | 0.28% | | | 71.36% |
| | | 1.000 | 250 | 1.000 | 143 | 107 | 1.428 | 14.280 | 0.0040 | 0.28% | | | 71.44% |
| | | 1.000 | 250 | 1.000 | 144 | 106 | 1.424 | 14.240 | 0.0040 | 0.28% | | | 71.52% |
| | | 1.000 | 250 | 1.000 | 145 | 105 | 1.420 | 14.200 | 0.0040 | 0.28% | | | 71.60% |
| | | 1.000 | 250 | 1.000 | 146 | 104 | 1.416 | 14.160 | 0.0040 | 0.28% | | | 71.68% |
| | | 1.000 | 250 | 1.000 | 147 | 103 | 1.412 | 14.120 | 0.0040 | 0.28% | | | 71.76% |
| | | 1.000 | 250 | 1.000 | 148 | 102 | 1.408 | 14.080 | 0.0040 | 0.28% | | | 71.84% |
| | | 1.000 | 250 | 1.000 | 149 | 101 | 1.404 | 14.040 | 0.0040 | 0.28% | | | 71.92% |

| 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 | 150 | 100 | 1.400 | 14.000 | 0.0040 | 0.28% | | | 72.00% | |
| | | 1.000 | 250 | 1.000 | 151 | 99 | 1.396 | 13.960 | 0.0040 | 0.29% | | | 72.08% | |
| | | 1.000 | 250 | 1.000 | 152 | 98 | 1.392 | 13.920 | 0.0040 | 0.29% | | | 72.16% | |
| | | 1.000 | 250 | 1.000 | 153 | 97 | 1.388 | 13.880 | 0.0040 | 0.29% | | | 72.24% | |
| | | 1.000 | 250 | 1.000 | 154 | 96 | 1.384 | 13.840 | 0.0040 | 0.29% | 0.052 | 3.89% | 0.520 | 72.32% |
| | | 1.000 | 250 | 1.000 | 155 | 95 | 1.380 | 13.800 | 0.0040 | 0.29% | | | 72.40% | |
| | | 1.000 | 250 | 1.000 | 156 | 94 | 1.376 | 13.760 | 0.0040 | 0.29% | | | 72.48% | |
| | | 1.000 | 250 | 1.000 | 157 | 93 | 1.372 | 13.720 | 0.0040 | 0.29% | | | 72.56% | |
| | | 1.000 | 250 | 1.000 | 158 | 92 | 1.368 | 13.680 | 0.0040 | 0.29% | | | 72.64% | |
| | | 1.000 | 250 | 1.000 | 159 | 91 | 1.364 | 13.640 | 0.0040 | 0.29% | | | 72.72% | |
| | | 1.000 | 250 | 1.000 | 160 | 90 | 1.360 | 13.600 | 0.0040 | 0.29% | | | 72.80% | |
| | | 1.000 | 250 | 1.000 | 161 | 89 | 1.356 | 13.560 | 0.0040 | 0.29% | | | 72.88% | |
| | | 1.000 | 250 | 1.000 | 162 | 88 | 1.352 | 13.520 | 0.0040 | 0.29% | | | 72.96% | |
| | | 1.000 | 250 | 1.000 | 163 | 87 | 1.348 | 13.480 | 0.0040 | 0.30% | | | 73.04% | |
| | | 1.000 | 250 | 1.000 | 164 | 86 | 1.344 | 13.440 | 0.0040 | 0.30% | | | 73.12% | |
| | | 1.000 | 250 | 1.000 | 165 | 85 | 1.340 | 13.400 | 0.0040 | 0.30% | | | 73.20% | |
| | | 1.000 | 250 | 1.000 | 166 | 84 | 1.336 | 13.360 | 0.0040 | 0.30% | | | 73.28% | |
| | | 1.000 | 250 | 1.000 | 167 | 83 | 1.332 | 13.320 | 0.0040 | 0.30% | | | 73.36% | |
| | | 1.000 | 250 | 1.000 | 168 | 82 | 1.328 | 13.280 | 0.0040 | 0.30% | 0.052 | 4.05% | 0.520 | 73.44% |
| | | 1.000 | 250 | 1.000 | 169 | 81 | 1.324 | 13.240 | 0.0040 | 0.30% | | | 73.52% | |
| | | 1.000 | 250 | 1.000 | 170 | 80 | 1.320 | 13.200 | 0.0040 | 0.30% | | | 73.60% | |
| | | 1.000 | 250 | 1.000 | 171 | 79 | 1.316 | 13.160 | 0.0040 | 0.30% | | | 73.68% | |
| | | 1.000 | 250 | 1.000 | 172 | 78 | 1.312 | 13.120 | 0.0040 | 0.30% | | | 73.76% | |
| | | 1.000 | 250 | 1.000 | 173 | 77 | 1.308 | 13.080 | 0.0040 | 0.30% | | | 73.84% | |
| | | 1.000 | 250 | 1.000 | 174 | 76 | 1.304 | 13.040 | 0.0040 | 0.31% | | | 73.92% | |
| | | 1.000 | 250 | 1.000 | 175 | 75 | 1.300 | 13.000 | 0.0040 | 0.31% | | | 74.00% | |
| | | 1.000 | 250 | 1.000 | 176 | 74 | 1.296 | 12.960 | 0.0040 | 0.31% | | | 74.08% | |
| | | 1.000 | 250 | 1.000 | 177 | 73 | 1.292 | 12.920 | 0.0040 | 0.31% | | | 74.16% | |
| | | 1.000 | 250 | 1.000 | 178 | 72 | 1.288 | 12.880 | 0.0040 | 0.31% | | | 74.24% | |
| | | 1.000 | 250 | 1.000 | 179 | 71 | 1.284 | 12.840 | 0.0040 | 0.31% | | | 74.32% | |
| | | 1.000 | 250 | 1.000 | 180 | 70 | 1.280 | 12.800 | 0.0040 | 0.31% | | | 74.40% | |
| | | 1.000 | 250 | 1.000 | 181 | 69 | 1.276 | 12.760 | 0.0040 | 0.31% | | | 74.48% | |
| | | 1.000 | 250 | 1.000 | 182 | 68 | 1.272 | 12.720 | 0.0040 | 0.31% | 0.052 | 4.22% | 0.520 | 74.56% |
| | | 1.000 | 250 | 1.000 | 183 | 67 | 1.268 | 12.680 | 0.0040 | 0.31% | | | 74.64% | |
| | | 1.000 | 250 | 1.000 | 184 | 66 | 1.264 | 12.640 | 0.0040 | 0.32% | | | 74.72% | |
| | | 1.000 | 250 | 1.000 | 185 | 65 | 1.260 | 12.600 | 0.0040 | 0.32% | | | 74.80% | |
| | | 1.000 | 250 | 1.000 | 186 | 64 | 1.256 | 12.560 | 0.0040 | 0.32% | | | 74.88% | |
| | | 1.000 | 250 | 1.000 | 187 | 63 | 1.252 | 12.520 | 0.0040 | 0.32% | | | 74.96% | |
| | | 1.000 | 250 | 1.000 | 188 | 62 | 1.248 | 12.480 | 0.0040 | 0.32% | | | 75.04% | |
| | | 1.000 | 250 | 1.000 | 189 | 61 | 1.244 | 12.440 | 0.0040 | 0.32% | | | 75.12% | |

| 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 | 190 | 60 | 1.240 | 12.400 | 0.0040 | 0.32% | | | 75.20% | |
| | | 1.000 | 250 | 1.000 | 191 | 59 | 1.236 | 12.360 | 0.0040 | 0.32% | | | 75.28% | |
| | | 1.000 | 250 | 1.000 | 192 | 58 | 1.232 | 12.320 | 0.0040 | 0.32% | | | 75.36% | |
| | | 1.000 | 250 | 1.000 | 193 | 57 | 1.228 | 12.280 | 0.0040 | 0.32% | | | 75.44% | |
| | | 1.000 | 250 | 1.000 | 194 | 56 | 1.224 | 12.240 | 0.0040 | 0.33% | | | 75.52% | |
| | | 1.000 | 250 | 1.000 | 195 | 55 | 1.220 | 12.200 | 0.0040 | 0.33% | | | 75.60% | |
| | | 1.000 | 250 | 1.000 | 196 | 54 | 1.216 | 12.160 | 0.0040 | 0.33% | 0.052 | 4.40% | 0.520 | 75.68% |
| | | 1.000 | 250 | 1.000 | 197 | 53 | 1.212 | 12.120 | 0.0040 | 0.33% | | | 75.76% | |
| | | 1.000 | 250 | 1.000 | 198 | 52 | 1.208 | 12.080 | 0.0040 | 0.33% | | | 75.84% | |
| | | 1.000 | 250 | 1.000 | 199 | 51 | 1.204 | 12.040 | 0.0040 | 0.33% | | | 75.92% | |
| | | 1.000 | 250 | 1.000 | 200 | 50 | 1.200 | 12.000 | 0.0040 | 0.33% | | | 76.00% | |
| | | 1.000 | 250 | 1.000 | 201 | 49 | 1.196 | 11.960 | 0.0040 | 0.33% | | | 76.08% | |
| | | 1.000 | 250 | 1.000 | 202 | 48 | 1.192 | 11.920 | 0.0040 | 0.33% | | | 76.16% | |
| | | 1.000 | 250 | 1.000 | 203 | 47 | 1.188 | 11.880 | 0.0040 | 0.34% | | | 76.24% | |
| | | 1.000 | 250 | 1.000 | 204 | 46 | 1.184 | 11.840 | 0.0040 | 0.34% | | | 76.32% | |
| | | 1.000 | 250 | 1.000 | 205 | 45 | 1.180 | 11.800 | 0.0040 | 0.34% | | | 76.40% | |
| | | 1.000 | 250 | 1.000 | 206 | 44 | 1.176 | 11.760 | 0.0040 | 0.34% | | | 76.48% | |
| | | 1.000 | 250 | 1.000 | 207 | 43 | 1.172 | 11.720 | 0.0040 | 0.34% | | | 76.56% | |
| | | 1.000 | 250 | 1.000 | 208 | 42 | 1.168 | 11.680 | 0.0040 | 0.34% | | | 76.64% | |
| | | 1.000 | 250 | 1.000 | 209 | 41 | 1.164 | 11.640 | 0.0040 | 0.34% | | | 76.72% | |
| | | 1.000 | 250 | 1.000 | 210 | 40 | 1.160 | 11.600 | 0.0040 | 0.34% | 0.052 | 4.61% | 0.520 | 76.80% |
| | | 1.000 | 250 | 1.000 | 211 | 39 | 1.156 | 11.560 | 0.0040 | 0.34% | | | 76.88% | |
| | | 1.000 | 250 | 1.000 | 212 | 38 | 1.152 | 11.520 | 0.0040 | 0.35% | | | 76.96% | |
| | | 1.000 | 250 | 1.000 | 213 | 37 | 1.148 | 11.480 | 0.0040 | 0.35% | | | 77.04% | |
| | | 1.000 | 250 | 1.000 | 214 | 36 | 1.144 | 11.440 | 0.0040 | 0.35% | | | 77.12% | |
| | | 1.000 | 250 | 1.000 | 215 | 35 | 1.140 | 11.400 | 0.0040 | 0.35% | | | 77.20% | |
| | | 1.000 | 250 | 1.000 | 216 | 34 | 1.136 | 11.360 | 0.0040 | 0.35% | | | 77.28% | |
| | | 1.000 | 250 | 1.000 | 217 | 33 | 1.132 | 11.320 | 0.0040 | 0.35% | | | 77.36% | |
| | | 1.000 | 250 | 1.000 | 218 | 32 | 1.128 | 11.280 | 0.0040 | 0.35% | | | 77.44% | |
| | | 1.000 | 250 | 1.000 | 219 | 31 | 1.124 | 11.240 | 0.0040 | 0.35% | | | 77.52% | |
| | | 1.000 | 250 | 1.000 | 220 | 30 | 1.120 | 11.200 | 0.0040 | 0.36% | | | 77.60% | |
| | | 1.000 | 250 | 1.000 | 221 | 29 | 1.116 | 11.160 | 0.0040 | 0.36% | | | 77.68% | |
| | | 1.000 | 250 | 1.000 | 222 | 28 | 1.112 | 11.120 | 0.0040 | 0.36% | | | 77.76% | |
| | | 1.000 | 250 | 1.000 | 223 | 27 | 1.108 | 11.080 | 0.0040 | 0.36% | | | 77.84% | |
| | | 1.000 | 250 | 1.000 | 224 | 26 | 1.104 | 11.040 | 0.0040 | 0.36% | 0.052 | 4.83% | 0.520 | 77.92% |
| | | 1.000 | 250 | 1.000 | 225 | 25 | 1.100 | 11.000 | 0.0040 | 0.36% | | | 78.00% | |
| | | 1.000 | 250 | 1.000 | 226 | 24 | 1.096 | 10.960 | 0.0040 | 0.36% | | | 78.08% | |
| | | 1.000 | 250 | 1.000 | 227 | 23 | 1.092 | 10.920 | 0.0040 | 0.36% | | | 78.16% | |
| | | 1.000 | 250 | 1.000 | 228 | 22 | 1.088 | 10.880 | 0.0040 | 0.37% | | | 78.24% | |
| | | 1.000 | 250 | 1.000 | 229 | 21 | 1.084 | 10.840 | 0.0040 | 0.37% | | | 78.32% | |

Medication Ativan
 Valium Multiplier 10
 Original Dose 5
 Current Dose 1.000
 Start Date September 27, 2008
 Dry Dose 0.000
 Dissolve Dose 1.000
 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 | 1.000 | 1 | 249 | 0.996 | 9.960 | 0.0040 | 0.40% | | | | 80.08% |
| | 0.000 | 250 | 1.000 | 2 | 248 | 0.992 | 9.920 | 0.0040 | 0.40% | | | | 80.16% |
| | 0.000 | 250 | 1.000 | 3 | 247 | 0.988 | 9.880 | 0.0040 | 0.40% | | | | 80.24% |
| | 0.000 | 250 | 1.000 | 4 | 246 | 0.984 | 9.840 | 0.0040 | 0.40% | | | | 80.32% |
| | 0.000 | 250 | 1.000 | 5 | 245 | 0.980 | 9.800 | 0.0040 | 0.41% | | | | 80.40% |
| | 0.000 | 250 | 1.000 | 6 | 244 | 0.976 | 9.760 | 0.0040 | 0.41% | | | | 80.48% |
| | 0.000 | 250 | 1.000 | 7 | 243 | 0.972 | 9.720 | 0.0040 | 0.41% | | | | 80.56% |
| | 0.000 | 250 | 1.000 | 8 | 242 | 0.968 | 9.680 | 0.0040 | 0.41% | | | | 80.64% |
| | 0.000 | 250 | 1.000 | 9 | 241 | 0.964 | 9.640 | 0.0040 | 0.41% | | | | 80.72% |
| | 0.000 | 250 | 1.000 | 10 | 240 | 0.960 | 9.600 | 0.0040 | 0.41% | | | | 80.80% |
| | 0.000 | 250 | 1.000 | 11 | 239 | 0.956 | 9.560 | 0.0040 | 0.42% | | | | 80.88% |
| | 0.000 | 250 | 1.000 | 12 | 238 | 0.952 | 9.520 | 0.0040 | 0.42% | | | | 80.96% |
| | 0.000 | 250 | 1.000 | 13 | 237 | 0.948 | 9.480 | 0.0040 | 0.42% | | | | 81.04% |
| | 0.000 | 250 | 1.000 | 14 | 236 | 0.944 | 9.440 | 0.0040 | 0.42% | 0.052 | 5.22% | 0.520 | 81.12% |
| | 0.000 | 250 | 1.000 | 15 | 235 | 0.940 | 9.400 | 0.0040 | 0.42% | | | | 81.20% |
| | 0.000 | 250 | 1.000 | 16 | 234 | 0.936 | 9.360 | 0.0040 | 0.43% | | | | 81.28% |
| | 0.000 | 250 | 1.000 | 17 | 233 | 0.932 | 9.320 | 0.0040 | 0.43% | | | | 81.36% |
| | 0.000 | 250 | 1.000 | 18 | 232 | 0.928 | 9.280 | 0.0040 | 0.43% | | | | 81.44% |
| | 0.000 | 250 | 1.000 | 19 | 231 | 0.924 | 9.240 | 0.0040 | 0.43% | | | | 81.52% |
| | 0.000 | 250 | 1.000 | 20 | 230 | 0.920 | 9.200 | 0.0040 | 0.43% | | | | 81.60% |
| | 0.000 | 250 | 1.000 | 21 | 229 | 0.916 | 9.160 | 0.0040 | 0.43% | | | | 81.68% |
| | 0.000 | 250 | 1.000 | 22 | 228 | 0.912 | 9.120 | 0.0040 | 0.44% | | | | 81.76% |
| | 0.000 | 250 | 1.000 | 23 | 227 | 0.908 | 9.080 | 0.0040 | 0.44% | | | | 81.84% |
| | 0.000 | 250 | 1.000 | 24 | 226 | 0.904 | 9.040 | 0.0040 | 0.44% | | | | 81.92% |
| | 0.000 | 250 | 1.000 | 25 | 225 | 0.900 | 9.000 | 0.0040 | 0.44% | | | | 82.00% |
| | 0.000 | 250 | 1.000 | 26 | 224 | 0.896 | 8.960 | 0.0040 | 0.44% | | | | 82.08% |
| | 0.000 | 250 | 1.000 | 27 | 223 | 0.892 | 8.920 | 0.0040 | 0.45% | | | | 82.16% |
| | 0.000 | 250 | 1.000 | 28 | 222 | 0.888 | 8.880 | 0.0040 | 0.45% | 0.052 | 5.93% | 0.520 | 82.24% |
| | 0.000 | 250 | 1.000 | 29 | 221 | 0.884 | 8.840 | 0.0040 | 0.45% | | | | 82.32% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 250 | 1.000 | 30 | 220 | 0.880 | 8.800 | 0.0040 | 0.45% | | | 82.40% | |
| | | 0.000 | 250 | 1.000 | 31 | 219 | 0.876 | 8.760 | 0.0040 | 0.45% | | | 82.48% | |
| | | 0.000 | 250 | 1.000 | 32 | 218 | 0.872 | 8.720 | 0.0040 | 0.46% | | | 82.56% | |
| | | 0.000 | 250 | 1.000 | 33 | 217 | 0.868 | 8.680 | 0.0040 | 0.46% | | | 82.64% | |
| | | 0.000 | 250 | 1.000 | 34 | 216 | 0.864 | 8.640 | 0.0040 | 0.46% | | | 82.72% | |
| | | 0.000 | 250 | 1.000 | 35 | 215 | 0.860 | 8.600 | 0.0040 | 0.46% | | | 82.80% | |
| | | 0.000 | 250 | 1.000 | 36 | 214 | 0.856 | 8.560 | 0.0040 | 0.47% | | | 82.88% | |
| | | 0.000 | 250 | 1.000 | 37 | 213 | 0.852 | 8.520 | 0.0040 | 0.47% | | | 82.96% | |
| | | 0.000 | 250 | 1.000 | 38 | 212 | 0.848 | 8.480 | 0.0040 | 0.47% | | | 83.04% | |
| | | 0.000 | 250 | 1.000 | 39 | 211 | 0.844 | 8.440 | 0.0040 | 0.47% | | | 83.12% | |
| | | 0.000 | 250 | 1.000 | 40 | 210 | 0.840 | 8.400 | 0.0040 | 0.47% | | | 83.20% | |
| | | 0.000 | 250 | 1.000 | 41 | 209 | 0.836 | 8.360 | 0.0040 | 0.48% | | | 83.28% | |
| | | 0.000 | 250 | 1.000 | 42 | 208 | 0.832 | 8.320 | 0.0040 | 0.48% | 0.052 | 6.31% | 0.520 | 83.36% |
| | | 0.000 | 250 | 1.000 | 43 | 207 | 0.828 | 8.280 | 0.0040 | 0.48% | | | 83.44% | |
| | | 0.000 | 250 | 1.000 | 44 | 206 | 0.824 | 8.240 | 0.0040 | 0.48% | | | 83.52% | |
| | | 0.000 | 250 | 1.000 | 45 | 205 | 0.820 | 8.200 | 0.0040 | 0.49% | | | 83.60% | |
| | | 0.000 | 250 | 1.000 | 46 | 204 | 0.816 | 8.160 | 0.0040 | 0.49% | | | 83.68% | |
| | | 0.000 | 250 | 1.000 | 47 | 203 | 0.812 | 8.120 | 0.0040 | 0.49% | | | 83.76% | |
| | | 0.000 | 250 | 1.000 | 48 | 202 | 0.808 | 8.080 | 0.0040 | 0.49% | | | 83.84% | |
| | | 0.000 | 250 | 1.000 | 49 | 201 | 0.804 | 8.040 | 0.0040 | 0.50% | | | 83.92% | |
| | | 0.000 | 250 | 1.000 | 50 | 200 | 0.800 | 8.000 | 0.0040 | 0.50% | | | 84.00% | |
| | | 0.000 | 250 | 1.000 | 51 | 199 | 0.796 | 7.960 | 0.0040 | 0.50% | | | 84.08% | |
| | | 0.000 | 250 | 1.000 | 52 | 198 | 0.792 | 7.920 | 0.0040 | 0.50% | | | 84.16% | |
| | | 0.000 | 250 | 1.000 | 53 | 197 | 0.788 | 7.880 | 0.0040 | 0.51% | | | 84.24% | |
| | | 0.000 | 250 | 1.000 | 54 | 196 | 0.784 | 7.840 | 0.0040 | 0.51% | | | 84.32% | |
| | | 0.000 | 250 | 1.000 | 55 | 195 | 0.780 | 7.800 | 0.0040 | 0.51% | | | 84.40% | |
| | | 0.000 | 250 | 1.000 | 56 | 194 | 0.776 | 7.760 | 0.0040 | 0.51% | 0.052 | 6.73% | 0.520 | 84.48% |
| | | 0.000 | 250 | 1.000 | 57 | 193 | 0.772 | 7.720 | 0.0040 | 0.52% | | | 84.56% | |
| | | 0.000 | 250 | 1.000 | 58 | 192 | 0.768 | 7.680 | 0.0040 | 0.52% | | | 84.64% | |
| | | 0.000 | 250 | 1.000 | 59 | 191 | 0.764 | 7.640 | 0.0040 | 0.52% | | | 84.72% | |
| | | 0.000 | 250 | 1.000 | 60 | 190 | 0.760 | 7.600 | 0.0040 | 0.52% | | | 84.80% | |
| | | 0.000 | 250 | 1.000 | 61 | 189 | 0.756 | 7.560 | 0.0040 | 0.53% | | | 84.88% | |
| | | 0.000 | 250 | 1.000 | 62 | 188 | 0.752 | 7.520 | 0.0040 | 0.53% | | | 84.96% | |
| | | 0.000 | 250 | 1.000 | 63 | 187 | 0.748 | 7.480 | 0.0040 | 0.53% | | | 85.04% | |
| | | 0.000 | 250 | 1.000 | 64 | 186 | 0.744 | 7.440 | 0.0040 | 0.53% | | | 85.12% | |
| | | 0.000 | 250 | 1.000 | 65 | 185 | 0.740 | 7.400 | 0.0040 | 0.54% | | | 85.20% | |
| | | 0.000 | 250 | 1.000 | 66 | 184 | 0.736 | 7.360 | 0.0040 | 0.54% | | | 85.28% | |
| | | 0.000 | 250 | 1.000 | 67 | 183 | 0.732 | 7.320 | 0.0040 | 0.54% | | | 85.36% | |
| | | 0.000 | 250 | 1.000 | 68 | 182 | 0.728 | 7.280 | 0.0040 | 0.55% | | | 85.44% | |
| | | 0.000 | 250 | 1.000 | 69 | 181 | 0.724 | 7.240 | 0.0040 | 0.55% | | | 85.52% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Ativan mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|---------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 250 | 1.000 | 70 | 180 | 0.720 | 7.200 | 0.0040 | 0.55% | 0.052 | 7.22% | 0.520 | 85.60% |
| | | 0.000 | 250 | 1.000 | 71 | 179 | 0.716 | 7.160 | 0.0040 | 0.56% | | | | 85.68% |
| | | 0.000 | 250 | 1.000 | 72 | 178 | 0.712 | 7.120 | 0.0040 | 0.56% | | | | 85.76% |
| | | 0.000 | 250 | 1.000 | 73 | 177 | 0.708 | 7.080 | 0.0040 | 0.56% | | | | 85.84% |
| | | 0.000 | 250 | 1.000 | 74 | 176 | 0.704 | 7.040 | 0.0040 | 0.56% | | | | 85.92% |
| | | 0.000 | 250 | 1.000 | 75 | 175 | 0.700 | 7.000 | 0.0040 | 0.57% | | | | 86.00% |
| | | 0.000 | 250 | 1.000 | 76 | 174 | 0.696 | 6.960 | 0.0040 | 0.57% | | | | 86.08% |
| | | 0.000 | 250 | 1.000 | 77 | 173 | 0.692 | 6.920 | 0.0040 | 0.57% | | | | 86.16% |
| | | 0.000 | 250 | 1.000 | 78 | 172 | 0.688 | 6.880 | 0.0040 | 0.58% | | | | 86.24% |
| | | 0.000 | 250 | 1.000 | 79 | 171 | 0.684 | 6.840 | 0.0040 | 0.58% | | | | 86.32% |
| | | 0.000 | 250 | 1.000 | 80 | 170 | 0.680 | 6.800 | 0.0040 | 0.58% | | | | 86.40% |
| | | 0.000 | 250 | 1.000 | 81 | 169 | 0.676 | 6.760 | 0.0040 | 0.59% | | | | 86.48% |
| | | 0.000 | 250 | 1.000 | 82 | 168 | 0.672 | 6.720 | 0.0040 | 0.59% | | | | 86.56% |
| | | 0.000 | 250 | 1.000 | 83 | 167 | 0.668 | 6.680 | 0.0040 | 0.60% | | | | 86.64% |
| | | 0.000 | 250 | 1.000 | 84 | 166 | 0.664 | 6.640 | 0.0040 | 0.60% | 0.052 | 7.78% | 0.520 | 86.72% |
| | | 0.000 | 250 | 1.000 | 85 | 165 | 0.660 | 6.600 | 0.0040 | 0.60% | | | | 86.80% |
| | | 0.000 | 250 | 1.000 | 86 | 164 | 0.656 | 6.560 | 0.0040 | 0.61% | | | | 86.88% |
| | | 0.000 | 250 | 1.000 | 87 | 163 | 0.652 | 6.520 | 0.0040 | 0.61% | | | | 86.96% |
| | | 0.000 | 250 | 1.000 | 88 | 162 | 0.648 | 6.480 | 0.0040 | 0.61% | | | | 87.04% |
| | | 0.000 | 250 | 1.000 | 89 | 161 | 0.644 | 6.440 | 0.0040 | 0.62% | | | | 87.12% |
| | | 0.000 | 250 | 1.000 | 90 | 160 | 0.640 | 6.400 | 0.0040 | 0.62% | | | | 87.20% |
| | | 0.000 | 250 | 1.000 | 91 | 159 | 0.636 | 6.360 | 0.0040 | 0.63% | | | | 87.28% |
| | | 0.000 | 250 | 1.000 | 92 | 158 | 0.632 | 6.320 | 0.0040 | 0.63% | | | | 87.36% |
| | | 0.000 | 250 | 1.000 | 93 | 157 | 0.628 | 6.280 | 0.0040 | 0.63% | | | | 87.44% |
| | | 0.000 | 250 | 1.000 | 94 | 156 | 0.624 | 6.240 | 0.0040 | 0.64% | | | | 87.52% |
| | | 0.000 | 250 | 1.000 | 95 | 155 | 0.620 | 6.200 | 0.0040 | 0.64% | | | | 87.60% |
| | | 0.000 | 250 | 1.000 | 96 | 154 | 0.616 | 6.160 | 0.0040 | 0.65% | | | | 87.68% |
| | | 0.000 | 250 | 1.000 | 97 | 153 | 0.612 | 6.120 | 0.0040 | 0.65% | | | | 87.76% |
| | | 0.000 | 250 | 1.000 | 98 | 152 | 0.608 | 6.080 | 0.0040 | 0.65% | 0.052 | 8.43% | 0.520 | 87.84% |
| | | 0.000 | 250 | 1.000 | 99 | 151 | 0.604 | 6.040 | 0.0040 | 0.66% | | | | 87.92% |
| | | 0.000 | 250 | 1.000 | 100 | 150 | 0.600 | 6.000 | 0.0040 | 0.66% | | | | 88.00% |
| | | 0.000 | 250 | 1.000 | 101 | 149 | 0.596 | 5.960 | 0.0040 | 0.67% | | | | 88.08% |
| | | 0.000 | 250 | 1.000 | 102 | 148 | 0.592 | 5.920 | 0.0040 | 0.67% | | | | 88.16% |
| | | 0.000 | 250 | 1.000 | 103 | 147 | 0.588 | 5.880 | 0.0040 | 0.68% | | | | 88.24% |
| | | 0.000 | 250 | 1.000 | 104 | 146 | 0.584 | 5.840 | 0.0040 | 0.68% | | | | 88.32% |
| | | 0.000 | 250 | 1.000 | 105 | 145 | 0.580 | 5.800 | 0.0040 | 0.68% | | | | 88.40% |
| | | 0.000 | 250 | 1.000 | 106 | 144 | 0.576 | 5.760 | 0.0040 | 0.69% | | | | 88.48% |
| | | 0.000 | 250 | 1.000 | 107 | 143 | 0.572 | 5.720 | 0.0040 | 0.69% | | | | 88.56% |
| | | 0.000 | 250 | 1.000 | 108 | 142 | 0.568 | 5.680 | 0.0040 | 0.70% | | | | 88.64% |
| | | 0.000 | 250 | 1.000 | 109 | 141 | 0.564 | 5.640 | 0.0040 | 0.70% | | | | 88.72% |

| 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 | 110 | 140 | 0.560 | 5.600 | 0.0040 | 0.71% | | | 88.80% |
| | | 0.000 | 250 | 1.000 | 111 | 139 | 0.556 | 5.560 | 0.0040 | 0.71% | | | 88.88% |
| | | 0.000 | 250 | 1.000 | 112 | 138 | 0.552 | 5.520 | 0.0040 | 0.72% | 0.052 | 9.21% | 88.96% |
| | | 0.000 | 250 | 1.000 | 113 | 137 | 0.548 | 5.480 | 0.0040 | 0.72% | | | 89.04% |
| | | 0.000 | 250 | 1.000 | 114 | 136 | 0.544 | 5.440 | 0.0040 | 0.73% | | | 89.12% |
| | | 0.000 | 250 | 1.000 | 115 | 135 | 0.540 | 5.400 | 0.0040 | 0.74% | | | 89.20% |
| | | 0.000 | 250 | 1.000 | 116 | 134 | 0.536 | 5.360 | 0.0040 | 0.74% | | | 89.28% |
| | | 0.000 | 250 | 1.000 | 117 | 133 | 0.532 | 5.320 | 0.0040 | 0.75% | | | 89.36% |
| | | 0.000 | 250 | 1.000 | 118 | 132 | 0.528 | 5.280 | 0.0040 | 0.75% | | | 89.44% |
| | | 0.000 | 250 | 1.000 | 119 | 131 | 0.524 | 5.240 | 0.0040 | 0.76% | | | 89.52% |
| | | 0.000 | 250 | 1.000 | 120 | 130 | 0.520 | 5.200 | 0.0040 | 0.76% | | | 89.60% |
| | | 0.000 | 250 | 1.000 | 121 | 129 | 0.516 | 5.160 | 0.0040 | 0.77% | | | 89.68% |
| | | 0.000 | 250 | 1.000 | 122 | 128 | 0.512 | 5.120 | 0.0040 | 0.78% | | | 89.76% |
| | | 0.000 | 250 | 1.000 | 123 | 127 | 0.508 | 5.080 | 0.0040 | 0.78% | | | 89.84% |
| | | 0.000 | 250 | 1.000 | 124 | 126 | 0.504 | 5.040 | 0.0040 | 0.79% | | | 89.92% |
| | | 0.000 | 250 | 1.000 | 125 | 125 | 0.500 | 5.000 | 0.0040 | 0.79% | | | 90.00% |
| | | 0.000 | 250 | 1.000 | 126 | 124 | 0.496 | 4.960 | 0.0040 | 0.80% | 0.052 | 10.14% | 90.08% |
| | | 0.000 | 250 | 1.000 | 127 | 123 | 0.492 | 4.920 | 0.0040 | 0.81% | | 0.520 | 90.16% |
| | | 0.000 | 250 | 1.000 | 128 | 122 | 0.488 | 4.880 | 0.0040 | 0.81% | | | 90.24% |
| | | 0.000 | 250 | 1.000 | 129 | 121 | 0.484 | 4.840 | 0.0040 | 0.82% | | | 90.32% |
| | | 0.000 | 250 | 1.000 | 130 | 120 | 0.480 | 4.800 | 0.0040 | 0.83% | | | 90.40% |
| | | 0.000 | 250 | 1.000 | 131 | 119 | 0.476 | 4.760 | 0.0040 | 0.83% | | | 90.48% |
| | | 0.000 | 250 | 1.000 | 132 | 118 | 0.472 | 4.720 | 0.0040 | 0.84% | | | 90.56% |
| | | 0.000 | 250 | 1.000 | 133 | 117 | 0.468 | 4.680 | 0.0040 | 0.85% | | | 90.64% |
| | | 0.000 | 250 | 1.000 | 134 | 116 | 0.464 | 4.640 | 0.0040 | 0.85% | | | 90.72% |
| | | 0.000 | 250 | 1.000 | 135 | 115 | 0.460 | 4.600 | 0.0040 | 0.86% | | | 90.80% |
| | | 0.000 | 250 | 1.000 | 136 | 114 | 0.456 | 4.560 | 0.0040 | 0.87% | | | 90.88% |
| | | 0.000 | 250 | 1.000 | 137 | 113 | 0.452 | 4.520 | 0.0040 | 0.88% | | | 90.96% |
| | | 0.000 | 250 | 1.000 | 138 | 112 | 0.448 | 4.480 | 0.0040 | 0.88% | | | 91.04% |
| | | 0.000 | 250 | 1.000 | 139 | 111 | 0.444 | 4.440 | 0.0040 | 0.89% | | | 91.12% |
| | | 0.000 | 250 | 1.000 | 140 | 110 | 0.440 | 4.400 | 0.0040 | 0.90% | 0.052 | 11.29% | 91.20% |
| | | 0.000 | 250 | 1.000 | 141 | 109 | 0.436 | 4.360 | 0.0040 | 0.91% | | 0.520 | 91.28% |
| | | 0.000 | 250 | 1.000 | 142 | 108 | 0.432 | 4.320 | 0.0040 | 0.92% | | | 91.36% |
| | | 0.000 | 250 | 1.000 | 143 | 107 | 0.428 | 4.280 | 0.0040 | 0.93% | | | 91.44% |
| | | 0.000 | 250 | 1.000 | 144 | 106 | 0.424 | 4.240 | 0.0040 | 0.93% | | | 91.52% |
| | | 0.000 | 250 | 1.000 | 145 | 105 | 0.420 | 4.200 | 0.0040 | 0.94% | | | 91.60% |
| | | 0.000 | 250 | 1.000 | 146 | 104 | 0.416 | 4.160 | 0.0040 | 0.95% | | | 91.68% |
| | | 0.000 | 250 | 1.000 | 147 | 103 | 0.412 | 4.120 | 0.0040 | 0.96% | | | 91.76% |
| | | 0.000 | 250 | 1.000 | 148 | 102 | 0.408 | 4.080 | 0.0040 | 0.97% | | | 91.84% |
| | | 0.000 | 250 | 1.000 | 149 | 101 | 0.404 | 4.040 | 0.0040 | 0.98% | | | 91.92% |

| 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 | 150 | 100 | 0.400 | 4.000 | 0.0040 | 0.99% | | | 92.00% | |
| | | 0.000 | 250 | 1.000 | 151 | 99 | 0.396 | 3.960 | 0.0040 | 1.00% | | | 92.08% | |
| | | 0.000 | 250 | 1.000 | 152 | 98 | 0.392 | 3.920 | 0.0040 | 1.01% | | | 92.16% | |
| | | 0.000 | 250 | 1.000 | 153 | 97 | 0.388 | 3.880 | 0.0040 | 1.02% | | | 92.24% | |
| | | 0.000 | 250 | 1.000 | 154 | 96 | 0.384 | 3.840 | 0.0040 | 1.03% | 0.052 | 12.73% | 0.520 | 92.32% |
| | | 0.000 | 250 | 1.000 | 155 | 95 | 0.380 | 3.800 | 0.0040 | 1.04% | | | 92.40% | |
| | | 0.000 | 250 | 1.000 | 156 | 94 | 0.376 | 3.760 | 0.0040 | 1.05% | | | 92.48% | |
| | | 0.000 | 250 | 1.000 | 157 | 93 | 0.372 | 3.720 | 0.0040 | 1.06% | | | 92.56% | |
| | | 0.000 | 250 | 1.000 | 158 | 92 | 0.368 | 3.680 | 0.0040 | 1.08% | | | 92.64% | |
| | | 0.000 | 250 | 1.000 | 159 | 91 | 0.364 | 3.640 | 0.0040 | 1.09% | | | 92.72% | |
| | | 0.000 | 250 | 1.000 | 160 | 90 | 0.360 | 3.600 | 0.0040 | 1.10% | | | 92.80% | |
| | | 0.000 | 250 | 1.000 | 161 | 89 | 0.356 | 3.560 | 0.0040 | 1.11% | | | 92.88% | |
| | | 0.000 | 250 | 1.000 | 162 | 88 | 0.352 | 3.520 | 0.0040 | 1.12% | | | 92.96% | |
| | | 0.000 | 250 | 1.000 | 163 | 87 | 0.348 | 3.480 | 0.0040 | 1.14% | | | 93.04% | |
| | | 0.000 | 250 | 1.000 | 164 | 86 | 0.344 | 3.440 | 0.0040 | 1.15% | | | 93.12% | |
| | | 0.000 | 250 | 1.000 | 165 | 85 | 0.340 | 3.400 | 0.0040 | 1.16% | | | 93.20% | |
| | | 0.000 | 250 | 1.000 | 166 | 84 | 0.336 | 3.360 | 0.0040 | 1.18% | | | 93.28% | |
| | | 0.000 | 250 | 1.000 | 167 | 83 | 0.332 | 3.320 | 0.0040 | 1.19% | | | 93.36% | |
| | | 0.000 | 250 | 1.000 | 168 | 82 | 0.328 | 3.280 | 0.0040 | 1.20% | 0.052 | 14.58% | 0.520 | 93.44% |
| | | 0.000 | 250 | 1.000 | 169 | 81 | 0.324 | 3.240 | 0.0040 | 1.22% | | | 93.52% | |
| | | 0.000 | 250 | 1.000 | 170 | 80 | 0.320 | 3.200 | 0.0040 | 1.23% | | | 93.60% | |
| | | 0.000 | 250 | 1.000 | 171 | 79 | 0.316 | 3.160 | 0.0040 | 1.25% | | | 93.68% | |
| | | 0.000 | 250 | 1.000 | 172 | 78 | 0.312 | 3.120 | 0.0040 | 1.27% | | | 93.76% | |
| | | 0.000 | 250 | 1.000 | 173 | 77 | 0.308 | 3.080 | 0.0040 | 1.28% | | | 93.84% | |
| | | 0.000 | 250 | 1.000 | 174 | 76 | 0.304 | 3.040 | 0.0040 | 1.30% | | | 93.92% | |
| | | 0.000 | 250 | 1.000 | 175 | 75 | 0.300 | 3.000 | 0.0040 | 1.32% | | | 94.00% | |
| | | 0.000 | 250 | 1.000 | 176 | 74 | 0.296 | 2.960 | 0.0040 | 1.33% | | | 94.08% | |
| | | 0.000 | 250 | 1.000 | 177 | 73 | 0.292 | 2.920 | 0.0040 | 1.35% | | | 94.16% | |
| | | 0.000 | 250 | 1.000 | 178 | 72 | 0.288 | 2.880 | 0.0040 | 1.37% | | | 94.24% | |
| | | 0.000 | 250 | 1.000 | 179 | 71 | 0.284 | 2.840 | 0.0040 | 1.39% | | | 94.32% | |
| | | 0.000 | 250 | 1.000 | 180 | 70 | 0.280 | 2.800 | 0.0040 | 1.41% | | | 94.40% | |
| | | 0.000 | 250 | 1.000 | 181 | 69 | 0.276 | 2.760 | 0.0040 | 1.43% | | | 94.48% | |
| | | 0.000 | 250 | 1.000 | 182 | 68 | 0.272 | 2.720 | 0.0040 | 1.45% | 0.052 | 17.07% | 0.520 | 94.56% |
| | | 0.000 | 250 | 1.000 | 183 | 67 | 0.268 | 2.680 | 0.0040 | 1.47% | | | 94.64% | |
| | | 0.000 | 250 | 1.000 | 184 | 66 | 0.264 | 2.640 | 0.0040 | 1.49% | | | 94.72% | |
| | | 0.000 | 250 | 1.000 | 185 | 65 | 0.260 | 2.600 | 0.0040 | 1.52% | | | 94.80% | |
| | | 0.000 | 250 | 1.000 | 186 | 64 | 0.256 | 2.560 | 0.0040 | 1.54% | | | 94.88% | |
| | | 0.000 | 250 | 1.000 | 187 | 63 | 0.252 | 2.520 | 0.0040 | 1.56% | | | 94.96% | |
| | | 0.000 | 250 | 1.000 | 188 | 62 | 0.248 | 2.480 | 0.0040 | 1.59% | | | 95.04% | |
| | | 0.000 | 250 | 1.000 | 189 | 61 | 0.244 | 2.440 | 0.0040 | 1.61% | | | 95.12% | |

| 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 | 190 | 60 | 0.240 | 2.400 | 0.0040 | 1.64% | | | 95.20% | |
| | | 0.000 | 250 | 1.000 | 191 | 59 | 0.236 | 2.360 | 0.0040 | 1.67% | | | 95.28% | |
| | | 0.000 | 250 | 1.000 | 192 | 58 | 0.232 | 2.320 | 0.0040 | 1.69% | | | 95.36% | |
| | | 0.000 | 250 | 1.000 | 193 | 57 | 0.228 | 2.280 | 0.0040 | 1.72% | | | 95.44% | |
| | | 0.000 | 250 | 1.000 | 194 | 56 | 0.224 | 2.240 | 0.0040 | 1.75% | | | 95.52% | |
| | | 0.000 | 250 | 1.000 | 195 | 55 | 0.220 | 2.200 | 0.0040 | 1.79% | | | 95.60% | |
| | | 0.000 | 250 | 1.000 | 196 | 54 | 0.216 | 2.160 | 0.0040 | 1.82% | 0.052 | 20.59% | 0.520 | 95.68% |
| | | 0.000 | 250 | 1.000 | 197 | 53 | 0.212 | 2.120 | 0.0040 | 1.85% | | | | 95.76% |
| | | 0.000 | 250 | 1.000 | 198 | 52 | 0.208 | 2.080 | 0.0040 | 1.89% | | | | 95.84% |
| | | 0.000 | 250 | 1.000 | 199 | 51 | 0.204 | 2.040 | 0.0040 | 1.92% | | | | 95.92% |
| | | 0.000 | 250 | 1.000 | 200 | 50 | 0.200 | 2.000 | 0.0040 | 1.96% | | | | 96.00% |
| | | 0.000 | 250 | 1.000 | 201 | 49 | 0.196 | 1.960 | 0.0040 | 2.00% | | | | 96.08% |
| | | 0.000 | 250 | 1.000 | 202 | 48 | 0.192 | 1.920 | 0.0040 | 2.04% | | | | 96.16% |
| | | 0.000 | 250 | 1.000 | 203 | 47 | 0.188 | 1.880 | 0.0040 | 2.08% | | | | 96.24% |
| | | 0.000 | 250 | 1.000 | 204 | 46 | 0.184 | 1.840 | 0.0040 | 2.13% | | | | 96.32% |
| | | 0.000 | 250 | 1.000 | 205 | 45 | 0.180 | 1.800 | 0.0040 | 2.17% | | | | 96.40% |
| | | 0.000 | 250 | 1.000 | 206 | 44 | 0.176 | 1.760 | 0.0040 | 2.22% | | | | 96.48% |
| | | 0.000 | 250 | 1.000 | 207 | 43 | 0.172 | 1.720 | 0.0040 | 2.27% | | | | 96.56% |
| | | 0.000 | 250 | 1.000 | 208 | 42 | 0.168 | 1.680 | 0.0040 | 2.33% | | | | 96.64% |
| | | 0.000 | 250 | 1.000 | 209 | 41 | 0.164 | 1.640 | 0.0040 | 2.38% | | | | 96.72% |
| | | 0.000 | 250 | 1.000 | 210 | 40 | 0.160 | 1.600 | 0.0040 | 2.44% | 0.052 | 25.93% | 0.520 | 96.80% |
| | | 0.000 | 250 | 1.000 | 211 | 39 | 0.156 | 1.560 | 0.0040 | 2.50% | | | | 96.88% |
| | | 0.000 | 250 | 1.000 | 212 | 38 | 0.152 | 1.520 | 0.0040 | 2.56% | | | | 96.96% |
| | | 0.000 | 250 | 1.000 | 213 | 37 | 0.148 | 1.480 | 0.0040 | 2.63% | | | | 97.04% |
| | | 0.000 | 250 | 1.000 | 214 | 36 | 0.144 | 1.440 | 0.0040 | 2.70% | | | | 97.12% |
| | | 0.000 | 250 | 1.000 | 215 | 35 | 0.140 | 1.400 | 0.0040 | 2.78% | | | | 97.20% |
| | | 0.000 | 250 | 1.000 | 216 | 34 | 0.136 | 1.360 | 0.0040 | 2.86% | | | | 97.28% |
| | | 0.000 | 250 | 1.000 | 217 | 33 | 0.132 | 1.320 | 0.0040 | 2.94% | | | | 97.36% |
| | | 0.000 | 250 | 1.000 | 218 | 32 | 0.128 | 1.280 | 0.0040 | 3.03% | | | | 97.44% |
| | | 0.000 | 250 | 1.000 | 219 | 31 | 0.124 | 1.240 | 0.0040 | 3.13% | | | | 97.52% |
| | | 0.000 | 250 | 1.000 | 220 | 30 | 0.120 | 1.200 | 0.0040 | 3.23% | | | | 97.60% |
| | | 0.000 | 250 | 1.000 | 221 | 29 | 0.116 | 1.160 | 0.0040 | 3.33% | | | | 97.68% |
| | | 0.000 | 250 | 1.000 | 222 | 28 | 0.112 | 1.120 | 0.0040 | 3.45% | | | | 97.76% |
| | | 0.000 | 250 | 1.000 | 223 | 27 | 0.108 | 1.080 | 0.0040 | 3.57% | | | | 97.84% |
| | | 0.000 | 250 | 1.000 | 224 | 26 | 0.104 | 1.040 | 0.0040 | 3.70% | 0.052 | 35.00% | 0.520 | 97.92% |
| | | 0.000 | 250 | 1.000 | 225 | 25 | 0.100 | 1.000 | 0.0040 | 3.85% | | | | 98.00% |
| | | 0.000 | 250 | 1.000 | 226 | 24 | 0.096 | 0.960 | 0.0040 | 4.00% | | | | 98.08% |
| | | 0.000 | 250 | 1.000 | 227 | 23 | 0.092 | 0.920 | 0.0040 | 4.17% | | | | 98.16% |
| | | 0.000 | 250 | 1.000 | 228 | 22 | 0.088 | 0.880 | 0.0040 | 4.35% | | | | 98.24% |
| | | 0.000 | 250 | 1.000 | 229 | 21 | 0.084 | 0.840 | 0.0040 | 4.55% | | | | 98.32% |

