

Medication **Klonopin**
 Valium Multiplier 20
 Original Dose **4.000**
 Current Dose **4.000**
 Start Date **January 1, 2006**
 Dry Dose **3.000**
 Dissolve Dose **1.000**
 Water in ML **450**
 ML Increments **1**
 Display Dates **no**

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|-------|
| | | 3.000 | 450 | 1.000 | 1 | 449 | 3.998 | 79.956 | 0.0022 | 0.06% | | | 0.00% | |
| | | 3.000 | 450 | 1.000 | 2 | 448 | 3.996 | 79.911 | 0.0022 | 0.06% | | | 0.11% | |
| | | 3.000 | 450 | 1.000 | 3 | 447 | 3.993 | 79.867 | 0.0022 | 0.06% | | | 0.17% | |
| | | 3.000 | 450 | 1.000 | 4 | 446 | 3.991 | 79.822 | 0.0022 | 0.06% | | | 0.22% | |
| | | 3.000 | 450 | 1.000 | 5 | 445 | 3.989 | 79.778 | 0.0022 | 0.06% | | | 0.28% | |
| | | 3.000 | 450 | 1.000 | 6 | 444 | 3.987 | 79.733 | 0.0022 | 0.06% | | | 0.33% | |
| | | 3.000 | 450 | 1.000 | 7 | 443 | 3.984 | 79.689 | 0.0022 | 0.06% | | | 0.39% | |
| | | 3.000 | 450 | 1.000 | 8 | 442 | 3.982 | 79.644 | 0.0022 | 0.06% | | | 0.44% | |
| | | 3.000 | 450 | 1.000 | 9 | 441 | 3.980 | 79.600 | 0.0022 | 0.06% | | | 0.50% | |
| | | 3.000 | 450 | 1.000 | 10 | 440 | 3.978 | 79.556 | 0.0022 | 0.06% | | | 0.56% | |
| | | 3.000 | 450 | 1.000 | 11 | 439 | 3.976 | 79.511 | 0.0022 | 0.06% | | | 0.61% | |
| | | 3.000 | 450 | 1.000 | 12 | 438 | 3.973 | 79.467 | 0.0022 | 0.06% | | | 0.67% | |
| | | 3.000 | 450 | 1.000 | 13 | 437 | 3.971 | 79.422 | 0.0022 | 0.06% | | | 0.72% | |
| | | 3.000 | 450 | 1.000 | 14 | 436 | 3.969 | 79.378 | 0.0022 | 0.06% | 0.029 | 0.72% | 0.578 | 0.78% |
| | | 3.000 | 450 | 1.000 | 15 | 435 | 3.967 | 79.333 | 0.0022 | 0.06% | | | 0.83% | |
| | | 3.000 | 450 | 1.000 | 16 | 434 | 3.964 | 79.289 | 0.0022 | 0.06% | | | 0.89% | |
| | | 3.000 | 450 | 1.000 | 17 | 433 | 3.962 | 79.244 | 0.0022 | 0.06% | | | 0.94% | |
| | | 3.000 | 450 | 1.000 | 18 | 432 | 3.960 | 79.200 | 0.0022 | 0.06% | | | 1.00% | |
| | | 3.000 | 450 | 1.000 | 19 | 431 | 3.958 | 79.156 | 0.0022 | 0.06% | | | 1.06% | |
| | | 3.000 | 450 | 1.000 | 20 | 430 | 3.956 | 79.111 | 0.0022 | 0.06% | | | 1.11% | |
| | | 3.000 | 450 | 1.000 | 21 | 429 | 3.953 | 79.067 | 0.0022 | 0.06% | | | 1.17% | |
| | | 3.000 | 450 | 1.000 | 22 | 428 | 3.951 | 79.022 | 0.0022 | 0.06% | | | 1.22% | |
| | | 3.000 | 450 | 1.000 | 23 | 427 | 3.949 | 78.978 | 0.0022 | 0.06% | | | 1.28% | |
| | | 3.000 | 450 | 1.000 | 24 | 426 | 3.947 | 78.933 | 0.0022 | 0.06% | | | 1.33% | |
| | | 3.000 | 450 | 1.000 | 25 | 425 | 3.944 | 78.889 | 0.0022 | 0.06% | | | 1.39% | |
| | | 3.000 | 450 | 1.000 | 26 | 424 | 3.942 | 78.844 | 0.0022 | 0.06% | | | 1.44% | |
| | | 3.000 | 450 | 1.000 | 27 | 423 | 3.940 | 78.800 | 0.0022 | 0.06% | | | 1.50% | |
| | | 3.000 | 450 | 1.000 | 28 | 422 | 3.938 | 78.756 | 0.0022 | 0.06% | 0.029 | 0.78% | 0.578 | 1.56% |
| | | 3.000 | 450 | 1.000 | 29 | 421 | 3.936 | 78.711 | 0.0022 | 0.06% | | | 1.61% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|-------|
| | | 3.000 | 450 | 1.000 | 30 | 420 | 3.933 | 78.667 | 0.0022 | 0.06% | | | 1.67% | |
| | | 3.000 | 450 | 1.000 | 31 | 419 | 3.931 | 78.622 | 0.0022 | 0.06% | | | 1.72% | |
| | | 3.000 | 450 | 1.000 | 32 | 418 | 3.929 | 78.578 | 0.0022 | 0.06% | | | 1.78% | |
| | | 3.000 | 450 | 1.000 | 33 | 417 | 3.927 | 78.533 | 0.0022 | 0.06% | | | 1.83% | |
| | | 3.000 | 450 | 1.000 | 34 | 416 | 3.924 | 78.489 | 0.0022 | 0.06% | | | 1.89% | |
| | | 3.000 | 450 | 1.000 | 35 | 415 | 3.922 | 78.444 | 0.0022 | 0.06% | | | 1.94% | |
| | | 3.000 | 450 | 1.000 | 36 | 414 | 3.920 | 78.400 | 0.0022 | 0.06% | | | 2.00% | |
| | | 3.000 | 450 | 1.000 | 37 | 413 | 3.918 | 78.356 | 0.0022 | 0.06% | | | 2.06% | |
| | | 3.000 | 450 | 1.000 | 38 | 412 | 3.916 | 78.311 | 0.0022 | 0.06% | | | 2.11% | |
| | | 3.000 | 450 | 1.000 | 39 | 411 | 3.913 | 78.267 | 0.0022 | 0.06% | | | 2.17% | |
| | | 3.000 | 450 | 1.000 | 40 | 410 | 3.911 | 78.222 | 0.0022 | 0.06% | | | 2.22% | |
| | | 3.000 | 450 | 1.000 | 41 | 409 | 3.909 | 78.178 | 0.0022 | 0.06% | | | 2.28% | |
| | | 3.000 | 450 | 1.000 | 42 | 408 | 3.907 | 78.133 | 0.0022 | 0.06% | 0.029 | 0.79% | 0.578 | 2.33% |
| | | 3.000 | 450 | 1.000 | 43 | 407 | 3.904 | 78.089 | 0.0022 | 0.06% | | | 2.39% | |
| | | 3.000 | 450 | 1.000 | 44 | 406 | 3.902 | 78.044 | 0.0022 | 0.06% | | | 2.44% | |
| | | 3.000 | 450 | 1.000 | 45 | 405 | 3.900 | 78.000 | 0.0022 | 0.06% | | | 2.50% | |
| | | 3.000 | 450 | 1.000 | 46 | 404 | 3.898 | 77.956 | 0.0022 | 0.06% | | | 2.56% | |
| | | 3.000 | 450 | 1.000 | 47 | 403 | 3.896 | 77.911 | 0.0022 | 0.06% | | | 2.61% | |
| | | 3.000 | 450 | 1.000 | 48 | 402 | 3.893 | 77.867 | 0.0022 | 0.06% | | | 2.67% | |
| | | 3.000 | 450 | 1.000 | 49 | 401 | 3.891 | 77.822 | 0.0022 | 0.06% | | | 2.72% | |
| | | 3.000 | 450 | 1.000 | 50 | 400 | 3.889 | 77.778 | 0.0022 | 0.06% | | | 2.78% | |
| | | 3.000 | 450 | 1.000 | 51 | 399 | 3.887 | 77.733 | 0.0022 | 0.06% | | | 2.83% | |
| | | 3.000 | 450 | 1.000 | 52 | 398 | 3.884 | 77.689 | 0.0022 | 0.06% | | | 2.89% | |
| | | 3.000 | 450 | 1.000 | 53 | 397 | 3.882 | 77.644 | 0.0022 | 0.06% | | | 2.94% | |
| | | 3.000 | 450 | 1.000 | 54 | 396 | 3.880 | 77.600 | 0.0022 | 0.06% | | | 3.00% | |
| | | 3.000 | 450 | 1.000 | 55 | 395 | 3.878 | 77.556 | 0.0022 | 0.06% | | | 3.06% | |
| | | 3.000 | 450 | 1.000 | 56 | 394 | 3.876 | 77.511 | 0.0022 | 0.06% | 0.029 | 0.80% | 0.578 | 3.11% |
| | | 3.000 | 450 | 1.000 | 57 | 393 | 3.873 | 77.467 | 0.0022 | 0.06% | | | 3.17% | |
| | | 3.000 | 450 | 1.000 | 58 | 392 | 3.871 | 77.422 | 0.0022 | 0.06% | | | 3.22% | |
| | | 3.000 | 450 | 1.000 | 59 | 391 | 3.869 | 77.378 | 0.0022 | 0.06% | | | 3.28% | |
| | | 3.000 | 450 | 1.000 | 60 | 390 | 3.867 | 77.333 | 0.0022 | 0.06% | | | 3.33% | |
| | | 3.000 | 450 | 1.000 | 61 | 389 | 3.864 | 77.289 | 0.0022 | 0.06% | | | 3.39% | |
| | | 3.000 | 450 | 1.000 | 62 | 388 | 3.862 | 77.244 | 0.0022 | 0.06% | | | 3.44% | |
| | | 3.000 | 450 | 1.000 | 63 | 387 | 3.860 | 77.200 | 0.0022 | 0.06% | | | 3.50% | |
| | | 3.000 | 450 | 1.000 | 64 | 386 | 3.858 | 77.156 | 0.0022 | 0.06% | | | 3.56% | |
| | | 3.000 | 450 | 1.000 | 65 | 385 | 3.856 | 77.111 | 0.0022 | 0.06% | | | 3.61% | |
| | | 3.000 | 450 | 1.000 | 66 | 384 | 3.853 | 77.067 | 0.0022 | 0.06% | | | 3.67% | |
| | | 3.000 | 450 | 1.000 | 67 | 383 | 3.851 | 77.022 | 0.0022 | 0.06% | | | 3.72% | |
| | | 3.000 | 450 | 1.000 | 68 | 382 | 3.849 | 76.978 | 0.0022 | 0.06% | | | 3.78% | |
| | | 3.000 | 450 | 1.000 | 69 | 381 | 3.847 | 76.933 | 0.0022 | 0.06% | | | 3.83% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|-------|
| | | 3.000 | 450 | 1.000 | 70 | 380 | 3.844 | 76.889 | 0.0022 | 0.06% | 0.029 | 0.80% | 0.578 | 3.89% |
| | | 3.000 | 450 | 1.000 | 71 | 379 | 3.842 | 76.844 | 0.0022 | 0.06% | | | | 3.94% |
| | | 3.000 | 450 | 1.000 | 72 | 378 | 3.840 | 76.800 | 0.0022 | 0.06% | | | | 4.00% |
| | | 3.000 | 450 | 1.000 | 73 | 377 | 3.838 | 76.756 | 0.0022 | 0.06% | | | | 4.06% |
| | | 3.000 | 450 | 1.000 | 74 | 376 | 3.836 | 76.711 | 0.0022 | 0.06% | | | | 4.11% |
| | | 3.000 | 450 | 1.000 | 75 | 375 | 3.833 | 76.667 | 0.0022 | 0.06% | | | | 4.17% |
| | | 3.000 | 450 | 1.000 | 76 | 374 | 3.831 | 76.622 | 0.0022 | 0.06% | | | | 4.22% |
| | | 3.000 | 450 | 1.000 | 77 | 373 | 3.829 | 76.578 | 0.0022 | 0.06% | | | | 4.28% |
| | | 3.000 | 450 | 1.000 | 78 | 372 | 3.827 | 76.533 | 0.0022 | 0.06% | | | | 4.33% |
| | | 3.000 | 450 | 1.000 | 79 | 371 | 3.824 | 76.489 | 0.0022 | 0.06% | | | | 4.39% |
| | | 3.000 | 450 | 1.000 | 80 | 370 | 3.822 | 76.444 | 0.0022 | 0.06% | | | | 4.44% |
| | | 3.000 | 450 | 1.000 | 81 | 369 | 3.820 | 76.400 | 0.0022 | 0.06% | | | | 4.50% |
| | | 3.000 | 450 | 1.000 | 82 | 368 | 3.818 | 76.356 | 0.0022 | 0.06% | | | | 4.56% |
| | | 3.000 | 450 | 1.000 | 83 | 367 | 3.816 | 76.311 | 0.0022 | 0.06% | | | | 4.61% |
| | | 3.000 | 450 | 1.000 | 84 | 366 | 3.813 | 76.267 | 0.0022 | 0.06% | 0.029 | 0.81% | 0.578 | 4.67% |
| | | 3.000 | 450 | 1.000 | 85 | 365 | 3.811 | 76.222 | 0.0022 | 0.06% | | | | 4.72% |
| | | 3.000 | 450 | 1.000 | 86 | 364 | 3.809 | 76.178 | 0.0022 | 0.06% | | | | 4.78% |
| | | 3.000 | 450 | 1.000 | 87 | 363 | 3.807 | 76.133 | 0.0022 | 0.06% | | | | 4.83% |
| | | 3.000 | 450 | 1.000 | 88 | 362 | 3.804 | 76.089 | 0.0022 | 0.06% | | | | 4.89% |
| | | 3.000 | 450 | 1.000 | 89 | 361 | 3.802 | 76.044 | 0.0022 | 0.06% | | | | 4.94% |
| | | 3.000 | 450 | 1.000 | 90 | 360 | 3.800 | 76.000 | 0.0022 | 0.06% | | | | 5.00% |
| | | 3.000 | 450 | 1.000 | 91 | 359 | 3.798 | 75.956 | 0.0022 | 0.06% | | | | 5.06% |
| | | 3.000 | 450 | 1.000 | 92 | 358 | 3.796 | 75.911 | 0.0022 | 0.06% | | | | 5.11% |
| | | 3.000 | 450 | 1.000 | 93 | 357 | 3.793 | 75.867 | 0.0022 | 0.06% | | | | 5.17% |
| | | 3.000 | 450 | 1.000 | 94 | 356 | 3.791 | 75.822 | 0.0022 | 0.06% | | | | 5.22% |
| | | 3.000 | 450 | 1.000 | 95 | 355 | 3.789 | 75.778 | 0.0022 | 0.06% | | | | 5.28% |
| | | 3.000 | 450 | 1.000 | 96 | 354 | 3.787 | 75.733 | 0.0022 | 0.06% | | | | 5.33% |
| | | 3.000 | 450 | 1.000 | 97 | 353 | 3.784 | 75.689 | 0.0022 | 0.06% | | | | 5.39% |
| | | 3.000 | 450 | 1.000 | 98 | 352 | 3.782 | 75.644 | 0.0022 | 0.06% | 0.029 | 0.82% | 0.578 | 5.44% |
| | | 3.000 | 450 | 1.000 | 99 | 351 | 3.780 | 75.600 | 0.0022 | 0.06% | | | | 5.50% |
| | | 3.000 | 450 | 1.000 | 100 | 350 | 3.778 | 75.556 | 0.0022 | 0.06% | | | | 5.56% |
| | | 3.000 | 450 | 1.000 | 101 | 349 | 3.776 | 75.511 | 0.0022 | 0.06% | | | | 5.61% |
| | | 3.000 | 450 | 1.000 | 102 | 348 | 3.773 | 75.467 | 0.0022 | 0.06% | | | | 5.67% |
| | | 3.000 | 450 | 1.000 | 103 | 347 | 3.771 | 75.422 | 0.0022 | 0.06% | | | | 5.72% |
| | | 3.000 | 450 | 1.000 | 104 | 346 | 3.769 | 75.378 | 0.0022 | 0.06% | | | | 5.78% |
| | | 3.000 | 450 | 1.000 | 105 | 345 | 3.767 | 75.333 | 0.0022 | 0.06% | | | | 5.83% |
| | | 3.000 | 450 | 1.000 | 106 | 344 | 3.764 | 75.289 | 0.0022 | 0.06% | | | | 5.89% |
| | | 3.000 | 450 | 1.000 | 107 | 343 | 3.762 | 75.244 | 0.0022 | 0.06% | | | | 5.94% |
| | | 3.000 | 450 | 1.000 | 108 | 342 | 3.760 | 75.200 | 0.0022 | 0.06% | | | | 6.00% |
| | | 3.000 | 450 | 1.000 | 109 | 341 | 3.758 | 75.156 | 0.0022 | 0.06% | | | | 6.06% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|-------|
| | | 3.000 | 450 | 1.000 | 110 | 340 | 3.756 | 75.111 | 0.0022 | 0.06% | | | 6.11% | |
| | | 3.000 | 450 | 1.000 | 111 | 339 | 3.753 | 75.067 | 0.0022 | 0.06% | | | 6.17% | |
| | | 3.000 | 450 | 1.000 | 112 | 338 | 3.751 | 75.022 | 0.0022 | 0.06% | 0.029 | 0.82% | 0.578 | 6.22% |
| | | 3.000 | 450 | 1.000 | 113 | 337 | 3.749 | 74.978 | 0.0022 | 0.06% | | | 6.28% | |
| | | 3.000 | 450 | 1.000 | 114 | 336 | 3.747 | 74.933 | 0.0022 | 0.06% | | | 6.33% | |
| | | 3.000 | 450 | 1.000 | 115 | 335 | 3.744 | 74.889 | 0.0022 | 0.06% | | | 6.39% | |
| | | 3.000 | 450 | 1.000 | 116 | 334 | 3.742 | 74.844 | 0.0022 | 0.06% | | | 6.44% | |
| | | 3.000 | 450 | 1.000 | 117 | 333 | 3.740 | 74.800 | 0.0022 | 0.06% | | | 6.50% | |
| | | 3.000 | 450 | 1.000 | 118 | 332 | 3.738 | 74.756 | 0.0022 | 0.06% | | | 6.56% | |
| | | 3.000 | 450 | 1.000 | 119 | 331 | 3.736 | 74.711 | 0.0022 | 0.06% | | | 6.61% | |
| | | 3.000 | 450 | 1.000 | 120 | 330 | 3.733 | 74.667 | 0.0022 | 0.06% | | | 6.67% | |
| | | 3.000 | 450 | 1.000 | 121 | 329 | 3.731 | 74.622 | 0.0022 | 0.06% | | | 6.72% | |
| | | 3.000 | 450 | 1.000 | 122 | 328 | 3.729 | 74.578 | 0.0022 | 0.06% | | | 6.78% | |
| | | 3.000 | 450 | 1.000 | 123 | 327 | 3.727 | 74.533 | 0.0022 | 0.06% | | | 6.83% | |
| | | 3.000 | 450 | 1.000 | 124 | 326 | 3.724 | 74.489 | 0.0022 | 0.06% | | | 6.89% | |
| | | 3.000 | 450 | 1.000 | 125 | 325 | 3.722 | 74.444 | 0.0022 | 0.06% | | | 6.94% | |
| | | 3.000 | 450 | 1.000 | 126 | 324 | 3.720 | 74.400 | 0.0022 | 0.06% | 0.029 | 0.83% | 0.578 | 7.00% |
| | | 3.000 | 450 | 1.000 | 127 | 323 | 3.718 | 74.356 | 0.0022 | 0.06% | | | 7.06% | |
| | | 3.000 | 450 | 1.000 | 128 | 322 | 3.716 | 74.311 | 0.0022 | 0.06% | | | 7.11% | |
| | | 3.000 | 450 | 1.000 | 129 | 321 | 3.713 | 74.267 | 0.0022 | 0.06% | | | 7.17% | |
| | | 3.000 | 450 | 1.000 | 130 | 320 | 3.711 | 74.222 | 0.0022 | 0.06% | | | 7.22% | |
| | | 3.000 | 450 | 1.000 | 131 | 319 | 3.709 | 74.178 | 0.0022 | 0.06% | | | 7.28% | |
| | | 3.000 | 450 | 1.000 | 132 | 318 | 3.707 | 74.133 | 0.0022 | 0.06% | | | 7.33% | |
| | | 3.000 | 450 | 1.000 | 133 | 317 | 3.704 | 74.089 | 0.0022 | 0.06% | | | 7.39% | |
| | | 3.000 | 450 | 1.000 | 134 | 316 | 3.702 | 74.044 | 0.0022 | 0.06% | | | 7.44% | |
| | | 3.000 | 450 | 1.000 | 135 | 315 | 3.700 | 74.000 | 0.0022 | 0.06% | | | 7.50% | |
| | | 3.000 | 450 | 1.000 | 136 | 314 | 3.698 | 73.956 | 0.0022 | 0.06% | | | 7.56% | |
| | | 3.000 | 450 | 1.000 | 137 | 313 | 3.696 | 73.911 | 0.0022 | 0.06% | | | 7.61% | |
| | | 3.000 | 450 | 1.000 | 138 | 312 | 3.693 | 73.867 | 0.0022 | 0.06% | | | 7.67% | |
| | | 3.000 | 450 | 1.000 | 139 | 311 | 3.691 | 73.822 | 0.0022 | 0.06% | | | 7.72% | |
| | | 3.000 | 450 | 1.000 | 140 | 310 | 3.689 | 73.778 | 0.0022 | 0.06% | 0.029 | 0.84% | 0.578 | 7.78% |
| | | 3.000 | 450 | 1.000 | 141 | 309 | 3.687 | 73.733 | 0.0022 | 0.06% | | | 7.83% | |
| | | 3.000 | 450 | 1.000 | 142 | 308 | 3.684 | 73.689 | 0.0022 | 0.06% | | | 7.89% | |
| | | 3.000 | 450 | 1.000 | 143 | 307 | 3.682 | 73.644 | 0.0022 | 0.06% | | | 7.94% | |
| | | 3.000 | 450 | 1.000 | 144 | 306 | 3.680 | 73.600 | 0.0022 | 0.06% | | | 8.00% | |
| | | 3.000 | 450 | 1.000 | 145 | 305 | 3.678 | 73.556 | 0.0022 | 0.06% | | | 8.06% | |
| | | 3.000 | 450 | 1.000 | 146 | 304 | 3.676 | 73.511 | 0.0022 | 0.06% | | | 8.11% | |
| | | 3.000 | 450 | 1.000 | 147 | 303 | 3.673 | 73.467 | 0.0022 | 0.06% | | | 8.17% | |
| | | 3.000 | 450 | 1.000 | 148 | 302 | 3.671 | 73.422 | 0.0022 | 0.06% | | | 8.22% | |
| | | 3.000 | 450 | 1.000 | 149 | 301 | 3.669 | 73.378 | 0.0022 | 0.06% | | | 8.28% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 150 | 300 | 3.667 | 73.333 | 0.0022 | 0.06% | | | 8.33% | |
| | | 3.000 | 450 | 1.000 | 151 | 299 | 3.664 | 73.289 | 0.0022 | 0.06% | | | 8.39% | |
| | | 3.000 | 450 | 1.000 | 152 | 298 | 3.662 | 73.244 | 0.0022 | 0.06% | | | 8.44% | |
| | | 3.000 | 450 | 1.000 | 153 | 297 | 3.660 | 73.200 | 0.0022 | 0.06% | | | 8.50% | |
| | | 3.000 | 450 | 1.000 | 154 | 296 | 3.658 | 73.156 | 0.0022 | 0.06% | 0.029 | 0.84% | 0.578 | 8.56% |
| | | 3.000 | 450 | 1.000 | 155 | 295 | 3.656 | 73.111 | 0.0022 | 0.06% | | | 8.61% | |
| | | 3.000 | 450 | 1.000 | 156 | 294 | 3.653 | 73.067 | 0.0022 | 0.06% | | | 8.67% | |
| | | 3.000 | 450 | 1.000 | 157 | 293 | 3.651 | 73.022 | 0.0022 | 0.06% | | | 8.72% | |
| | | 3.000 | 450 | 1.000 | 158 | 292 | 3.649 | 72.978 | 0.0022 | 0.06% | | | 8.78% | |
| | | 3.000 | 450 | 1.000 | 159 | 291 | 3.647 | 72.933 | 0.0022 | 0.06% | | | 8.83% | |
| | | 3.000 | 450 | 1.000 | 160 | 290 | 3.644 | 72.889 | 0.0022 | 0.06% | | | 8.89% | |
| | | 3.000 | 450 | 1.000 | 161 | 289 | 3.642 | 72.844 | 0.0022 | 0.06% | | | 8.94% | |
| | | 3.000 | 450 | 1.000 | 162 | 288 | 3.640 | 72.800 | 0.0022 | 0.06% | | | 9.00% | |
| | | 3.000 | 450 | 1.000 | 163 | 287 | 3.638 | 72.756 | 0.0022 | 0.06% | | | 9.06% | |
| | | 3.000 | 450 | 1.000 | 164 | 286 | 3.636 | 72.711 | 0.0022 | 0.06% | | | 9.11% | |
| | | 3.000 | 450 | 1.000 | 165 | 285 | 3.633 | 72.667 | 0.0022 | 0.06% | | | 9.17% | |
| | | 3.000 | 450 | 1.000 | 166 | 284 | 3.631 | 72.622 | 0.0022 | 0.06% | | | 9.22% | |
| | | 3.000 | 450 | 1.000 | 167 | 283 | 3.629 | 72.578 | 0.0022 | 0.06% | | | 9.28% | |
| | | 3.000 | 450 | 1.000 | 168 | 282 | 3.627 | 72.533 | 0.0022 | 0.06% | 0.029 | 0.85% | 0.578 | 9.33% |
| | | 3.000 | 450 | 1.000 | 169 | 281 | 3.624 | 72.489 | 0.0022 | 0.06% | | | 9.39% | |
| | | 3.000 | 450 | 1.000 | 170 | 280 | 3.622 | 72.444 | 0.0022 | 0.06% | | | 9.44% | |
| | | 3.000 | 450 | 1.000 | 171 | 279 | 3.620 | 72.400 | 0.0022 | 0.06% | | | 9.50% | |
| | | 3.000 | 450 | 1.000 | 172 | 278 | 3.618 | 72.356 | 0.0022 | 0.06% | | | 9.56% | |
| | | 3.000 | 450 | 1.000 | 173 | 277 | 3.616 | 72.311 | 0.0022 | 0.06% | | | 9.61% | |
| | | 3.000 | 450 | 1.000 | 174 | 276 | 3.613 | 72.267 | 0.0022 | 0.06% | | | 9.67% | |
| | | 3.000 | 450 | 1.000 | 175 | 275 | 3.611 | 72.222 | 0.0022 | 0.06% | | | 9.72% | |
| | | 3.000 | 450 | 1.000 | 176 | 274 | 3.609 | 72.178 | 0.0022 | 0.06% | | | 9.78% | |
| | | 3.000 | 450 | 1.000 | 177 | 273 | 3.607 | 72.133 | 0.0022 | 0.06% | | | 9.83% | |
| | | 3.000 | 450 | 1.000 | 178 | 272 | 3.604 | 72.089 | 0.0022 | 0.06% | | | 9.89% | |
| | | 3.000 | 450 | 1.000 | 179 | 271 | 3.602 | 72.044 | 0.0022 | 0.06% | | | 9.94% | |
| | | 3.000 | 450 | 1.000 | 180 | 270 | 3.600 | 72.000 | 0.0022 | 0.06% | | | 10.00% | |
| | | 3.000 | 450 | 1.000 | 181 | 269 | 3.598 | 71.956 | 0.0022 | 0.06% | | | 10.06% | |
| | | 3.000 | 450 | 1.000 | 182 | 268 | 3.596 | 71.911 | 0.0022 | 0.06% | 0.029 | 0.86% | 0.578 | 10.11% |
| | | 3.000 | 450 | 1.000 | 183 | 267 | 3.593 | 71.867 | 0.0022 | 0.06% | | | 10.17% | |
| | | 3.000 | 450 | 1.000 | 184 | 266 | 3.591 | 71.822 | 0.0022 | 0.06% | | | 10.22% | |
| | | 3.000 | 450 | 1.000 | 185 | 265 | 3.589 | 71.778 | 0.0022 | 0.06% | | | 10.28% | |
| | | 3.000 | 450 | 1.000 | 186 | 264 | 3.587 | 71.733 | 0.0022 | 0.06% | | | 10.33% | |
| | | 3.000 | 450 | 1.000 | 187 | 263 | 3.584 | 71.689 | 0.0022 | 0.06% | | | 10.39% | |
| | | 3.000 | 450 | 1.000 | 188 | 262 | 3.582 | 71.644 | 0.0022 | 0.06% | | | 10.44% | |
| | | 3.000 | 450 | 1.000 | 189 | 261 | 3.580 | 71.600 | 0.0022 | 0.06% | | | 10.50% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 190 | 260 | 3.578 | 71.556 | 0.0022 | 0.06% | | | 10.56% | |
| | | 3.000 | 450 | 1.000 | 191 | 259 | 3.576 | 71.511 | 0.0022 | 0.06% | | | 10.61% | |
| | | 3.000 | 450 | 1.000 | 192 | 258 | 3.573 | 71.467 | 0.0022 | 0.06% | | | 10.67% | |
| | | 3.000 | 450 | 1.000 | 193 | 257 | 3.571 | 71.422 | 0.0022 | 0.06% | | | 10.72% | |
| | | 3.000 | 450 | 1.000 | 194 | 256 | 3.569 | 71.378 | 0.0022 | 0.06% | | | 10.78% | |
| | | 3.000 | 450 | 1.000 | 195 | 255 | 3.567 | 71.333 | 0.0022 | 0.06% | | | 10.83% | |
| | | 3.000 | 450 | 1.000 | 196 | 254 | 3.564 | 71.289 | 0.0022 | 0.06% | 0.029 | 0.87% | 0.578 | 10.89% |
| | | 3.000 | 450 | 1.000 | 197 | 253 | 3.562 | 71.244 | 0.0022 | 0.06% | | | 10.94% | |
| | | 3.000 | 450 | 1.000 | 198 | 252 | 3.560 | 71.200 | 0.0022 | 0.06% | | | 11.00% | |
| | | 3.000 | 450 | 1.000 | 199 | 251 | 3.558 | 71.156 | 0.0022 | 0.06% | | | 11.06% | |
| | | 3.000 | 450 | 1.000 | 200 | 250 | 3.556 | 71.111 | 0.0022 | 0.06% | | | 11.11% | |
| | | 3.000 | 450 | 1.000 | 201 | 249 | 3.553 | 71.067 | 0.0022 | 0.06% | | | 11.17% | |
| | | 3.000 | 450 | 1.000 | 202 | 248 | 3.551 | 71.022 | 0.0022 | 0.06% | | | 11.22% | |
| | | 3.000 | 450 | 1.000 | 203 | 247 | 3.549 | 70.978 | 0.0022 | 0.06% | | | 11.28% | |
| | | 3.000 | 450 | 1.000 | 204 | 246 | 3.547 | 70.933 | 0.0022 | 0.06% | | | 11.33% | |
| | | 3.000 | 450 | 1.000 | 205 | 245 | 3.544 | 70.889 | 0.0022 | 0.06% | | | 11.39% | |
| | | 3.000 | 450 | 1.000 | 206 | 244 | 3.542 | 70.844 | 0.0022 | 0.06% | | | 11.44% | |
| | | 3.000 | 450 | 1.000 | 207 | 243 | 3.540 | 70.800 | 0.0022 | 0.06% | | | 11.50% | |
| | | 3.000 | 450 | 1.000 | 208 | 242 | 3.538 | 70.756 | 0.0022 | 0.06% | | | 11.56% | |
| | | 3.000 | 450 | 1.000 | 209 | 241 | 3.536 | 70.711 | 0.0022 | 0.06% | | | 11.61% | |
| | | 3.000 | 450 | 1.000 | 210 | 240 | 3.533 | 70.667 | 0.0022 | 0.06% | 0.029 | 0.87% | 0.578 | 11.67% |
| | | 3.000 | 450 | 1.000 | 211 | 239 | 3.531 | 70.622 | 0.0022 | 0.06% | | | 11.72% | |
| | | 3.000 | 450 | 1.000 | 212 | 238 | 3.529 | 70.578 | 0.0022 | 0.06% | | | 11.78% | |
| | | 3.000 | 450 | 1.000 | 213 | 237 | 3.527 | 70.533 | 0.0022 | 0.06% | | | 11.83% | |
| | | 3.000 | 450 | 1.000 | 214 | 236 | 3.524 | 70.489 | 0.0022 | 0.06% | | | 11.89% | |
| | | 3.000 | 450 | 1.000 | 215 | 235 | 3.522 | 70.444 | 0.0022 | 0.06% | | | 11.94% | |
| | | 3.000 | 450 | 1.000 | 216 | 234 | 3.520 | 70.400 | 0.0022 | 0.06% | | | 12.00% | |
| | | 3.000 | 450 | 1.000 | 217 | 233 | 3.518 | 70.356 | 0.0022 | 0.06% | | | 12.06% | |
| | | 3.000 | 450 | 1.000 | 218 | 232 | 3.516 | 70.311 | 0.0022 | 0.06% | | | 12.11% | |
| | | 3.000 | 450 | 1.000 | 219 | 231 | 3.513 | 70.267 | 0.0022 | 0.06% | | | 12.17% | |
| | | 3.000 | 450 | 1.000 | 220 | 230 | 3.511 | 70.222 | 0.0022 | 0.06% | | | 12.22% | |
| | | 3.000 | 450 | 1.000 | 221 | 229 | 3.509 | 70.178 | 0.0022 | 0.06% | | | 12.28% | |
| | | 3.000 | 450 | 1.000 | 222 | 228 | 3.507 | 70.133 | 0.0022 | 0.06% | | | 12.33% | |
| | | 3.000 | 450 | 1.000 | 223 | 227 | 3.504 | 70.089 | 0.0022 | 0.06% | | | 12.39% | |
| | | 3.000 | 450 | 1.000 | 224 | 226 | 3.502 | 70.044 | 0.0022 | 0.06% | 0.029 | 0.88% | 0.578 | 12.44% |
| | | 3.000 | 450 | 1.000 | 225 | 225 | 3.500 | 70.000 | 0.0022 | 0.06% | | | 12.50% | |
| | | 3.000 | 450 | 1.000 | 226 | 224 | 3.498 | 69.956 | 0.0022 | 0.06% | | | 12.56% | |
| | | 3.000 | 450 | 1.000 | 227 | 223 | 3.496 | 69.911 | 0.0022 | 0.06% | | | 12.61% | |
| | | 3.000 | 450 | 1.000 | 228 | 222 | 3.493 | 69.867 | 0.0022 | 0.06% | | | 12.67% | |
| | | 3.000 | 450 | 1.000 | 229 | 221 | 3.491 | 69.822 | 0.0022 | 0.06% | | | 12.72% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 230 | 220 | 3.489 | 69.778 | 0.0022 | 0.06% | | | 12.78% | |
| | | 3.000 | 450 | 1.000 | 231 | 219 | 3.487 | 69.733 | 0.0022 | 0.06% | | | 12.83% | |
| | | 3.000 | 450 | 1.000 | 232 | 218 | 3.484 | 69.689 | 0.0022 | 0.06% | | | 12.89% | |
| | | 3.000 | 450 | 1.000 | 233 | 217 | 3.482 | 69.644 | 0.0022 | 0.06% | | | 12.94% | |
| | | 3.000 | 450 | 1.000 | 234 | 216 | 3.480 | 69.600 | 0.0022 | 0.06% | | | 13.00% | |
| | | 3.000 | 450 | 1.000 | 235 | 215 | 3.478 | 69.556 | 0.0022 | 0.06% | | | 13.06% | |
| | | 3.000 | 450 | 1.000 | 236 | 214 | 3.476 | 69.511 | 0.0022 | 0.06% | | | 13.11% | |
| | | 3.000 | 450 | 1.000 | 237 | 213 | 3.473 | 69.467 | 0.0022 | 0.06% | | | 13.17% | |
| | | 3.000 | 450 | 1.000 | 238 | 212 | 3.471 | 69.422 | 0.0022 | 0.06% | 0.029 | 0.89% | 0.578 | 13.22% |
| | | 3.000 | 450 | 1.000 | 239 | 211 | 3.469 | 69.378 | 0.0022 | 0.06% | | | 13.28% | |
| | | 3.000 | 450 | 1.000 | 240 | 210 | 3.467 | 69.333 | 0.0022 | 0.06% | | | 13.33% | |
| | | 3.000 | 450 | 1.000 | 241 | 209 | 3.464 | 69.289 | 0.0022 | 0.06% | | | 13.39% | |
| | | 3.000 | 450 | 1.000 | 242 | 208 | 3.462 | 69.244 | 0.0022 | 0.06% | | | 13.44% | |
| | | 3.000 | 450 | 1.000 | 243 | 207 | 3.460 | 69.200 | 0.0022 | 0.06% | | | 13.50% | |
| | | 3.000 | 450 | 1.000 | 244 | 206 | 3.458 | 69.156 | 0.0022 | 0.06% | | | 13.56% | |
| | | 3.000 | 450 | 1.000 | 245 | 205 | 3.456 | 69.111 | 0.0022 | 0.06% | | | 13.61% | |
| | | 3.000 | 450 | 1.000 | 246 | 204 | 3.453 | 69.067 | 0.0022 | 0.06% | | | 13.67% | |
| | | 3.000 | 450 | 1.000 | 247 | 203 | 3.451 | 69.022 | 0.0022 | 0.06% | | | 13.72% | |
| | | 3.000 | 450 | 1.000 | 248 | 202 | 3.449 | 68.978 | 0.0022 | 0.06% | | | 13.78% | |
| | | 3.000 | 450 | 1.000 | 249 | 201 | 3.447 | 68.933 | 0.0022 | 0.06% | | | 13.83% | |
| | | 3.000 | 450 | 1.000 | 250 | 200 | 3.444 | 68.889 | 0.0022 | 0.06% | | | 13.89% | |
| | | 3.000 | 450 | 1.000 | 251 | 199 | 3.442 | 68.844 | 0.0022 | 0.06% | | | 13.94% | |
| | | 3.000 | 450 | 1.000 | 252 | 198 | 3.440 | 68.800 | 0.0022 | 0.06% | 0.029 | 0.90% | 0.578 | 14.00% |
| | | 3.000 | 450 | 1.000 | 253 | 197 | 3.438 | 68.756 | 0.0022 | 0.06% | | | 14.06% | |
| | | 3.000 | 450 | 1.000 | 254 | 196 | 3.436 | 68.711 | 0.0022 | 0.06% | | | 14.11% | |
| | | 3.000 | 450 | 1.000 | 255 | 195 | 3.433 | 68.667 | 0.0022 | 0.06% | | | 14.17% | |
| | | 3.000 | 450 | 1.000 | 256 | 194 | 3.431 | 68.622 | 0.0022 | 0.06% | | | 14.22% | |
| | | 3.000 | 450 | 1.000 | 257 | 193 | 3.429 | 68.578 | 0.0022 | 0.06% | | | 14.28% | |
| | | 3.000 | 450 | 1.000 | 258 | 192 | 3.427 | 68.533 | 0.0022 | 0.06% | | | 14.33% | |
| | | 3.000 | 450 | 1.000 | 259 | 191 | 3.424 | 68.489 | 0.0022 | 0.06% | | | 14.39% | |
| | | 3.000 | 450 | 1.000 | 260 | 190 | 3.422 | 68.444 | 0.0022 | 0.06% | | | 14.44% | |
| | | 3.000 | 450 | 1.000 | 261 | 189 | 3.420 | 68.400 | 0.0022 | 0.06% | | | 14.50% | |
| | | 3.000 | 450 | 1.000 | 262 | 188 | 3.418 | 68.356 | 0.0022 | 0.06% | | | 14.56% | |
| | | 3.000 | 450 | 1.000 | 263 | 187 | 3.416 | 68.311 | 0.0022 | 0.07% | | | 14.61% | |
| | | 3.000 | 450 | 1.000 | 264 | 186 | 3.413 | 68.267 | 0.0022 | 0.07% | | | 14.67% | |
| | | 3.000 | 450 | 1.000 | 265 | 185 | 3.411 | 68.222 | 0.0022 | 0.07% | | | 14.72% | |
| | | 3.000 | 450 | 1.000 | 266 | 184 | 3.409 | 68.178 | 0.0022 | 0.07% | 0.029 | 0.90% | 0.578 | 14.78% |
| | | 3.000 | 450 | 1.000 | 267 | 183 | 3.407 | 68.133 | 0.0022 | 0.07% | | | 14.83% | |
| | | 3.000 | 450 | 1.000 | 268 | 182 | 3.404 | 68.089 | 0.0022 | 0.07% | | | 14.89% | |
| | | 3.000 | 450 | 1.000 | 269 | 181 | 3.402 | 68.044 | 0.0022 | 0.07% | | | 14.94% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 270 | 180 | 3.400 | 68.000 | 0.0022 | 0.07% | | | 15.00% | |
| | | 3.000 | 450 | 1.000 | 271 | 179 | 3.398 | 67.956 | 0.0022 | 0.07% | | | 15.06% | |
| | | 3.000 | 450 | 1.000 | 272 | 178 | 3.396 | 67.911 | 0.0022 | 0.07% | | | 15.11% | |
| | | 3.000 | 450 | 1.000 | 273 | 177 | 3.393 | 67.867 | 0.0022 | 0.07% | | | 15.17% | |
| | | 3.000 | 450 | 1.000 | 274 | 176 | 3.391 | 67.822 | 0.0022 | 0.07% | | | 15.22% | |
| | | 3.000 | 450 | 1.000 | 275 | 175 | 3.389 | 67.778 | 0.0022 | 0.07% | | | 15.28% | |
| | | 3.000 | 450 | 1.000 | 276 | 174 | 3.387 | 67.733 | 0.0022 | 0.07% | | | 15.33% | |
| | | 3.000 | 450 | 1.000 | 277 | 173 | 3.384 | 67.689 | 0.0022 | 0.07% | | | 15.39% | |
| | | 3.000 | 450 | 1.000 | 278 | 172 | 3.382 | 67.644 | 0.0022 | 0.07% | | | 15.44% | |
| | | 3.000 | 450 | 1.000 | 279 | 171 | 3.380 | 67.600 | 0.0022 | 0.07% | | | 15.50% | |
| | | 3.000 | 450 | 1.000 | 280 | 170 | 3.378 | 67.556 | 0.0022 | 0.07% | 0.029 | 0.91% | 0.578 | 15.56% |
| | | 3.000 | 450 | 1.000 | 281 | 169 | 3.376 | 67.511 | 0.0022 | 0.07% | | | 15.61% | |
| | | 3.000 | 450 | 1.000 | 282 | 168 | 3.373 | 67.467 | 0.0022 | 0.07% | | | 15.67% | |
| | | 3.000 | 450 | 1.000 | 283 | 167 | 3.371 | 67.422 | 0.0022 | 0.07% | | | 15.72% | |
| | | 3.000 | 450 | 1.000 | 284 | 166 | 3.369 | 67.378 | 0.0022 | 0.07% | | | 15.78% | |
| | | 3.000 | 450 | 1.000 | 285 | 165 | 3.367 | 67.333 | 0.0022 | 0.07% | | | 15.83% | |
| | | 3.000 | 450 | 1.000 | 286 | 164 | 3.364 | 67.289 | 0.0022 | 0.07% | | | 15.89% | |
| | | 3.000 | 450 | 1.000 | 287 | 163 | 3.362 | 67.244 | 0.0022 | 0.07% | | | 15.94% | |
| | | 3.000 | 450 | 1.000 | 288 | 162 | 3.360 | 67.200 | 0.0022 | 0.07% | | | 16.00% | |
| | | 3.000 | 450 | 1.000 | 289 | 161 | 3.358 | 67.156 | 0.0022 | 0.07% | | | 16.06% | |
| | | 3.000 | 450 | 1.000 | 290 | 160 | 3.356 | 67.111 | 0.0022 | 0.07% | | | 16.11% | |
| | | 3.000 | 450 | 1.000 | 291 | 159 | 3.353 | 67.067 | 0.0022 | 0.07% | | | 16.17% | |
| | | 3.000 | 450 | 1.000 | 292 | 158 | 3.351 | 67.022 | 0.0022 | 0.07% | | | 16.22% | |
| | | 3.000 | 450 | 1.000 | 293 | 157 | 3.349 | 66.978 | 0.0022 | 0.07% | | | 16.28% | |
| | | 3.000 | 450 | 1.000 | 294 | 156 | 3.347 | 66.933 | 0.0022 | 0.07% | 0.029 | 0.92% | 0.578 | 16.33% |
| | | 3.000 | 450 | 1.000 | 295 | 155 | 3.344 | 66.889 | 0.0022 | 0.07% | | | 16.39% | |
| | | 3.000 | 450 | 1.000 | 296 | 154 | 3.342 | 66.844 | 0.0022 | 0.07% | | | 16.44% | |
| | | 3.000 | 450 | 1.000 | 297 | 153 | 3.340 | 66.800 | 0.0022 | 0.07% | | | 16.50% | |
| | | 3.000 | 450 | 1.000 | 298 | 152 | 3.338 | 66.756 | 0.0022 | 0.07% | | | 16.56% | |
| | | 3.000 | 450 | 1.000 | 299 | 151 | 3.336 | 66.711 | 0.0022 | 0.07% | | | 16.61% | |
| | | 3.000 | 450 | 1.000 | 300 | 150 | 3.333 | 66.667 | 0.0022 | 0.07% | | | 16.67% | |
| | | 3.000 | 450 | 1.000 | 301 | 149 | 3.331 | 66.622 | 0.0022 | 0.07% | | | 16.72% | |
| | | 3.000 | 450 | 1.000 | 302 | 148 | 3.329 | 66.578 | 0.0022 | 0.07% | | | 16.78% | |
| | | 3.000 | 450 | 1.000 | 303 | 147 | 3.327 | 66.533 | 0.0022 | 0.07% | | | 16.83% | |
| | | 3.000 | 450 | 1.000 | 304 | 146 | 3.324 | 66.489 | 0.0022 | 0.07% | | | 16.89% | |
| | | 3.000 | 450 | 1.000 | 305 | 145 | 3.322 | 66.444 | 0.0022 | 0.07% | | | 16.94% | |
| | | 3.000 | 450 | 1.000 | 306 | 144 | 3.320 | 66.400 | 0.0022 | 0.07% | | | 17.00% | |
| | | 3.000 | 450 | 1.000 | 307 | 143 | 3.318 | 66.356 | 0.0022 | 0.07% | | | 17.06% | |
| | | 3.000 | 450 | 1.000 | 308 | 142 | 3.316 | 66.311 | 0.0022 | 0.07% | 0.029 | 0.93% | 0.578 | 17.11% |
| | | 3.000 | 450 | 1.000 | 309 | 141 | 3.313 | 66.267 | 0.0022 | 0.07% | | | 17.17% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 310 | 140 | 3.311 | 66.222 | 0.0022 | 0.07% | | | 17.22% | |
| | | 3.000 | 450 | 1.000 | 311 | 139 | 3.309 | 66.178 | 0.0022 | 0.07% | | | 17.28% | |
| | | 3.000 | 450 | 1.000 | 312 | 138 | 3.307 | 66.133 | 0.0022 | 0.07% | | | 17.33% | |
| | | 3.000 | 450 | 1.000 | 313 | 137 | 3.304 | 66.089 | 0.0022 | 0.07% | | | 17.39% | |
| | | 3.000 | 450 | 1.000 | 314 | 136 | 3.302 | 66.044 | 0.0022 | 0.07% | | | 17.44% | |
| | | 3.000 | 450 | 1.000 | 315 | 135 | 3.300 | 66.000 | 0.0022 | 0.07% | | | 17.50% | |
| | | 3.000 | 450 | 1.000 | 316 | 134 | 3.298 | 65.956 | 0.0022 | 0.07% | | | 17.56% | |
| | | 3.000 | 450 | 1.000 | 317 | 133 | 3.296 | 65.911 | 0.0022 | 0.07% | | | 17.61% | |
| | | 3.000 | 450 | 1.000 | 318 | 132 | 3.293 | 65.867 | 0.0022 | 0.07% | | | 17.67% | |
| | | 3.000 | 450 | 1.000 | 319 | 131 | 3.291 | 65.822 | 0.0022 | 0.07% | | | 17.72% | |
| | | 3.000 | 450 | 1.000 | 320 | 130 | 3.289 | 65.778 | 0.0022 | 0.07% | | | 17.78% | |
| | | 3.000 | 450 | 1.000 | 321 | 129 | 3.287 | 65.733 | 0.0022 | 0.07% | | | 17.83% | |
| | | 3.000 | 450 | 1.000 | 322 | 128 | 3.284 | 65.689 | 0.0022 | 0.07% | 0.029 | 0.94% | 0.578 | 17.89% |
| | | 3.000 | 450 | 1.000 | 323 | 127 | 3.282 | 65.644 | 0.0022 | 0.07% | | | 17.94% | |
| | | 3.000 | 450 | 1.000 | 324 | 126 | 3.280 | 65.600 | 0.0022 | 0.07% | | | 18.00% | |
| | | 3.000 | 450 | 1.000 | 325 | 125 | 3.278 | 65.556 | 0.0022 | 0.07% | | | 18.06% | |
| | | 3.000 | 450 | 1.000 | 326 | 124 | 3.276 | 65.511 | 0.0022 | 0.07% | | | 18.11% | |
| | | 3.000 | 450 | 1.000 | 327 | 123 | 3.273 | 65.467 | 0.0022 | 0.07% | | | 18.17% | |
| | | 3.000 | 450 | 1.000 | 328 | 122 | 3.271 | 65.422 | 0.0022 | 0.07% | | | 18.22% | |
| | | 3.000 | 450 | 1.000 | 329 | 121 | 3.269 | 65.378 | 0.0022 | 0.07% | | | 18.28% | |
| | | 3.000 | 450 | 1.000 | 330 | 120 | 3.267 | 65.333 | 0.0022 | 0.07% | | | 18.33% | |
| | | 3.000 | 450 | 1.000 | 331 | 119 | 3.264 | 65.289 | 0.0022 | 0.07% | | | 18.39% | |
| | | 3.000 | 450 | 1.000 | 332 | 118 | 3.262 | 65.244 | 0.0022 | 0.07% | | | 18.44% | |
| | | 3.000 | 450 | 1.000 | 333 | 117 | 3.260 | 65.200 | 0.0022 | 0.07% | | | 18.50% | |
| | | 3.000 | 450 | 1.000 | 334 | 116 | 3.258 | 65.156 | 0.0022 | 0.07% | | | 18.56% | |
| | | 3.000 | 450 | 1.000 | 335 | 115 | 3.256 | 65.111 | 0.0022 | 0.07% | | | 18.61% | |
| | | 3.000 | 450 | 1.000 | 336 | 114 | 3.253 | 65.067 | 0.0022 | 0.07% | 0.029 | 0.95% | 0.578 | 18.67% |
| | | 3.000 | 450 | 1.000 | 337 | 113 | 3.251 | 65.022 | 0.0022 | 0.07% | | | 18.72% | |
| | | 3.000 | 450 | 1.000 | 338 | 112 | 3.249 | 64.978 | 0.0022 | 0.07% | | | 18.78% | |
| | | 3.000 | 450 | 1.000 | 339 | 111 | 3.247 | 64.933 | 0.0022 | 0.07% | | | 18.83% | |
| | | 3.000 | 450 | 1.000 | 340 | 110 | 3.244 | 64.889 | 0.0022 | 0.07% | | | 18.89% | |
| | | 3.000 | 450 | 1.000 | 341 | 109 | 3.242 | 64.844 | 0.0022 | 0.07% | | | 18.94% | |
| | | 3.000 | 450 | 1.000 | 342 | 108 | 3.240 | 64.800 | 0.0022 | 0.07% | | | 19.00% | |
| | | 3.000 | 450 | 1.000 | 343 | 107 | 3.238 | 64.756 | 0.0022 | 0.07% | | | 19.06% | |
| | | 3.000 | 450 | 1.000 | 344 | 106 | 3.236 | 64.711 | 0.0022 | 0.07% | | | 19.11% | |
| | | 3.000 | 450 | 1.000 | 345 | 105 | 3.233 | 64.667 | 0.0022 | 0.07% | | | 19.17% | |
| | | 3.000 | 450 | 1.000 | 346 | 104 | 3.231 | 64.622 | 0.0022 | 0.07% | | | 19.22% | |
| | | 3.000 | 450 | 1.000 | 347 | 103 | 3.229 | 64.578 | 0.0022 | 0.07% | | | 19.28% | |
| | | 3.000 | 450 | 1.000 | 348 | 102 | 3.227 | 64.533 | 0.0022 | 0.07% | | | 19.33% | |
| | | 3.000 | 450 | 1.000 | 349 | 101 | 3.224 | 64.489 | 0.0022 | 0.07% | | | 19.39% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 350 | 100 | 3.222 | 64.444 | 0.0022 | 0.07% | 0.029 | 0.96% | 0.578 | 19.44% |
| | | 3.000 | 450 | 1.000 | 351 | 99 | 3.220 | 64.400 | 0.0022 | 0.07% | | | | 19.50% |
| | | 3.000 | 450 | 1.000 | 352 | 98 | 3.218 | 64.356 | 0.0022 | 0.07% | | | | 19.56% |
| | | 3.000 | 450 | 1.000 | 353 | 97 | 3.216 | 64.311 | 0.0022 | 0.07% | | | | 19.61% |
| | | 3.000 | 450 | 1.000 | 354 | 96 | 3.213 | 64.267 | 0.0022 | 0.07% | | | | 19.67% |
| | | 3.000 | 450 | 1.000 | 355 | 95 | 3.211 | 64.222 | 0.0022 | 0.07% | | | | 19.72% |
| | | 3.000 | 450 | 1.000 | 356 | 94 | 3.209 | 64.178 | 0.0022 | 0.07% | | | | 19.78% |
| | | 3.000 | 450 | 1.000 | 357 | 93 | 3.207 | 64.133 | 0.0022 | 0.07% | | | | 19.83% |
| | | 3.000 | 450 | 1.000 | 358 | 92 | 3.204 | 64.089 | 0.0022 | 0.07% | | | | 19.89% |
| | | 3.000 | 450 | 1.000 | 359 | 91 | 3.202 | 64.044 | 0.0022 | 0.07% | | | | 19.94% |
| | | 3.000 | 450 | 1.000 | 360 | 90 | 3.200 | 64.000 | 0.0022 | 0.07% | | | | 20.00% |
| | | 3.000 | 450 | 1.000 | 361 | 89 | 3.198 | 63.956 | 0.0022 | 0.07% | | | | 20.06% |
| | | 3.000 | 450 | 1.000 | 362 | 88 | 3.196 | 63.911 | 0.0022 | 0.07% | | | | 20.11% |
| | | 3.000 | 450 | 1.000 | 363 | 87 | 3.193 | 63.867 | 0.0022 | 0.07% | | | | 20.17% |
| | | 3.000 | 450 | 1.000 | 364 | 86 | 3.191 | 63.822 | 0.0022 | 0.07% | 0.029 | 0.97% | 0.578 | 20.22% |
| | | 3.000 | 450 | 1.000 | 365 | 85 | 3.189 | 63.778 | 0.0022 | 0.07% | | | | 20.28% |
| | | 3.000 | 450 | 1.000 | 366 | 84 | 3.187 | 63.733 | 0.0022 | 0.07% | | | | 20.33% |
| | | 3.000 | 450 | 1.000 | 367 | 83 | 3.184 | 63.689 | 0.0022 | 0.07% | | | | 20.39% |
| | | 3.000 | 450 | 1.000 | 368 | 82 | 3.182 | 63.644 | 0.0022 | 0.07% | | | | 20.44% |
| | | 3.000 | 450 | 1.000 | 369 | 81 | 3.180 | 63.600 | 0.0022 | 0.07% | | | | 20.50% |
| | | 3.000 | 450 | 1.000 | 370 | 80 | 3.178 | 63.556 | 0.0022 | 0.07% | | | | 20.56% |
| | | 3.000 | 450 | 1.000 | 371 | 79 | 3.176 | 63.511 | 0.0022 | 0.07% | | | | 20.61% |
| | | 3.000 | 450 | 1.000 | 372 | 78 | 3.173 | 63.467 | 0.0022 | 0.07% | | | | 20.67% |
| | | 3.000 | 450 | 1.000 | 373 | 77 | 3.171 | 63.422 | 0.0022 | 0.07% | | | | 20.72% |
| | | 3.000 | 450 | 1.000 | 374 | 76 | 3.169 | 63.378 | 0.0022 | 0.07% | | | | 20.78% |
| | | 3.000 | 450 | 1.000 | 375 | 75 | 3.167 | 63.333 | 0.0022 | 0.07% | | | | 20.83% |
| | | 3.000 | 450 | 1.000 | 376 | 74 | 3.164 | 63.289 | 0.0022 | 0.07% | | | | 20.89% |
| | | 3.000 | 450 | 1.000 | 377 | 73 | 3.162 | 63.244 | 0.0022 | 0.07% | | | | 20.94% |
| | | 3.000 | 450 | 1.000 | 378 | 72 | 3.160 | 63.200 | 0.0022 | 0.07% | 0.029 | 0.97% | 0.578 | 21.00% |
| | | 3.000 | 450 | 1.000 | 379 | 71 | 3.158 | 63.156 | 0.0022 | 0.07% | | | | 21.06% |
| | | 3.000 | 450 | 1.000 | 380 | 70 | 3.156 | 63.111 | 0.0022 | 0.07% | | | | 21.11% |
| | | 3.000 | 450 | 1.000 | 381 | 69 | 3.153 | 63.067 | 0.0022 | 0.07% | | | | 21.17% |
| | | 3.000 | 450 | 1.000 | 382 | 68 | 3.151 | 63.022 | 0.0022 | 0.07% | | | | 21.22% |
| | | 3.000 | 450 | 1.000 | 383 | 67 | 3.149 | 62.978 | 0.0022 | 0.07% | | | | 21.28% |
| | | 3.000 | 450 | 1.000 | 384 | 66 | 3.147 | 62.933 | 0.0022 | 0.07% | | | | 21.33% |
| | | 3.000 | 450 | 1.000 | 385 | 65 | 3.144 | 62.889 | 0.0022 | 0.07% | | | | 21.39% |
| | | 3.000 | 450 | 1.000 | 386 | 64 | 3.142 | 62.844 | 0.0022 | 0.07% | | | | 21.44% |
| | | 3.000 | 450 | 1.000 | 387 | 63 | 3.140 | 62.800 | 0.0022 | 0.07% | | | | 21.50% |
| | | 3.000 | 450 | 1.000 | 388 | 62 | 3.138 | 62.756 | 0.0022 | 0.07% | | | | 21.56% |
| | | 3.000 | 450 | 1.000 | 389 | 61 | 3.136 | 62.711 | 0.0022 | 0.07% | | | | 21.61% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 390 | 60 | 3.133 | 62.667 | 0.0022 | 0.07% | | | 21.67% | |
| | | 3.000 | 450 | 1.000 | 391 | 59 | 3.131 | 62.622 | 0.0022 | 0.07% | | | 21.72% | |
| | | 3.000 | 450 | 1.000 | 392 | 58 | 3.129 | 62.578 | 0.0022 | 0.07% | 0.029 | 0.98% | 0.578 | 21.78% |
| | | 3.000 | 450 | 1.000 | 393 | 57 | 3.127 | 62.533 | 0.0022 | 0.07% | | | 21.83% | |
| | | 3.000 | 450 | 1.000 | 394 | 56 | 3.124 | 62.489 | 0.0022 | 0.07% | | | 21.89% | |
| | | 3.000 | 450 | 1.000 | 395 | 55 | 3.122 | 62.444 | 0.0022 | 0.07% | | | 21.94% | |
| | | 3.000 | 450 | 1.000 | 396 | 54 | 3.120 | 62.400 | 0.0022 | 0.07% | | | 22.00% | |
| | | 3.000 | 450 | 1.000 | 397 | 53 | 3.118 | 62.356 | 0.0022 | 0.07% | | | 22.06% | |
| | | 3.000 | 450 | 1.000 | 398 | 52 | 3.116 | 62.311 | 0.0022 | 0.07% | | | 22.11% | |
| | | 3.000 | 450 | 1.000 | 399 | 51 | 3.113 | 62.267 | 0.0022 | 0.07% | | | 22.17% | |
| | | 3.000 | 450 | 1.000 | 400 | 50 | 3.111 | 62.222 | 0.0022 | 0.07% | | | 22.22% | |
| | | 3.000 | 450 | 1.000 | 401 | 49 | 3.109 | 62.178 | 0.0022 | 0.07% | | | 22.28% | |
| | | 3.000 | 450 | 1.000 | 402 | 48 | 3.107 | 62.133 | 0.0022 | 0.07% | | | 22.33% | |
| | | 3.000 | 450 | 1.000 | 403 | 47 | 3.104 | 62.089 | 0.0022 | 0.07% | | | 22.39% | |
| | | 3.000 | 450 | 1.000 | 404 | 46 | 3.102 | 62.044 | 0.0022 | 0.07% | | | 22.44% | |
| | | 3.000 | 450 | 1.000 | 405 | 45 | 3.100 | 62.000 | 0.0022 | 0.07% | | | 22.50% | |
| | | 3.000 | 450 | 1.000 | 406 | 44 | 3.098 | 61.956 | 0.0022 | 0.07% | 0.029 | 0.99% | 0.578 | 22.56% |
| | | 3.000 | 450 | 1.000 | 407 | 43 | 3.096 | 61.911 | 0.0022 | 0.07% | | | 22.61% | |
| | | 3.000 | 450 | 1.000 | 408 | 42 | 3.093 | 61.867 | 0.0022 | 0.07% | | | 22.67% | |
| | | 3.000 | 450 | 1.000 | 409 | 41 | 3.091 | 61.822 | 0.0022 | 0.07% | | | 22.72% | |
| | | 3.000 | 450 | 1.000 | 410 | 40 | 3.089 | 61.778 | 0.0022 | 0.07% | | | 22.78% | |
| | | 3.000 | 450 | 1.000 | 411 | 39 | 3.087 | 61.733 | 0.0022 | 0.07% | | | 22.83% | |
| | | 3.000 | 450 | 1.000 | 412 | 38 | 3.084 | 61.689 | 0.0022 | 0.07% | | | 22.89% | |
| | | 3.000 | 450 | 1.000 | 413 | 37 | 3.082 | 61.644 | 0.0022 | 0.07% | | | 22.94% | |
| | | 3.000 | 450 | 1.000 | 414 | 36 | 3.080 | 61.600 | 0.0022 | 0.07% | | | 23.00% | |
| | | 3.000 | 450 | 1.000 | 415 | 35 | 3.078 | 61.556 | 0.0022 | 0.07% | | | 23.06% | |
| | | 3.000 | 450 | 1.000 | 416 | 34 | 3.076 | 61.511 | 0.0022 | 0.07% | | | 23.11% | |
| | | 3.000 | 450 | 1.000 | 417 | 33 | 3.073 | 61.467 | 0.0022 | 0.07% | | | 23.17% | |
| | | 3.000 | 450 | 1.000 | 418 | 32 | 3.071 | 61.422 | 0.0022 | 0.07% | | | 23.22% | |
| | | 3.000 | 450 | 1.000 | 419 | 31 | 3.069 | 61.378 | 0.0022 | 0.07% | | | 23.28% | |
| | | 3.000 | 450 | 1.000 | 420 | 30 | 3.067 | 61.333 | 0.0022 | 0.07% | 0.029 | 1.00% | 0.578 | 23.33% |
| | | 3.000 | 450 | 1.000 | 421 | 29 | 3.064 | 61.289 | 0.0022 | 0.07% | | | 23.39% | |
| | | 3.000 | 450 | 1.000 | 422 | 28 | 3.062 | 61.244 | 0.0022 | 0.07% | | | 23.44% | |
| | | 3.000 | 450 | 1.000 | 423 | 27 | 3.060 | 61.200 | 0.0022 | 0.07% | | | 23.50% | |
| | | 3.000 | 450 | 1.000 | 424 | 26 | 3.058 | 61.156 | 0.0022 | 0.07% | | | 23.56% | |
| | | 3.000 | 450 | 1.000 | 425 | 25 | 3.056 | 61.111 | 0.0022 | 0.07% | | | 23.61% | |
| | | 3.000 | 450 | 1.000 | 426 | 24 | 3.053 | 61.067 | 0.0022 | 0.07% | | | 23.67% | |
| | | 3.000 | 450 | 1.000 | 427 | 23 | 3.051 | 61.022 | 0.0022 | 0.07% | | | 23.72% | |
| | | 3.000 | 450 | 1.000 | 428 | 22 | 3.049 | 60.978 | 0.0022 | 0.07% | | | 23.78% | |
| | | 3.000 | 450 | 1.000 | 429 | 21 | 3.047 | 60.933 | 0.0022 | 0.07% | | | 23.83% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 3.000 | 450 | 1.000 | 430 | 20 | 3.044 | 60.889 | 0.0022 | 0.07% | | | 23.89% | |
| | | 3.000 | 450 | 1.000 | 431 | 19 | 3.042 | 60.844 | 0.0022 | 0.07% | | | 23.94% | |
| | | 3.000 | 450 | 1.000 | 432 | 18 | 3.040 | 60.800 | 0.0022 | 0.07% | | | 24.00% | |
| | | 3.000 | 450 | 1.000 | 433 | 17 | 3.038 | 60.756 | 0.0022 | 0.07% | | | 24.06% | |
| | | 3.000 | 450 | 1.000 | 434 | 16 | 3.036 | 60.711 | 0.0022 | 0.07% | 0.029 | 1.01% | 0.578 | 24.11% |
| | | 3.000 | 450 | 1.000 | 435 | 15 | 3.033 | 60.667 | 0.0022 | 0.07% | | | 24.17% | |
| | | 3.000 | 450 | 1.000 | 436 | 14 | 3.031 | 60.622 | 0.0022 | 0.07% | | | 24.22% | |
| | | 3.000 | 450 | 1.000 | 437 | 13 | 3.029 | 60.578 | 0.0022 | 0.07% | | | 24.28% | |
| | | 3.000 | 450 | 1.000 | 438 | 12 | 3.027 | 60.533 | 0.0022 | 0.07% | | | 24.33% | |
| | | 3.000 | 450 | 1.000 | 439 | 11 | 3.024 | 60.489 | 0.0022 | 0.07% | | | 24.39% | |
| | | 3.000 | 450 | 1.000 | 440 | 10 | 3.022 | 60.444 | 0.0022 | 0.07% | | | 24.44% | |
| | | 3.000 | 450 | 1.000 | 441 | 9 | 3.020 | 60.400 | 0.0022 | 0.07% | | | 24.50% | |
| | | 3.000 | 450 | 1.000 | 442 | 8 | 3.018 | 60.356 | 0.0022 | 0.07% | | | 24.56% | |
| | | 3.000 | 450 | 1.000 | 443 | 7 | 3.016 | 60.311 | 0.0022 | 0.07% | | | 24.61% | |
| | | 3.000 | 450 | 1.000 | 444 | 6 | 3.013 | 60.267 | 0.0022 | 0.07% | | | 24.67% | |
| | | 3.000 | 450 | 1.000 | 445 | 5 | 3.011 | 60.222 | 0.0022 | 0.07% | | | 24.72% | |
| | | 3.000 | 450 | 1.000 | 446 | 4 | 3.009 | 60.178 | 0.0022 | 0.07% | | | 24.78% | |
| | | 3.000 | 450 | 1.000 | 447 | 3 | 3.007 | 60.133 | 0.0022 | 0.07% | | | 24.83% | |
| | | 3.000 | 450 | 1.000 | 448 | 2 | 3.004 | 60.089 | 0.0022 | 0.07% | 0.029 | 1.02% | 0.578 | 24.89% |
| | | 3.000 | 450 | 1.000 | 449 | 1 | 3.002 | 60.044 | 0.0022 | 0.07% | | | 24.94% | |
| | | 3.000 | 450 | 1.000 | 450 | 0 | 3.000 | 60.000 | 0.0022 | 0.07% | | | 25.00% | |

Medication Klonopin
Valium Multiplier 20
Original Dose 4.000
Current Dose 3.000
Start Date March 27, 2007
Dry Dose 2.000
Dissolve Dose 1.000
Water in ML **450**
ML Increments **1**
Display Dates no

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 1 | 449 | 2.998 | 59.956 | 0.0022 | 0.07% | | | 25.06% | |
| | | 2.000 | 450 | 1.000 | 2 | 448 | 2.996 | 59.911 | 0.0022 | 0.07% | | | 25.11% | |
| | | 2.000 | 450 | 1.000 | 3 | 447 | 2.993 | 59.867 | 0.0022 | 0.07% | | | 25.17% | |
| | | 2.000 | 450 | 1.000 | 4 | 446 | 2.991 | 59.822 | 0.0022 | 0.07% | | | 25.22% | |
| | | 2.000 | 450 | 1.000 | 5 | 445 | 2.989 | 59.778 | 0.0022 | 0.07% | | | 25.28% | |
| | | 2.000 | 450 | 1.000 | 6 | 444 | 2.987 | 59.733 | 0.0022 | 0.07% | | | 25.33% | |
| | | 2.000 | 450 | 1.000 | 7 | 443 | 2.984 | 59.689 | 0.0022 | 0.07% | | | 25.39% | |
| | | 2.000 | 450 | 1.000 | 8 | 442 | 2.982 | 59.644 | 0.0022 | 0.07% | | | 25.44% | |
| | | 2.000 | 450 | 1.000 | 9 | 441 | 2.980 | 59.600 | 0.0022 | 0.07% | | | 25.50% | |
| | | 2.000 | 450 | 1.000 | 10 | 440 | 2.978 | 59.556 | 0.0022 | 0.07% | | | 25.56% | |
| | | 2.000 | 450 | 1.000 | 11 | 439 | 2.976 | 59.511 | 0.0022 | 0.07% | | | 25.61% | |
| | | 2.000 | 450 | 1.000 | 12 | 438 | 2.973 | 59.467 | 0.0022 | 0.07% | | | 25.67% | |
| | | 2.000 | 450 | 1.000 | 13 | 437 | 2.971 | 59.422 | 0.0022 | 0.07% | | | 25.72% | |
| | | 2.000 | 450 | 1.000 | 14 | 436 | 2.969 | 59.378 | 0.0022 | 0.07% | 0.029 | 0.96% | 0.578 | 25.78% |
| | | 2.000 | 450 | 1.000 | 15 | 435 | 2.967 | 59.333 | 0.0022 | 0.07% | | | 25.83% | |
| | | 2.000 | 450 | 1.000 | 16 | 434 | 2.964 | 59.289 | 0.0022 | 0.07% | | | 25.89% | |
| | | 2.000 | 450 | 1.000 | 17 | 433 | 2.962 | 59.244 | 0.0022 | 0.07% | | | 25.94% | |
| | | 2.000 | 450 | 1.000 | 18 | 432 | 2.960 | 59.200 | 0.0022 | 0.08% | | | 26.00% | |
| | | 2.000 | 450 | 1.000 | 19 | 431 | 2.958 | 59.156 | 0.0022 | 0.08% | | | 26.06% | |
| | | 2.000 | 450 | 1.000 | 20 | 430 | 2.956 | 59.111 | 0.0022 | 0.08% | | | 26.11% | |
| | | 2.000 | 450 | 1.000 | 21 | 429 | 2.953 | 59.067 | 0.0022 | 0.08% | | | 26.17% | |
| | | 2.000 | 450 | 1.000 | 22 | 428 | 2.951 | 59.022 | 0.0022 | 0.08% | | | 26.22% | |
| | | 2.000 | 450 | 1.000 | 23 | 427 | 2.949 | 58.978 | 0.0022 | 0.08% | | | 26.28% | |
| | | 2.000 | 450 | 1.000 | 24 | 426 | 2.947 | 58.933 | 0.0022 | 0.08% | | | 26.33% | |
| | | 2.000 | 450 | 1.000 | 25 | 425 | 2.944 | 58.889 | 0.0022 | 0.08% | | | 26.39% | |
| | | 2.000 | 450 | 1.000 | 26 | 424 | 2.942 | 58.844 | 0.0022 | 0.08% | | | 26.44% | |
| | | 2.000 | 450 | 1.000 | 27 | 423 | 2.940 | 58.800 | 0.0022 | 0.08% | | | 26.50% | |
| | | 2.000 | 450 | 1.000 | 28 | 422 | 2.938 | 58.756 | 0.0022 | 0.08% | 0.029 | 1.05% | 0.578 | 26.56% |
| | | 2.000 | 450 | 1.000 | 29 | 421 | 2.936 | 58.711 | 0.0022 | 0.08% | | | 26.61% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 30 | 420 | 2.933 | 58.667 | 0.0022 | 0.08% | | | 26.67% | |
| | | 2.000 | 450 | 1.000 | 31 | 419 | 2.931 | 58.622 | 0.0022 | 0.08% | | | 26.72% | |
| | | 2.000 | 450 | 1.000 | 32 | 418 | 2.929 | 58.578 | 0.0022 | 0.08% | | | 26.78% | |
| | | 2.000 | 450 | 1.000 | 33 | 417 | 2.927 | 58.533 | 0.0022 | 0.08% | | | 26.83% | |
| | | 2.000 | 450 | 1.000 | 34 | 416 | 2.924 | 58.489 | 0.0022 | 0.08% | | | 26.89% | |
| | | 2.000 | 450 | 1.000 | 35 | 415 | 2.922 | 58.444 | 0.0022 | 0.08% | | | 26.94% | |
| | | 2.000 | 450 | 1.000 | 36 | 414 | 2.920 | 58.400 | 0.0022 | 0.08% | | | 27.00% | |
| | | 2.000 | 450 | 1.000 | 37 | 413 | 2.918 | 58.356 | 0.0022 | 0.08% | | | 27.06% | |
| | | 2.000 | 450 | 1.000 | 38 | 412 | 2.916 | 58.311 | 0.0022 | 0.08% | | | 27.11% | |
| | | 2.000 | 450 | 1.000 | 39 | 411 | 2.913 | 58.267 | 0.0022 | 0.08% | | | 27.17% | |
| | | 2.000 | 450 | 1.000 | 40 | 410 | 2.911 | 58.222 | 0.0022 | 0.08% | | | 27.22% | |
| | | 2.000 | 450 | 1.000 | 41 | 409 | 2.909 | 58.178 | 0.0022 | 0.08% | | | 27.28% | |
| | | 2.000 | 450 | 1.000 | 42 | 408 | 2.907 | 58.133 | 0.0022 | 0.08% | 0.029 | 1.06% | 0.578 | 27.33% |
| | | 2.000 | 450 | 1.000 | 43 | 407 | 2.904 | 58.089 | 0.0022 | 0.08% | | | 27.39% | |
| | | 2.000 | 450 | 1.000 | 44 | 406 | 2.902 | 58.044 | 0.0022 | 0.08% | | | 27.44% | |
| | | 2.000 | 450 | 1.000 | 45 | 405 | 2.900 | 58.000 | 0.0022 | 0.08% | | | 27.50% | |
| | | 2.000 | 450 | 1.000 | 46 | 404 | 2.898 | 57.956 | 0.0022 | 0.08% | | | 27.56% | |
| | | 2.000 | 450 | 1.000 | 47 | 403 | 2.896 | 57.911 | 0.0022 | 0.08% | | | 27.61% | |
| | | 2.000 | 450 | 1.000 | 48 | 402 | 2.893 | 57.867 | 0.0022 | 0.08% | | | 27.67% | |
| | | 2.000 | 450 | 1.000 | 49 | 401 | 2.891 | 57.822 | 0.0022 | 0.08% | | | 27.72% | |
| | | 2.000 | 450 | 1.000 | 50 | 400 | 2.889 | 57.778 | 0.0022 | 0.08% | | | 27.78% | |
| | | 2.000 | 450 | 1.000 | 51 | 399 | 2.887 | 57.733 | 0.0022 | 0.08% | | | 27.83% | |
| | | 2.000 | 450 | 1.000 | 52 | 398 | 2.884 | 57.689 | 0.0022 | 0.08% | | | 27.89% | |
| | | 2.000 | 450 | 1.000 | 53 | 397 | 2.882 | 57.644 | 0.0022 | 0.08% | | | 27.94% | |
| | | 2.000 | 450 | 1.000 | 54 | 396 | 2.880 | 57.600 | 0.0022 | 0.08% | | | 28.00% | |
| | | 2.000 | 450 | 1.000 | 55 | 395 | 2.878 | 57.556 | 0.0022 | 0.08% | | | 28.06% | |
| | | 2.000 | 450 | 1.000 | 56 | 394 | 2.876 | 57.511 | 0.0022 | 0.08% | 0.029 | 1.07% | 0.578 | 28.11% |
| | | 2.000 | 450 | 1.000 | 57 | 393 | 2.873 | 57.467 | 0.0022 | 0.08% | | | 28.17% | |
| | | 2.000 | 450 | 1.000 | 58 | 392 | 2.871 | 57.422 | 0.0022 | 0.08% | | | 28.22% | |
| | | 2.000 | 450 | 1.000 | 59 | 391 | 2.869 | 57.378 | 0.0022 | 0.08% | | | 28.28% | |
| | | 2.000 | 450 | 1.000 | 60 | 390 | 2.867 | 57.333 | 0.0022 | 0.08% | | | 28.33% | |
| | | 2.000 | 450 | 1.000 | 61 | 389 | 2.864 | 57.289 | 0.0022 | 0.08% | | | 28.39% | |
| | | 2.000 | 450 | 1.000 | 62 | 388 | 2.862 | 57.244 | 0.0022 | 0.08% | | | 28.44% | |
| | | 2.000 | 450 | 1.000 | 63 | 387 | 2.860 | 57.200 | 0.0022 | 0.08% | | | 28.50% | |
| | | 2.000 | 450 | 1.000 | 64 | 386 | 2.858 | 57.156 | 0.0022 | 0.08% | | | 28.56% | |
| | | 2.000 | 450 | 1.000 | 65 | 385 | 2.856 | 57.111 | 0.0022 | 0.08% | | | 28.61% | |
| | | 2.000 | 450 | 1.000 | 66 | 384 | 2.853 | 57.067 | 0.0022 | 0.08% | | | 28.67% | |
| | | 2.000 | 450 | 1.000 | 67 | 383 | 2.851 | 57.022 | 0.0022 | 0.08% | | | 28.72% | |
| | | 2.000 | 450 | 1.000 | 68 | 382 | 2.849 | 56.978 | 0.0022 | 0.08% | | | 28.78% | |
| | | 2.000 | 450 | 1.000 | 69 | 381 | 2.847 | 56.933 | 0.0022 | 0.08% | | | 28.83% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 70 | 380 | 2.844 | 56.889 | 0.0022 | 0.08% | 0.029 | 1.08% | 0.578 | 28.89% |
| | | 2.000 | 450 | 1.000 | 71 | 379 | 2.842 | 56.844 | 0.0022 | 0.08% | | | | 28.94% |
| | | 2.000 | 450 | 1.000 | 72 | 378 | 2.840 | 56.800 | 0.0022 | 0.08% | | | | 29.00% |
| | | 2.000 | 450 | 1.000 | 73 | 377 | 2.838 | 56.756 | 0.0022 | 0.08% | | | | 29.06% |
| | | 2.000 | 450 | 1.000 | 74 | 376 | 2.836 | 56.711 | 0.0022 | 0.08% | | | | 29.11% |
| | | 2.000 | 450 | 1.000 | 75 | 375 | 2.833 | 56.667 | 0.0022 | 0.08% | | | | 29.17% |
| | | 2.000 | 450 | 1.000 | 76 | 374 | 2.831 | 56.622 | 0.0022 | 0.08% | | | | 29.22% |
| | | 2.000 | 450 | 1.000 | 77 | 373 | 2.829 | 56.578 | 0.0022 | 0.08% | | | | 29.28% |
| | | 2.000 | 450 | 1.000 | 78 | 372 | 2.827 | 56.533 | 0.0022 | 0.08% | | | | 29.33% |
| | | 2.000 | 450 | 1.000 | 79 | 371 | 2.824 | 56.489 | 0.0022 | 0.08% | | | | 29.39% |
| | | 2.000 | 450 | 1.000 | 80 | 370 | 2.822 | 56.444 | 0.0022 | 0.08% | | | | 29.44% |
| | | 2.000 | 450 | 1.000 | 81 | 369 | 2.820 | 56.400 | 0.0022 | 0.08% | | | | 29.50% |
| | | 2.000 | 450 | 1.000 | 82 | 368 | 2.818 | 56.356 | 0.0022 | 0.08% | | | | 29.56% |
| | | 2.000 | 450 | 1.000 | 83 | 367 | 2.816 | 56.311 | 0.0022 | 0.08% | | | | 29.61% |
| | | 2.000 | 450 | 1.000 | 84 | 366 | 2.813 | 56.267 | 0.0022 | 0.08% | 0.029 | 1.09% | 0.578 | 29.67% |
| | | 2.000 | 450 | 1.000 | 85 | 365 | 2.811 | 56.222 | 0.0022 | 0.08% | | | | 29.72% |
| | | 2.000 | 450 | 1.000 | 86 | 364 | 2.809 | 56.178 | 0.0022 | 0.08% | | | | 29.78% |
| | | 2.000 | 450 | 1.000 | 87 | 363 | 2.807 | 56.133 | 0.0022 | 0.08% | | | | 29.83% |
| | | 2.000 | 450 | 1.000 | 88 | 362 | 2.804 | 56.089 | 0.0022 | 0.08% | | | | 29.89% |
| | | 2.000 | 450 | 1.000 | 89 | 361 | 2.802 | 56.044 | 0.0022 | 0.08% | | | | 29.94% |
| | | 2.000 | 450 | 1.000 | 90 | 360 | 2.800 | 56.000 | 0.0022 | 0.08% | | | | 30.00% |
| | | 2.000 | 450 | 1.000 | 91 | 359 | 2.798 | 55.956 | 0.0022 | 0.08% | | | | 30.06% |
| | | 2.000 | 450 | 1.000 | 92 | 358 | 2.796 | 55.911 | 0.0022 | 0.08% | | | | 30.11% |
| | | 2.000 | 450 | 1.000 | 93 | 357 | 2.793 | 55.867 | 0.0022 | 0.08% | | | | 30.17% |
| | | 2.000 | 450 | 1.000 | 94 | 356 | 2.791 | 55.822 | 0.0022 | 0.08% | | | | 30.22% |
| | | 2.000 | 450 | 1.000 | 95 | 355 | 2.789 | 55.778 | 0.0022 | 0.08% | | | | 30.28% |
| | | 2.000 | 450 | 1.000 | 96 | 354 | 2.787 | 55.733 | 0.0022 | 0.08% | | | | 30.33% |
| | | 2.000 | 450 | 1.000 | 97 | 353 | 2.784 | 55.689 | 0.0022 | 0.08% | | | | 30.39% |
| | | 2.000 | 450 | 1.000 | 98 | 352 | 2.782 | 55.644 | 0.0022 | 0.08% | 0.029 | 1.11% | 0.578 | 30.44% |
| | | 2.000 | 450 | 1.000 | 99 | 351 | 2.780 | 55.600 | 0.0022 | 0.08% | | | | 30.50% |
| | | 2.000 | 450 | 1.000 | 100 | 350 | 2.778 | 55.556 | 0.0022 | 0.08% | | | | 30.56% |
| | | 2.000 | 450 | 1.000 | 101 | 349 | 2.776 | 55.511 | 0.0022 | 0.08% | | | | 30.61% |
| | | 2.000 | 450 | 1.000 | 102 | 348 | 2.773 | 55.467 | 0.0022 | 0.08% | | | | 30.67% |
| | | 2.000 | 450 | 1.000 | 103 | 347 | 2.771 | 55.422 | 0.0022 | 0.08% | | | | 30.72% |
| | | 2.000 | 450 | 1.000 | 104 | 346 | 2.769 | 55.378 | 0.0022 | 0.08% | | | | 30.78% |
| | | 2.000 | 450 | 1.000 | 105 | 345 | 2.767 | 55.333 | 0.0022 | 0.08% | | | | 30.83% |
| | | 2.000 | 450 | 1.000 | 106 | 344 | 2.764 | 55.289 | 0.0022 | 0.08% | | | | 30.89% |
| | | 2.000 | 450 | 1.000 | 107 | 343 | 2.762 | 55.244 | 0.0022 | 0.08% | | | | 30.94% |
| | | 2.000 | 450 | 1.000 | 108 | 342 | 2.760 | 55.200 | 0.0022 | 0.08% | | | | 31.00% |
| | | 2.000 | 450 | 1.000 | 109 | 341 | 2.758 | 55.156 | 0.0022 | 0.08% | | | | 31.06% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 110 | 340 | 2.756 | 55.111 | 0.0022 | 0.08% | | | 31.11% | |
| | | 2.000 | 450 | 1.000 | 111 | 339 | 2.753 | 55.067 | 0.0022 | 0.08% | | | 31.17% | |
| | | 2.000 | 450 | 1.000 | 112 | 338 | 2.751 | 55.022 | 0.0022 | 0.08% | 0.029 | 1.12% | 0.578 | 31.22% |
| | | 2.000 | 450 | 1.000 | 113 | 337 | 2.749 | 54.978 | 0.0022 | 0.08% | | | 31.28% | |
| | | 2.000 | 450 | 1.000 | 114 | 336 | 2.747 | 54.933 | 0.0022 | 0.08% | | | 31.33% | |
| | | 2.000 | 450 | 1.000 | 115 | 335 | 2.744 | 54.889 | 0.0022 | 0.08% | | | 31.39% | |
| | | 2.000 | 450 | 1.000 | 116 | 334 | 2.742 | 54.844 | 0.0022 | 0.08% | | | 31.44% | |
| | | 2.000 | 450 | 1.000 | 117 | 333 | 2.740 | 54.800 | 0.0022 | 0.08% | | | 31.50% | |
| | | 2.000 | 450 | 1.000 | 118 | 332 | 2.738 | 54.756 | 0.0022 | 0.08% | | | 31.56% | |
| | | 2.000 | 450 | 1.000 | 119 | 331 | 2.736 | 54.711 | 0.0022 | 0.08% | | | 31.61% | |
| | | 2.000 | 450 | 1.000 | 120 | 330 | 2.733 | 54.667 | 0.0022 | 0.08% | | | 31.67% | |
| | | 2.000 | 450 | 1.000 | 121 | 329 | 2.731 | 54.622 | 0.0022 | 0.08% | | | 31.72% | |
| | | 2.000 | 450 | 1.000 | 122 | 328 | 2.729 | 54.578 | 0.0022 | 0.08% | | | 31.78% | |
| | | 2.000 | 450 | 1.000 | 123 | 327 | 2.727 | 54.533 | 0.0022 | 0.08% | | | 31.83% | |
| | | 2.000 | 450 | 1.000 | 124 | 326 | 2.724 | 54.489 | 0.0022 | 0.08% | | | 31.89% | |
| | | 2.000 | 450 | 1.000 | 125 | 325 | 2.722 | 54.444 | 0.0022 | 0.08% | | | 31.94% | |
| | | 2.000 | 450 | 1.000 | 126 | 324 | 2.720 | 54.400 | 0.0022 | 0.08% | 0.029 | 1.13% | 0.578 | 32.00% |
| | | 2.000 | 450 | 1.000 | 127 | 323 | 2.718 | 54.356 | 0.0022 | 0.08% | | | 32.06% | |
| | | 2.000 | 450 | 1.000 | 128 | 322 | 2.716 | 54.311 | 0.0022 | 0.08% | | | 32.11% | |
| | | 2.000 | 450 | 1.000 | 129 | 321 | 2.713 | 54.267 | 0.0022 | 0.08% | | | 32.17% | |
| | | 2.000 | 450 | 1.000 | 130 | 320 | 2.711 | 54.222 | 0.0022 | 0.08% | | | 32.22% | |
| | | 2.000 | 450 | 1.000 | 131 | 319 | 2.709 | 54.178 | 0.0022 | 0.08% | | | 32.28% | |
| | | 2.000 | 450 | 1.000 | 132 | 318 | 2.707 | 54.133 | 0.0022 | 0.08% | | | 32.33% | |
| | | 2.000 | 450 | 1.000 | 133 | 317 | 2.704 | 54.089 | 0.0022 | 0.08% | | | 32.39% | |
| | | 2.000 | 450 | 1.000 | 134 | 316 | 2.702 | 54.044 | 0.0022 | 0.08% | | | 32.44% | |
| | | 2.000 | 450 | 1.000 | 135 | 315 | 2.700 | 54.000 | 0.0022 | 0.08% | | | 32.50% | |
| | | 2.000 | 450 | 1.000 | 136 | 314 | 2.698 | 53.956 | 0.0022 | 0.08% | | | 32.56% | |
| | | 2.000 | 450 | 1.000 | 137 | 313 | 2.696 | 53.911 | 0.0022 | 0.08% | | | 32.61% | |
| | | 2.000 | 450 | 1.000 | 138 | 312 | 2.693 | 53.867 | 0.0022 | 0.08% | | | 32.67% | |
| | | 2.000 | 450 | 1.000 | 139 | 311 | 2.691 | 53.822 | 0.0022 | 0.08% | | | 32.72% | |
| | | 2.000 | 450 | 1.000 | 140 | 310 | 2.689 | 53.778 | 0.0022 | 0.08% | 0.029 | 1.14% | 0.578 | 32.78% |
| | | 2.000 | 450 | 1.000 | 141 | 309 | 2.687 | 53.733 | 0.0022 | 0.08% | | | 32.83% | |
| | | 2.000 | 450 | 1.000 | 142 | 308 | 2.684 | 53.689 | 0.0022 | 0.08% | | | 32.89% | |
| | | 2.000 | 450 | 1.000 | 143 | 307 | 2.682 | 53.644 | 0.0022 | 0.08% | | | 32.94% | |
| | | 2.000 | 450 | 1.000 | 144 | 306 | 2.680 | 53.600 | 0.0022 | 0.08% | | | 33.00% | |
| | | 2.000 | 450 | 1.000 | 145 | 305 | 2.678 | 53.556 | 0.0022 | 0.08% | | | 33.06% | |
| | | 2.000 | 450 | 1.000 | 146 | 304 | 2.676 | 53.511 | 0.0022 | 0.08% | | | 33.11% | |
| | | 2.000 | 450 | 1.000 | 147 | 303 | 2.673 | 53.467 | 0.0022 | 0.08% | | | 33.17% | |
| | | 2.000 | 450 | 1.000 | 148 | 302 | 2.671 | 53.422 | 0.0022 | 0.08% | | | 33.22% | |
| | | 2.000 | 450 | 1.000 | 149 | 301 | 2.669 | 53.378 | 0.0022 | 0.08% | | | 33.28% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 150 | 300 | 2.667 | 53.333 | 0.0022 | 0.08% | | | 33.33% | |
| | | 2.000 | 450 | 1.000 | 151 | 299 | 2.664 | 53.289 | 0.0022 | 0.08% | | | 33.39% | |
| | | 2.000 | 450 | 1.000 | 152 | 298 | 2.662 | 53.244 | 0.0022 | 0.08% | | | 33.44% | |
| | | 2.000 | 450 | 1.000 | 153 | 297 | 2.660 | 53.200 | 0.0022 | 0.08% | | | 33.50% | |
| | | 2.000 | 450 | 1.000 | 154 | 296 | 2.658 | 53.156 | 0.0022 | 0.08% | 0.029 | 1.16% | 0.578 | 33.56% |
| | | 2.000 | 450 | 1.000 | 155 | 295 | 2.656 | 53.111 | 0.0022 | 0.08% | | | 33.61% | |
| | | 2.000 | 450 | 1.000 | 156 | 294 | 2.653 | 53.067 | 0.0022 | 0.08% | | | 33.67% | |
| | | 2.000 | 450 | 1.000 | 157 | 293 | 2.651 | 53.022 | 0.0022 | 0.08% | | | 33.72% | |
| | | 2.000 | 450 | 1.000 | 158 | 292 | 2.649 | 52.978 | 0.0022 | 0.08% | | | 33.78% | |
| | | 2.000 | 450 | 1.000 | 159 | 291 | 2.647 | 52.933 | 0.0022 | 0.08% | | | 33.83% | |
| | | 2.000 | 450 | 1.000 | 160 | 290 | 2.644 | 52.889 | 0.0022 | 0.08% | | | 33.89% | |
| | | 2.000 | 450 | 1.000 | 161 | 289 | 2.642 | 52.844 | 0.0022 | 0.08% | | | 33.94% | |
| | | 2.000 | 450 | 1.000 | 162 | 288 | 2.640 | 52.800 | 0.0022 | 0.08% | | | 34.00% | |
| | | 2.000 | 450 | 1.000 | 163 | 287 | 2.638 | 52.756 | 0.0022 | 0.08% | | | 34.06% | |
| | | 2.000 | 450 | 1.000 | 164 | 286 | 2.636 | 52.711 | 0.0022 | 0.08% | | | 34.11% | |
| | | 2.000 | 450 | 1.000 | 165 | 285 | 2.633 | 52.667 | 0.0022 | 0.08% | | | 34.17% | |
| | | 2.000 | 450 | 1.000 | 166 | 284 | 2.631 | 52.622 | 0.0022 | 0.08% | | | 34.22% | |
| | | 2.000 | 450 | 1.000 | 167 | 283 | 2.629 | 52.578 | 0.0022 | 0.08% | | | 34.28% | |
| | | 2.000 | 450 | 1.000 | 168 | 282 | 2.627 | 52.533 | 0.0022 | 0.08% | 0.029 | 1.17% | 0.578 | 34.33% |
| | | 2.000 | 450 | 1.000 | 169 | 281 | 2.624 | 52.489 | 0.0022 | 0.08% | | | 34.39% | |
| | | 2.000 | 450 | 1.000 | 170 | 280 | 2.622 | 52.444 | 0.0022 | 0.08% | | | 34.44% | |
| | | 2.000 | 450 | 1.000 | 171 | 279 | 2.620 | 52.400 | 0.0022 | 0.08% | | | 34.50% | |
| | | 2.000 | 450 | 1.000 | 172 | 278 | 2.618 | 52.356 | 0.0022 | 0.08% | | | 34.56% | |
| | | 2.000 | 450 | 1.000 | 173 | 277 | 2.616 | 52.311 | 0.0022 | 0.08% | | | 34.61% | |
| | | 2.000 | 450 | 1.000 | 174 | 276 | 2.613 | 52.267 | 0.0022 | 0.08% | | | 34.67% | |
| | | 2.000 | 450 | 1.000 | 175 | 275 | 2.611 | 52.222 | 0.0022 | 0.09% | | | 34.72% | |
| | | 2.000 | 450 | 1.000 | 176 | 274 | 2.609 | 52.178 | 0.0022 | 0.09% | | | 34.78% | |
| | | 2.000 | 450 | 1.000 | 177 | 273 | 2.607 | 52.133 | 0.0022 | 0.09% | | | 34.83% | |
| | | 2.000 | 450 | 1.000 | 178 | 272 | 2.604 | 52.089 | 0.0022 | 0.09% | | | 34.89% | |
| | | 2.000 | 450 | 1.000 | 179 | 271 | 2.602 | 52.044 | 0.0022 | 0.09% | | | 34.94% | |
| | | 2.000 | 450 | 1.000 | 180 | 270 | 2.600 | 52.000 | 0.0022 | 0.09% | | | 35.00% | |
| | | 2.000 | 450 | 1.000 | 181 | 269 | 2.598 | 51.956 | 0.0022 | 0.09% | | | 35.06% | |
| | | 2.000 | 450 | 1.000 | 182 | 268 | 2.596 | 51.911 | 0.0022 | 0.09% | 0.029 | 1.18% | 0.578 | 35.11% |
| | | 2.000 | 450 | 1.000 | 183 | 267 | 2.593 | 51.867 | 0.0022 | 0.09% | | | 35.17% | |
| | | 2.000 | 450 | 1.000 | 184 | 266 | 2.591 | 51.822 | 0.0022 | 0.09% | | | 35.22% | |
| | | 2.000 | 450 | 1.000 | 185 | 265 | 2.589 | 51.778 | 0.0022 | 0.09% | | | 35.28% | |
| | | 2.000 | 450 | 1.000 | 186 | 264 | 2.587 | 51.733 | 0.0022 | 0.09% | | | 35.33% | |
| | | 2.000 | 450 | 1.000 | 187 | 263 | 2.584 | 51.689 | 0.0022 | 0.09% | | | 35.39% | |
| | | 2.000 | 450 | 1.000 | 188 | 262 | 2.582 | 51.644 | 0.0022 | 0.09% | | | 35.44% | |
| | | 2.000 | 450 | 1.000 | 189 | 261 | 2.580 | 51.600 | 0.0022 | 0.09% | | | 35.50% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 190 | 260 | 2.578 | 51.556 | 0.0022 | 0.09% | | | 35.56% | |
| | | 2.000 | 450 | 1.000 | 191 | 259 | 2.576 | 51.511 | 0.0022 | 0.09% | | | 35.61% | |
| | | 2.000 | 450 | 1.000 | 192 | 258 | 2.573 | 51.467 | 0.0022 | 0.09% | | | 35.67% | |
| | | 2.000 | 450 | 1.000 | 193 | 257 | 2.571 | 51.422 | 0.0022 | 0.09% | | | 35.72% | |
| | | 2.000 | 450 | 1.000 | 194 | 256 | 2.569 | 51.378 | 0.0022 | 0.09% | | | 35.78% | |
| | | 2.000 | 450 | 1.000 | 195 | 255 | 2.567 | 51.333 | 0.0022 | 0.09% | | | 35.83% | |
| | | 2.000 | 450 | 1.000 | 196 | 254 | 2.564 | 51.289 | 0.0022 | 0.09% | 0.029 | 1.20% | 0.578 | 35.89% |
| | | 2.000 | 450 | 1.000 | 197 | 253 | 2.562 | 51.244 | 0.0022 | 0.09% | | | 35.94% | |
| | | 2.000 | 450 | 1.000 | 198 | 252 | 2.560 | 51.200 | 0.0022 | 0.09% | | | 36.00% | |
| | | 2.000 | 450 | 1.000 | 199 | 251 | 2.558 | 51.156 | 0.0022 | 0.09% | | | 36.06% | |
| | | 2.000 | 450 | 1.000 | 200 | 250 | 2.556 | 51.111 | 0.0022 | 0.09% | | | 36.11% | |
| | | 2.000 | 450 | 1.000 | 201 | 249 | 2.553 | 51.067 | 0.0022 | 0.09% | | | 36.17% | |
| | | 2.000 | 450 | 1.000 | 202 | 248 | 2.551 | 51.022 | 0.0022 | 0.09% | | | 36.22% | |
| | | 2.000 | 450 | 1.000 | 203 | 247 | 2.549 | 50.978 | 0.0022 | 0.09% | | | 36.28% | |
| | | 2.000 | 450 | 1.000 | 204 | 246 | 2.547 | 50.933 | 0.0022 | 0.09% | | | 36.33% | |
| | | 2.000 | 450 | 1.000 | 205 | 245 | 2.544 | 50.889 | 0.0022 | 0.09% | | | 36.39% | |
| | | 2.000 | 450 | 1.000 | 206 | 244 | 2.542 | 50.844 | 0.0022 | 0.09% | | | 36.44% | |
| | | 2.000 | 450 | 1.000 | 207 | 243 | 2.540 | 50.800 | 0.0022 | 0.09% | | | 36.50% | |
| | | 2.000 | 450 | 1.000 | 208 | 242 | 2.538 | 50.756 | 0.0022 | 0.09% | | | 36.56% | |
| | | 2.000 | 450 | 1.000 | 209 | 241 | 2.536 | 50.711 | 0.0022 | 0.09% | | | 36.61% | |
| | | 2.000 | 450 | 1.000 | 210 | 240 | 2.533 | 50.667 | 0.0022 | 0.09% | 0.029 | 1.21% | 0.578 | 36.67% |
| | | 2.000 | 450 | 1.000 | 211 | 239 | 2.531 | 50.622 | 0.0022 | 0.09% | | | 36.72% | |
| | | 2.000 | 450 | 1.000 | 212 | 238 | 2.529 | 50.578 | 0.0022 | 0.09% | | | 36.78% | |
| | | 2.000 | 450 | 1.000 | 213 | 237 | 2.527 | 50.533 | 0.0022 | 0.09% | | | 36.83% | |
| | | 2.000 | 450 | 1.000 | 214 | 236 | 2.524 | 50.489 | 0.0022 | 0.09% | | | 36.89% | |
| | | 2.000 | 450 | 1.000 | 215 | 235 | 2.522 | 50.444 | 0.0022 | 0.09% | | | 36.94% | |
| | | 2.000 | 450 | 1.000 | 216 | 234 | 2.520 | 50.400 | 0.0022 | 0.09% | | | 37.00% | |
| | | 2.000 | 450 | 1.000 | 217 | 233 | 2.518 | 50.356 | 0.0022 | 0.09% | | | 37.06% | |
| | | 2.000 | 450 | 1.000 | 218 | 232 | 2.516 | 50.311 | 0.0022 | 0.09% | | | 37.11% | |
| | | 2.000 | 450 | 1.000 | 219 | 231 | 2.513 | 50.267 | 0.0022 | 0.09% | | | 37.17% | |
| | | 2.000 | 450 | 1.000 | 220 | 230 | 2.511 | 50.222 | 0.0022 | 0.09% | | | 37.22% | |
| | | 2.000 | 450 | 1.000 | 221 | 229 | 2.509 | 50.178 | 0.0022 | 0.09% | | | 37.28% | |
| | | 2.000 | 450 | 1.000 | 222 | 228 | 2.507 | 50.133 | 0.0022 | 0.09% | | | 37.33% | |
| | | 2.000 | 450 | 1.000 | 223 | 227 | 2.504 | 50.089 | 0.0022 | 0.09% | | | 37.39% | |
| | | 2.000 | 450 | 1.000 | 224 | 226 | 2.502 | 50.044 | 0.0022 | 0.09% | 0.029 | 1.23% | 0.578 | 37.44% |
| | | 2.000 | 450 | 1.000 | 225 | 225 | 2.500 | 50.000 | 0.0022 | 0.09% | | | 37.50% | |
| | | 2.000 | 450 | 1.000 | 226 | 224 | 2.498 | 49.956 | 0.0022 | 0.09% | | | 37.56% | |
| | | 2.000 | 450 | 1.000 | 227 | 223 | 2.496 | 49.911 | 0.0022 | 0.09% | | | 37.61% | |
| | | 2.000 | 450 | 1.000 | 228 | 222 | 2.493 | 49.867 | 0.0022 | 0.09% | | | 37.67% | |
| | | 2.000 | 450 | 1.000 | 229 | 221 | 2.491 | 49.822 | 0.0022 | 0.09% | | | 37.72% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 230 | 220 | 2.489 | 49.778 | 0.0022 | 0.09% | | | 37.78% | |
| | | 2.000 | 450 | 1.000 | 231 | 219 | 2.487 | 49.733 | 0.0022 | 0.09% | | | 37.83% | |
| | | 2.000 | 450 | 1.000 | 232 | 218 | 2.484 | 49.689 | 0.0022 | 0.09% | | | 37.89% | |
| | | 2.000 | 450 | 1.000 | 233 | 217 | 2.482 | 49.644 | 0.0022 | 0.09% | | | 37.94% | |
| | | 2.000 | 450 | 1.000 | 234 | 216 | 2.480 | 49.600 | 0.0022 | 0.09% | | | 38.00% | |
| | | 2.000 | 450 | 1.000 | 235 | 215 | 2.478 | 49.556 | 0.0022 | 0.09% | | | 38.06% | |
| | | 2.000 | 450 | 1.000 | 236 | 214 | 2.476 | 49.511 | 0.0022 | 0.09% | | | 38.11% | |
| | | 2.000 | 450 | 1.000 | 237 | 213 | 2.473 | 49.467 | 0.0022 | 0.09% | | | 38.17% | |
| | | 2.000 | 450 | 1.000 | 238 | 212 | 2.471 | 49.422 | 0.0022 | 0.09% | 0.029 | 1.24% | 0.578 | 38.22% |
| | | 2.000 | 450 | 1.000 | 239 | 211 | 2.469 | 49.378 | 0.0022 | 0.09% | | | 38.28% | |
| | | 2.000 | 450 | 1.000 | 240 | 210 | 2.467 | 49.333 | 0.0022 | 0.09% | | | 38.33% | |
| | | 2.000 | 450 | 1.000 | 241 | 209 | 2.464 | 49.289 | 0.0022 | 0.09% | | | 38.39% | |
| | | 2.000 | 450 | 1.000 | 242 | 208 | 2.462 | 49.244 | 0.0022 | 0.09% | | | 38.44% | |
| | | 2.000 | 450 | 1.000 | 243 | 207 | 2.460 | 49.200 | 0.0022 | 0.09% | | | 38.50% | |
| | | 2.000 | 450 | 1.000 | 244 | 206 | 2.458 | 49.156 | 0.0022 | 0.09% | | | 38.56% | |
| | | 2.000 | 450 | 1.000 | 245 | 205 | 2.456 | 49.111 | 0.0022 | 0.09% | | | 38.61% | |
| | | 2.000 | 450 | 1.000 | 246 | 204 | 2.453 | 49.067 | 0.0022 | 0.09% | | | 38.67% | |
| | | 2.000 | 450 | 1.000 | 247 | 203 | 2.451 | 49.022 | 0.0022 | 0.09% | | | 38.72% | |
| | | 2.000 | 450 | 1.000 | 248 | 202 | 2.449 | 48.978 | 0.0022 | 0.09% | | | 38.78% | |
| | | 2.000 | 450 | 1.000 | 249 | 201 | 2.447 | 48.933 | 0.0022 | 0.09% | | | 38.83% | |
| | | 2.000 | 450 | 1.000 | 250 | 200 | 2.444 | 48.889 | 0.0022 | 0.09% | | | 38.89% | |
| | | 2.000 | 450 | 1.000 | 251 | 199 | 2.442 | 48.844 | 0.0022 | 0.09% | | | 38.94% | |
| | | 2.000 | 450 | 1.000 | 252 | 198 | 2.440 | 48.800 | 0.0022 | 0.09% | 0.029 | 1.26% | 0.578 | 39.00% |
| | | 2.000 | 450 | 1.000 | 253 | 197 | 2.438 | 48.756 | 0.0022 | 0.09% | | | 39.06% | |
| | | 2.000 | 450 | 1.000 | 254 | 196 | 2.436 | 48.711 | 0.0022 | 0.09% | | | 39.11% | |
| | | 2.000 | 450 | 1.000 | 255 | 195 | 2.433 | 48.667 | 0.0022 | 0.09% | | | 39.17% | |
| | | 2.000 | 450 | 1.000 | 256 | 194 | 2.431 | 48.622 | 0.0022 | 0.09% | | | 39.22% | |
| | | 2.000 | 450 | 1.000 | 257 | 193 | 2.429 | 48.578 | 0.0022 | 0.09% | | | 39.28% | |
| | | 2.000 | 450 | 1.000 | 258 | 192 | 2.427 | 48.533 | 0.0022 | 0.09% | | | 39.33% | |
| | | 2.000 | 450 | 1.000 | 259 | 191 | 2.424 | 48.489 | 0.0022 | 0.09% | | | 39.39% | |
| | | 2.000 | 450 | 1.000 | 260 | 190 | 2.422 | 48.444 | 0.0022 | 0.09% | | | 39.44% | |
| | | 2.000 | 450 | 1.000 | 261 | 189 | 2.420 | 48.400 | 0.0022 | 0.09% | | | 39.50% | |
| | | 2.000 | 450 | 1.000 | 262 | 188 | 2.418 | 48.356 | 0.0022 | 0.09% | | | 39.56% | |
| | | 2.000 | 450 | 1.000 | 263 | 187 | 2.416 | 48.311 | 0.0022 | 0.09% | | | 39.61% | |
| | | 2.000 | 450 | 1.000 | 264 | 186 | 2.413 | 48.267 | 0.0022 | 0.09% | | | 39.67% | |
| | | 2.000 | 450 | 1.000 | 265 | 185 | 2.411 | 48.222 | 0.0022 | 0.09% | | | 39.72% | |
| | | 2.000 | 450 | 1.000 | 266 | 184 | 2.409 | 48.178 | 0.0022 | 0.09% | 0.029 | 1.28% | 0.578 | 39.78% |
| | | 2.000 | 450 | 1.000 | 267 | 183 | 2.407 | 48.133 | 0.0022 | 0.09% | | | 39.83% | |
| | | 2.000 | 450 | 1.000 | 268 | 182 | 2.404 | 48.089 | 0.0022 | 0.09% | | | 39.89% | |
| | | 2.000 | 450 | 1.000 | 269 | 181 | 2.402 | 48.044 | 0.0022 | 0.09% | | | 39.94% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 270 | 180 | 2.400 | 48.000 | 0.0022 | 0.09% | | | 40.00% | |
| | | 2.000 | 450 | 1.000 | 271 | 179 | 2.398 | 47.956 | 0.0022 | 0.09% | | | 40.06% | |
| | | 2.000 | 450 | 1.000 | 272 | 178 | 2.396 | 47.911 | 0.0022 | 0.09% | | | 40.11% | |
| | | 2.000 | 450 | 1.000 | 273 | 177 | 2.393 | 47.867 | 0.0022 | 0.09% | | | 40.17% | |
| | | 2.000 | 450 | 1.000 | 274 | 176 | 2.391 | 47.822 | 0.0022 | 0.09% | | | 40.22% | |
| | | 2.000 | 450 | 1.000 | 275 | 175 | 2.389 | 47.778 | 0.0022 | 0.09% | | | 40.28% | |
| | | 2.000 | 450 | 1.000 | 276 | 174 | 2.387 | 47.733 | 0.0022 | 0.09% | | | 40.33% | |
| | | 2.000 | 450 | 1.000 | 277 | 173 | 2.384 | 47.689 | 0.0022 | 0.09% | | | 40.39% | |
| | | 2.000 | 450 | 1.000 | 278 | 172 | 2.382 | 47.644 | 0.0022 | 0.09% | | | 40.44% | |
| | | 2.000 | 450 | 1.000 | 279 | 171 | 2.380 | 47.600 | 0.0022 | 0.09% | | | 40.50% | |
| | | 2.000 | 450 | 1.000 | 280 | 170 | 2.378 | 47.556 | 0.0022 | 0.09% | 0.029 | 1.29% | 0.578 | 40.56% |
| | | 2.000 | 450 | 1.000 | 281 | 169 | 2.376 | 47.511 | 0.0022 | 0.09% | | | 40.61% | |
| | | 2.000 | 450 | 1.000 | 282 | 168 | 2.373 | 47.467 | 0.0022 | 0.09% | | | 40.67% | |
| | | 2.000 | 450 | 1.000 | 283 | 167 | 2.371 | 47.422 | 0.0022 | 0.09% | | | 40.72% | |
| | | 2.000 | 450 | 1.000 | 284 | 166 | 2.369 | 47.378 | 0.0022 | 0.09% | | | 40.78% | |
| | | 2.000 | 450 | 1.000 | 285 | 165 | 2.367 | 47.333 | 0.0022 | 0.09% | | | 40.83% | |
| | | 2.000 | 450 | 1.000 | 286 | 164 | 2.364 | 47.289 | 0.0022 | 0.09% | | | 40.89% | |
| | | 2.000 | 450 | 1.000 | 287 | 163 | 2.362 | 47.244 | 0.0022 | 0.09% | | | 40.94% | |
| | | 2.000 | 450 | 1.000 | 288 | 162 | 2.360 | 47.200 | 0.0022 | 0.09% | | | 41.00% | |
| | | 2.000 | 450 | 1.000 | 289 | 161 | 2.358 | 47.156 | 0.0022 | 0.09% | | | 41.06% | |
| | | 2.000 | 450 | 1.000 | 290 | 160 | 2.356 | 47.111 | 0.0022 | 0.09% | | | 41.11% | |
| | | 2.000 | 450 | 1.000 | 291 | 159 | 2.353 | 47.067 | 0.0022 | 0.09% | | | 41.17% | |
| | | 2.000 | 450 | 1.000 | 292 | 158 | 2.351 | 47.022 | 0.0022 | 0.09% | | | 41.22% | |
| | | 2.000 | 450 | 1.000 | 293 | 157 | 2.349 | 46.978 | 0.0022 | 0.09% | | | 41.28% | |
| | | 2.000 | 450 | 1.000 | 294 | 156 | 2.347 | 46.933 | 0.0022 | 0.09% | 0.029 | 1.31% | 0.578 | 41.33% |
| | | 2.000 | 450 | 1.000 | 295 | 155 | 2.344 | 46.889 | 0.0022 | 0.09% | | | 41.39% | |
| | | 2.000 | 450 | 1.000 | 296 | 154 | 2.342 | 46.844 | 0.0022 | 0.09% | | | 41.44% | |
| | | 2.000 | 450 | 1.000 | 297 | 153 | 2.340 | 46.800 | 0.0022 | 0.09% | | | 41.50% | |
| | | 2.000 | 450 | 1.000 | 298 | 152 | 2.338 | 46.756 | 0.0022 | 0.09% | | | 41.56% | |
| | | 2.000 | 450 | 1.000 | 299 | 151 | 2.336 | 46.711 | 0.0022 | 0.10% | | | 41.61% | |
| | | 2.000 | 450 | 1.000 | 300 | 150 | 2.333 | 46.667 | 0.0022 | 0.10% | | | 41.67% | |
| | | 2.000 | 450 | 1.000 | 301 | 149 | 2.331 | 46.622 | 0.0022 | 0.10% | | | 41.72% | |
| | | 2.000 | 450 | 1.000 | 302 | 148 | 2.329 | 46.578 | 0.0022 | 0.10% | | | 41.78% | |
| | | 2.000 | 450 | 1.000 | 303 | 147 | 2.327 | 46.533 | 0.0022 | 0.10% | | | 41.83% | |
| | | 2.000 | 450 | 1.000 | 304 | 146 | 2.324 | 46.489 | 0.0022 | 0.10% | | | 41.89% | |
| | | 2.000 | 450 | 1.000 | 305 | 145 | 2.322 | 46.444 | 0.0022 | 0.10% | | | 41.94% | |
| | | 2.000 | 450 | 1.000 | 306 | 144 | 2.320 | 46.400 | 0.0022 | 0.10% | | | 42.00% | |
| | | 2.000 | 450 | 1.000 | 307 | 143 | 2.318 | 46.356 | 0.0022 | 0.10% | | | 42.06% | |
| | | 2.000 | 450 | 1.000 | 308 | 142 | 2.316 | 46.311 | 0.0022 | 0.10% | 0.029 | 1.33% | 0.578 | 42.11% |
| | | 2.000 | 450 | 1.000 | 309 | 141 | 2.313 | 46.267 | 0.0022 | 0.10% | | | 42.17% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 310 | 140 | 2.311 | 46.222 | 0.0022 | 0.10% | | | 42.22% | |
| | | 2.000 | 450 | 1.000 | 311 | 139 | 2.309 | 46.178 | 0.0022 | 0.10% | | | 42.28% | |
| | | 2.000 | 450 | 1.000 | 312 | 138 | 2.307 | 46.133 | 0.0022 | 0.10% | | | 42.33% | |
| | | 2.000 | 450 | 1.000 | 313 | 137 | 2.304 | 46.089 | 0.0022 | 0.10% | | | 42.39% | |
| | | 2.000 | 450 | 1.000 | 314 | 136 | 2.302 | 46.044 | 0.0022 | 0.10% | | | 42.44% | |
| | | 2.000 | 450 | 1.000 | 315 | 135 | 2.300 | 46.000 | 0.0022 | 0.10% | | | 42.50% | |
| | | 2.000 | 450 | 1.000 | 316 | 134 | 2.298 | 45.956 | 0.0022 | 0.10% | | | 42.56% | |
| | | 2.000 | 450 | 1.000 | 317 | 133 | 2.296 | 45.911 | 0.0022 | 0.10% | | | 42.61% | |
| | | 2.000 | 450 | 1.000 | 318 | 132 | 2.293 | 45.867 | 0.0022 | 0.10% | | | 42.67% | |
| | | 2.000 | 450 | 1.000 | 319 | 131 | 2.291 | 45.822 | 0.0022 | 0.10% | | | 42.72% | |
| | | 2.000 | 450 | 1.000 | 320 | 130 | 2.289 | 45.778 | 0.0022 | 0.10% | | | 42.78% | |
| | | 2.000 | 450 | 1.000 | 321 | 129 | 2.287 | 45.733 | 0.0022 | 0.10% | | | 42.83% | |
| | | 2.000 | 450 | 1.000 | 322 | 128 | 2.284 | 45.689 | 0.0022 | 0.10% | 0.029 | 1.34% | 0.578 | 42.89% |
| | | 2.000 | 450 | 1.000 | 323 | 127 | 2.282 | 45.644 | 0.0022 | 0.10% | | | 42.94% | |
| | | 2.000 | 450 | 1.000 | 324 | 126 | 2.280 | 45.600 | 0.0022 | 0.10% | | | 43.00% | |
| | | 2.000 | 450 | 1.000 | 325 | 125 | 2.278 | 45.556 | 0.0022 | 0.10% | | | 43.06% | |
| | | 2.000 | 450 | 1.000 | 326 | 124 | 2.276 | 45.511 | 0.0022 | 0.10% | | | 43.11% | |
| | | 2.000 | 450 | 1.000 | 327 | 123 | 2.273 | 45.467 | 0.0022 | 0.10% | | | 43.17% | |
| | | 2.000 | 450 | 1.000 | 328 | 122 | 2.271 | 45.422 | 0.0022 | 0.10% | | | 43.22% | |
| | | 2.000 | 450 | 1.000 | 329 | 121 | 2.269 | 45.378 | 0.0022 | 0.10% | | | 43.28% | |
| | | 2.000 | 450 | 1.000 | 330 | 120 | 2.267 | 45.333 | 0.0022 | 0.10% | | | 43.33% | |
| | | 2.000 | 450 | 1.000 | 331 | 119 | 2.264 | 45.289 | 0.0022 | 0.10% | | | 43.39% | |
| | | 2.000 | 450 | 1.000 | 332 | 118 | 2.262 | 45.244 | 0.0022 | 0.10% | | | 43.44% | |
| | | 2.000 | 450 | 1.000 | 333 | 117 | 2.260 | 45.200 | 0.0022 | 0.10% | | | 43.50% | |
| | | 2.000 | 450 | 1.000 | 334 | 116 | 2.258 | 45.156 | 0.0022 | 0.10% | | | 43.56% | |
| | | 2.000 | 450 | 1.000 | 335 | 115 | 2.256 | 45.111 | 0.0022 | 0.10% | | | 43.61% | |
| | | 2.000 | 450 | 1.000 | 336 | 114 | 2.253 | 45.067 | 0.0022 | 0.10% | 0.029 | 1.36% | 0.578 | 43.67% |
| | | 2.000 | 450 | 1.000 | 337 | 113 | 2.251 | 45.022 | 0.0022 | 0.10% | | | 43.72% | |
| | | 2.000 | 450 | 1.000 | 338 | 112 | 2.249 | 44.978 | 0.0022 | 0.10% | | | 43.78% | |
| | | 2.000 | 450 | 1.000 | 339 | 111 | 2.247 | 44.933 | 0.0022 | 0.10% | | | 43.83% | |
| | | 2.000 | 450 | 1.000 | 340 | 110 | 2.244 | 44.889 | 0.0022 | 0.10% | | | 43.89% | |
| | | 2.000 | 450 | 1.000 | 341 | 109 | 2.242 | 44.844 | 0.0022 | 0.10% | | | 43.94% | |
| | | 2.000 | 450 | 1.000 | 342 | 108 | 2.240 | 44.800 | 0.0022 | 0.10% | | | 44.00% | |
| | | 2.000 | 450 | 1.000 | 343 | 107 | 2.238 | 44.756 | 0.0022 | 0.10% | | | 44.06% | |
| | | 2.000 | 450 | 1.000 | 344 | 106 | 2.236 | 44.711 | 0.0022 | 0.10% | | | 44.11% | |
| | | 2.000 | 450 | 1.000 | 345 | 105 | 2.233 | 44.667 | 0.0022 | 0.10% | | | 44.17% | |
| | | 2.000 | 450 | 1.000 | 346 | 104 | 2.231 | 44.622 | 0.0022 | 0.10% | | | 44.22% | |
| | | 2.000 | 450 | 1.000 | 347 | 103 | 2.229 | 44.578 | 0.0022 | 0.10% | | | 44.28% | |
| | | 2.000 | 450 | 1.000 | 348 | 102 | 2.227 | 44.533 | 0.0022 | 0.10% | | | 44.33% | |
| | | 2.000 | 450 | 1.000 | 349 | 101 | 2.224 | 44.489 | 0.0022 | 0.10% | | | 44.39% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 350 | 100 | 2.222 | 44.444 | 0.0022 | 0.10% | 0.029 | 1.38% | 0.578 | 44.44% |
| | | 2.000 | 450 | 1.000 | 351 | 99 | 2.220 | 44.400 | 0.0022 | 0.10% | | | | 44.50% |
| | | 2.000 | 450 | 1.000 | 352 | 98 | 2.218 | 44.356 | 0.0022 | 0.10% | | | | 44.56% |
| | | 2.000 | 450 | 1.000 | 353 | 97 | 2.216 | 44.311 | 0.0022 | 0.10% | | | | 44.61% |
| | | 2.000 | 450 | 1.000 | 354 | 96 | 2.213 | 44.267 | 0.0022 | 0.10% | | | | 44.67% |
| | | 2.000 | 450 | 1.000 | 355 | 95 | 2.211 | 44.222 | 0.0022 | 0.10% | | | | 44.72% |
| | | 2.000 | 450 | 1.000 | 356 | 94 | 2.209 | 44.178 | 0.0022 | 0.10% | | | | 44.78% |
| | | 2.000 | 450 | 1.000 | 357 | 93 | 2.207 | 44.133 | 0.0022 | 0.10% | | | | 44.83% |
| | | 2.000 | 450 | 1.000 | 358 | 92 | 2.204 | 44.089 | 0.0022 | 0.10% | | | | 44.89% |
| | | 2.000 | 450 | 1.000 | 359 | 91 | 2.202 | 44.044 | 0.0022 | 0.10% | | | | 44.94% |
| | | 2.000 | 450 | 1.000 | 360 | 90 | 2.200 | 44.000 | 0.0022 | 0.10% | | | | 45.00% |
| | | 2.000 | 450 | 1.000 | 361 | 89 | 2.198 | 43.956 | 0.0022 | 0.10% | | | | 45.06% |
| | | 2.000 | 450 | 1.000 | 362 | 88 | 2.196 | 43.911 | 0.0022 | 0.10% | | | | 45.11% |
| | | 2.000 | 450 | 1.000 | 363 | 87 | 2.193 | 43.867 | 0.0022 | 0.10% | | | | 45.17% |
| | | 2.000 | 450 | 1.000 | 364 | 86 | 2.191 | 43.822 | 0.0022 | 0.10% | 0.029 | 1.40% | 0.578 | 45.22% |
| | | 2.000 | 450 | 1.000 | 365 | 85 | 2.189 | 43.778 | 0.0022 | 0.10% | | | | 45.28% |
| | | 2.000 | 450 | 1.000 | 366 | 84 | 2.187 | 43.733 | 0.0022 | 0.10% | | | | 45.33% |
| | | 2.000 | 450 | 1.000 | 367 | 83 | 2.184 | 43.689 | 0.0022 | 0.10% | | | | 45.39% |
| | | 2.000 | 450 | 1.000 | 368 | 82 | 2.182 | 43.644 | 0.0022 | 0.10% | | | | 45.44% |
| | | 2.000 | 450 | 1.000 | 369 | 81 | 2.180 | 43.600 | 0.0022 | 0.10% | | | | 45.50% |
| | | 2.000 | 450 | 1.000 | 370 | 80 | 2.178 | 43.556 | 0.0022 | 0.10% | | | | 45.56% |
| | | 2.000 | 450 | 1.000 | 371 | 79 | 2.176 | 43.511 | 0.0022 | 0.10% | | | | 45.61% |
| | | 2.000 | 450 | 1.000 | 372 | 78 | 2.173 | 43.467 | 0.0022 | 0.10% | | | | 45.67% |
| | | 2.000 | 450 | 1.000 | 373 | 77 | 2.171 | 43.422 | 0.0022 | 0.10% | | | | 45.72% |
| | | 2.000 | 450 | 1.000 | 374 | 76 | 2.169 | 43.378 | 0.0022 | 0.10% | | | | 45.78% |
| | | 2.000 | 450 | 1.000 | 375 | 75 | 2.167 | 43.333 | 0.0022 | 0.10% | | | | 45.83% |
| | | 2.000 | 450 | 1.000 | 376 | 74 | 2.164 | 43.289 | 0.0022 | 0.10% | | | | 45.89% |
| | | 2.000 | 450 | 1.000 | 377 | 73 | 2.162 | 43.244 | 0.0022 | 0.10% | | | | 45.94% |
| | | 2.000 | 450 | 1.000 | 378 | 72 | 2.160 | 43.200 | 0.0022 | 0.10% | 0.029 | 1.42% | 0.578 | 46.00% |
| | | 2.000 | 450 | 1.000 | 379 | 71 | 2.158 | 43.156 | 0.0022 | 0.10% | | | | 46.06% |
| | | 2.000 | 450 | 1.000 | 380 | 70 | 2.156 | 43.111 | 0.0022 | 0.10% | | | | 46.11% |
| | | 2.000 | 450 | 1.000 | 381 | 69 | 2.153 | 43.067 | 0.0022 | 0.10% | | | | 46.17% |
| | | 2.000 | 450 | 1.000 | 382 | 68 | 2.151 | 43.022 | 0.0022 | 0.10% | | | | 46.22% |
| | | 2.000 | 450 | 1.000 | 383 | 67 | 2.149 | 42.978 | 0.0022 | 0.10% | | | | 46.28% |
| | | 2.000 | 450 | 1.000 | 384 | 66 | 2.147 | 42.933 | 0.0022 | 0.10% | | | | 46.33% |
| | | 2.000 | 450 | 1.000 | 385 | 65 | 2.144 | 42.889 | 0.0022 | 0.10% | | | | 46.39% |
| | | 2.000 | 450 | 1.000 | 386 | 64 | 2.142 | 42.844 | 0.0022 | 0.10% | | | | 46.44% |
| | | 2.000 | 450 | 1.000 | 387 | 63 | 2.140 | 42.800 | 0.0022 | 0.10% | | | | 46.50% |
| | | 2.000 | 450 | 1.000 | 388 | 62 | 2.138 | 42.756 | 0.0022 | 0.10% | | | | 46.56% |
| | | 2.000 | 450 | 1.000 | 389 | 61 | 2.136 | 42.711 | 0.0022 | 0.10% | | | | 46.61% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 2.000 | 450 | 1.000 | 390 | 60 | 2.133 | 42.667 | 0.0022 | 0.10% | | | 46.67% | |
| | | 2.000 | 450 | 1.000 | 391 | 59 | 2.131 | 42.622 | 0.0022 | 0.10% | | | 46.72% | |
| | | 2.000 | 450 | 1.000 | 392 | 58 | 2.129 | 42.578 | 0.0022 | 0.10% | 0.029 | 1.44% | 0.578 | 46.78% |
| | | 2.000 | 450 | 1.000 | 393 | 57 | 2.127 | 42.533 | 0.0022 | 0.10% | | | 46.83% | |
| | | 2.000 | 450 | 1.000 | 394 | 56 | 2.124 | 42.489 | 0.0022 | 0.10% | | | 46.89% | |
| | | 2.000 | 450 | 1.000 | 395 | 55 | 2.122 | 42.444 | 0.0022 | 0.10% | | | 46.94% | |
| | | 2.000 | 450 | 1.000 | 396 | 54 | 2.120 | 42.400 | 0.0022 | 0.10% | | | 47.00% | |
| | | 2.000 | 450 | 1.000 | 397 | 53 | 2.118 | 42.356 | 0.0022 | 0.10% | | | 47.06% | |
| | | 2.000 | 450 | 1.000 | 398 | 52 | 2.116 | 42.311 | 0.0022 | 0.10% | | | 47.11% | |
| | | 2.000 | 450 | 1.000 | 399 | 51 | 2.113 | 42.267 | 0.0022 | 0.11% | | | 47.17% | |
| | | 2.000 | 450 | 1.000 | 400 | 50 | 2.111 | 42.222 | 0.0022 | 0.11% | | | 47.22% | |
| | | 2.000 | 450 | 1.000 | 401 | 49 | 2.109 | 42.178 | 0.0022 | 0.11% | | | 47.28% | |
| | | 2.000 | 450 | 1.000 | 402 | 48 | 2.107 | 42.133 | 0.0022 | 0.11% | | | 47.33% | |
| | | 2.000 | 450 | 1.000 | 403 | 47 | 2.104 | 42.089 | 0.0022 | 0.11% | | | 47.39% | |
| | | 2.000 | 450 | 1.000 | 404 | 46 | 2.102 | 42.044 | 0.0022 | 0.11% | | | 47.44% | |
| | | 2.000 | 450 | 1.000 | 405 | 45 | 2.100 | 42.000 | 0.0022 | 0.11% | | | 47.50% | |
| | | 2.000 | 450 | 1.000 | 406 | 44 | 2.098 | 41.956 | 0.0022 | 0.11% | 0.029 | 1.46% | 0.578 | 47.56% |
| | | 2.000 | 450 | 1.000 | 407 | 43 | 2.096 | 41.911 | 0.0022 | 0.11% | | | 47.61% | |
| | | 2.000 | 450 | 1.000 | 408 | 42 | 2.093 | 41.867 | 0.0022 | 0.11% | | | 47.67% | |
| | | 2.000 | 450 | 1.000 | 409 | 41 | 2.091 | 41.822 | 0.0022 | 0.11% | | | 47.72% | |
| | | 2.000 | 450 | 1.000 | 410 | 40 | 2.089 | 41.778 | 0.0022 | 0.11% | | | 47.78% | |
| | | 2.000 | 450 | 1.000 | 411 | 39 | 2.087 | 41.733 | 0.0022 | 0.11% | | | 47.83% | |
| | | 2.000 | 450 | 1.000 | 412 | 38 | 2.084 | 41.689 | 0.0022 | 0.11% | | | 47.89% | |
| | | 2.000 | 450 | 1.000 | 413 | 37 | 2.082 | 41.644 | 0.0022 | 0.11% | | | 47.94% | |
| | | 2.000 | 450 | 1.000 | 414 | 36 | 2.080 | 41.600 | 0.0022 | 0.11% | | | 48.00% | |
| | | 2.000 | 450 | 1.000 | 415 | 35 | 2.078 | 41.556 | 0.0022 | 0.11% | | | 48.06% | |
| | | 2.000 | 450 | 1.000 | 416 | 34 | 2.076 | 41.511 | 0.0022 | 0.11% | | | 48.11% | |
| | | 2.000 | 450 | 1.000 | 417 | 33 | 2.073 | 41.467 | 0.0022 | 0.11% | | | 48.17% | |
| | | 2.000 | 450 | 1.000 | 418 | 32 | 2.071 | 41.422 | 0.0022 | 0.11% | | | 48.22% | |
| | | 2.000 | 450 | 1.000 | 419 | 31 | 2.069 | 41.378 | 0.0022 | 0.11% | | | 48.28% | |
| | | 2.000 | 450 | 1.000 | 420 | 30 | 2.067 | 41.333 | 0.0022 | 0.11% | 0.029 | 1.48% | 0.578 | 48.33% |
| | | 2.000 | 450 | 1.000 | 421 | 29 | 2.064 | 41.289 | 0.0022 | 0.11% | | | 48.39% | |
| | | 2.000 | 450 | 1.000 | 422 | 28 | 2.062 | 41.244 | 0.0022 | 0.11% | | | 48.44% | |
| | | 2.000 | 450 | 1.000 | 423 | 27 | 2.060 | 41.200 | 0.0022 | 0.11% | | | 48.50% | |
| | | 2.000 | 450 | 1.000 | 424 | 26 | 2.058 | 41.156 | 0.0022 | 0.11% | | | 48.56% | |
| | | 2.000 | 450 | 1.000 | 425 | 25 | 2.056 | 41.111 | 0.0022 | 0.11% | | | 48.61% | |
| | | 2.000 | 450 | 1.000 | 426 | 24 | 2.053 | 41.067 | 0.0022 | 0.11% | | | 48.67% | |
| | | 2.000 | 450 | 1.000 | 427 | 23 | 2.051 | 41.022 | 0.0022 | 0.11% | | | 48.72% | |
| | | 2.000 | 450 | 1.000 | 428 | 22 | 2.049 | 40.978 | 0.0022 | 0.11% | | | 48.78% | |
| | | 2.000 | 450 | 1.000 | 429 | 21 | 2.047 | 40.933 | 0.0022 | 0.11% | | | 48.83% | |

Medication Klonopin
 Valium Multiplier 20
 Original Dose 4.000
 Current Dose 2.000
 Start Date June 19, 2008
 Dry Dose 1.000
 Dissolve Dose 1.000
 Water in ML **450**
 ML Increments **1**
 Display Dates no

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 1 | 449 | 1.998 | 39.956 | 0.0022 | 0.11% | | | 50.06% | |
| | | 1.000 | 450 | 1.000 | 2 | 448 | 1.996 | 39.911 | 0.0022 | 0.11% | | | 50.11% | |
| | | 1.000 | 450 | 1.000 | 3 | 447 | 1.993 | 39.867 | 0.0022 | 0.11% | | | 50.17% | |
| | | 1.000 | 450 | 1.000 | 4 | 446 | 1.991 | 39.822 | 0.0022 | 0.11% | | | 50.22% | |
| | | 1.000 | 450 | 1.000 | 5 | 445 | 1.989 | 39.778 | 0.0022 | 0.11% | | | 50.28% | |
| | | 1.000 | 450 | 1.000 | 6 | 444 | 1.987 | 39.733 | 0.0022 | 0.11% | | | 50.33% | |
| | | 1.000 | 450 | 1.000 | 7 | 443 | 1.984 | 39.689 | 0.0022 | 0.11% | | | 50.39% | |
| | | 1.000 | 450 | 1.000 | 8 | 442 | 1.982 | 39.644 | 0.0022 | 0.11% | | | 50.44% | |
| | | 1.000 | 450 | 1.000 | 9 | 441 | 1.980 | 39.600 | 0.0022 | 0.11% | | | 50.50% | |
| | | 1.000 | 450 | 1.000 | 10 | 440 | 1.978 | 39.556 | 0.0022 | 0.11% | | | 50.56% | |
| | | 1.000 | 450 | 1.000 | 11 | 439 | 1.976 | 39.511 | 0.0022 | 0.11% | | | 50.61% | |
| | | 1.000 | 450 | 1.000 | 12 | 438 | 1.973 | 39.467 | 0.0022 | 0.11% | | | 50.67% | |
| | | 1.000 | 450 | 1.000 | 13 | 437 | 1.971 | 39.422 | 0.0022 | 0.11% | | | 50.72% | |
| | | 1.000 | 450 | 1.000 | 14 | 436 | 1.969 | 39.378 | 0.0022 | 0.11% | 0.029 | 1.45% | 0.578 | 50.78% |
| | | 1.000 | 450 | 1.000 | 15 | 435 | 1.967 | 39.333 | 0.0022 | 0.11% | | | 50.83% | |
| | | 1.000 | 450 | 1.000 | 16 | 434 | 1.964 | 39.289 | 0.0022 | 0.11% | | | 50.89% | |
| | | 1.000 | 450 | 1.000 | 17 | 433 | 1.962 | 39.244 | 0.0022 | 0.11% | | | 50.94% | |
| | | 1.000 | 450 | 1.000 | 18 | 432 | 1.960 | 39.200 | 0.0022 | 0.11% | | | 51.00% | |
| | | 1.000 | 450 | 1.000 | 19 | 431 | 1.958 | 39.156 | 0.0022 | 0.11% | | | 51.06% | |
| | | 1.000 | 450 | 1.000 | 20 | 430 | 1.956 | 39.111 | 0.0022 | 0.11% | | | 51.11% | |
| | | 1.000 | 450 | 1.000 | 21 | 429 | 1.953 | 39.067 | 0.0022 | 0.11% | | | 51.17% | |
| | | 1.000 | 450 | 1.000 | 22 | 428 | 1.951 | 39.022 | 0.0022 | 0.11% | | | 51.22% | |
| | | 1.000 | 450 | 1.000 | 23 | 427 | 1.949 | 38.978 | 0.0022 | 0.11% | | | 51.28% | |
| | | 1.000 | 450 | 1.000 | 24 | 426 | 1.947 | 38.933 | 0.0022 | 0.11% | | | 51.33% | |
| | | 1.000 | 450 | 1.000 | 25 | 425 | 1.944 | 38.889 | 0.0022 | 0.11% | | | 51.39% | |
| | | 1.000 | 450 | 1.000 | 26 | 424 | 1.942 | 38.844 | 0.0022 | 0.11% | | | 51.44% | |
| | | 1.000 | 450 | 1.000 | 27 | 423 | 1.940 | 38.800 | 0.0022 | 0.11% | | | 51.50% | |
| | | 1.000 | 450 | 1.000 | 28 | 422 | 1.938 | 38.756 | 0.0022 | 0.11% | 0.029 | 1.58% | 0.578 | 51.56% |
| | | 1.000 | 450 | 1.000 | 29 | 421 | 1.936 | 38.711 | 0.0022 | 0.11% | | | 51.61% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 30 | 420 | 1.933 | 38.667 | 0.0022 | 0.11% | | | 51.67% | |
| | | 1.000 | 450 | 1.000 | 31 | 419 | 1.931 | 38.622 | 0.0022 | 0.11% | | | 51.72% | |
| | | 1.000 | 450 | 1.000 | 32 | 418 | 1.929 | 38.578 | 0.0022 | 0.12% | | | 51.78% | |
| | | 1.000 | 450 | 1.000 | 33 | 417 | 1.927 | 38.533 | 0.0022 | 0.12% | | | 51.83% | |
| | | 1.000 | 450 | 1.000 | 34 | 416 | 1.924 | 38.489 | 0.0022 | 0.12% | | | 51.89% | |
| | | 1.000 | 450 | 1.000 | 35 | 415 | 1.922 | 38.444 | 0.0022 | 0.12% | | | 51.94% | |
| | | 1.000 | 450 | 1.000 | 36 | 414 | 1.920 | 38.400 | 0.0022 | 0.12% | | | 52.00% | |
| | | 1.000 | 450 | 1.000 | 37 | 413 | 1.918 | 38.356 | 0.0022 | 0.12% | | | 52.06% | |
| | | 1.000 | 450 | 1.000 | 38 | 412 | 1.916 | 38.311 | 0.0022 | 0.12% | | | 52.11% | |
| | | 1.000 | 450 | 1.000 | 39 | 411 | 1.913 | 38.267 | 0.0022 | 0.12% | | | 52.17% | |
| | | 1.000 | 450 | 1.000 | 40 | 410 | 1.911 | 38.222 | 0.0022 | 0.12% | | | 52.22% | |
| | | 1.000 | 450 | 1.000 | 41 | 409 | 1.909 | 38.178 | 0.0022 | 0.12% | | | 52.28% | |
| | | 1.000 | 450 | 1.000 | 42 | 408 | 1.907 | 38.133 | 0.0022 | 0.12% | 0.029 | 1.61% | 0.578 | 52.33% |
| | | 1.000 | 450 | 1.000 | 43 | 407 | 1.904 | 38.089 | 0.0022 | 0.12% | | | 52.39% | |
| | | 1.000 | 450 | 1.000 | 44 | 406 | 1.902 | 38.044 | 0.0022 | 0.12% | | | 52.44% | |
| | | 1.000 | 450 | 1.000 | 45 | 405 | 1.900 | 38.000 | 0.0022 | 0.12% | | | 52.50% | |
| | | 1.000 | 450 | 1.000 | 46 | 404 | 1.898 | 37.956 | 0.0022 | 0.12% | | | 52.56% | |
| | | 1.000 | 450 | 1.000 | 47 | 403 | 1.896 | 37.911 | 0.0022 | 0.12% | | | 52.61% | |
| | | 1.000 | 450 | 1.000 | 48 | 402 | 1.893 | 37.867 | 0.0022 | 0.12% | | | 52.67% | |
| | | 1.000 | 450 | 1.000 | 49 | 401 | 1.891 | 37.822 | 0.0022 | 0.12% | | | 52.72% | |
| | | 1.000 | 450 | 1.000 | 50 | 400 | 1.889 | 37.778 | 0.0022 | 0.12% | | | 52.78% | |
| | | 1.000 | 450 | 1.000 | 51 | 399 | 1.887 | 37.733 | 0.0022 | 0.12% | | | 52.83% | |
| | | 1.000 | 450 | 1.000 | 52 | 398 | 1.884 | 37.689 | 0.0022 | 0.12% | | | 52.89% | |
| | | 1.000 | 450 | 1.000 | 53 | 397 | 1.882 | 37.644 | 0.0022 | 0.12% | | | 52.94% | |
| | | 1.000 | 450 | 1.000 | 54 | 396 | 1.880 | 37.600 | 0.0022 | 0.12% | | | 53.00% | |
| | | 1.000 | 450 | 1.000 | 55 | 395 | 1.878 | 37.556 | 0.0022 | 0.12% | | | 53.06% | |
| | | 1.000 | 450 | 1.000 | 56 | 394 | 1.876 | 37.511 | 0.0022 | 0.12% | 0.029 | 1.63% | 0.578 | 53.11% |
| | | 1.000 | 450 | 1.000 | 57 | 393 | 1.873 | 37.467 | 0.0022 | 0.12% | | | 53.17% | |
| | | 1.000 | 450 | 1.000 | 58 | 392 | 1.871 | 37.422 | 0.0022 | 0.12% | | | 53.22% | |
| | | 1.000 | 450 | 1.000 | 59 | 391 | 1.869 | 37.378 | 0.0022 | 0.12% | | | 53.28% | |
| | | 1.000 | 450 | 1.000 | 60 | 390 | 1.867 | 37.333 | 0.0022 | 0.12% | | | 53.33% | |
| | | 1.000 | 450 | 1.000 | 61 | 389 | 1.864 | 37.289 | 0.0022 | 0.12% | | | 53.39% | |
| | | 1.000 | 450 | 1.000 | 62 | 388 | 1.862 | 37.244 | 0.0022 | 0.12% | | | 53.44% | |
| | | 1.000 | 450 | 1.000 | 63 | 387 | 1.860 | 37.200 | 0.0022 | 0.12% | | | 53.50% | |
| | | 1.000 | 450 | 1.000 | 64 | 386 | 1.858 | 37.156 | 0.0022 | 0.12% | | | 53.56% | |
| | | 1.000 | 450 | 1.000 | 65 | 385 | 1.856 | 37.111 | 0.0022 | 0.12% | | | 53.61% | |
| | | 1.000 | 450 | 1.000 | 66 | 384 | 1.853 | 37.067 | 0.0022 | 0.12% | | | 53.67% | |
| | | 1.000 | 450 | 1.000 | 67 | 383 | 1.851 | 37.022 | 0.0022 | 0.12% | | | 53.72% | |
| | | 1.000 | 450 | 1.000 | 68 | 382 | 1.849 | 36.978 | 0.0022 | 0.12% | | | 53.78% | |
| | | 1.000 | 450 | 1.000 | 69 | 381 | 1.847 | 36.933 | 0.0022 | 0.12% | | | 53.83% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 70 | 380 | 1.844 | 36.889 | 0.0022 | 0.12% | 0.029 | 1.66% | 0.578 | 53.89% |
| | | 1.000 | 450 | 1.000 | 71 | 379 | 1.842 | 36.844 | 0.0022 | 0.12% | | | | 53.94% |
| | | 1.000 | 450 | 1.000 | 72 | 378 | 1.840 | 36.800 | 0.0022 | 0.12% | | | | 54.00% |
| | | 1.000 | 450 | 1.000 | 73 | 377 | 1.838 | 36.756 | 0.0022 | 0.12% | | | | 54.06% |
| | | 1.000 | 450 | 1.000 | 74 | 376 | 1.836 | 36.711 | 0.0022 | 0.12% | | | | 54.11% |
| | | 1.000 | 450 | 1.000 | 75 | 375 | 1.833 | 36.667 | 0.0022 | 0.12% | | | | 54.17% |
| | | 1.000 | 450 | 1.000 | 76 | 374 | 1.831 | 36.622 | 0.0022 | 0.12% | | | | 54.22% |
| | | 1.000 | 450 | 1.000 | 77 | 373 | 1.829 | 36.578 | 0.0022 | 0.12% | | | | 54.28% |
| | | 1.000 | 450 | 1.000 | 78 | 372 | 1.827 | 36.533 | 0.0022 | 0.12% | | | | 54.33% |
| | | 1.000 | 450 | 1.000 | 79 | 371 | 1.824 | 36.489 | 0.0022 | 0.12% | | | | 54.39% |
| | | 1.000 | 450 | 1.000 | 80 | 370 | 1.822 | 36.444 | 0.0022 | 0.12% | | | | 54.44% |
| | | 1.000 | 450 | 1.000 | 81 | 369 | 1.820 | 36.400 | 0.0022 | 0.12% | | | | 54.50% |
| | | 1.000 | 450 | 1.000 | 82 | 368 | 1.818 | 36.356 | 0.0022 | 0.12% | | | | 54.56% |
| | | 1.000 | 450 | 1.000 | 83 | 367 | 1.816 | 36.311 | 0.0022 | 0.12% | | | | 54.61% |
| | | 1.000 | 450 | 1.000 | 84 | 366 | 1.813 | 36.267 | 0.0022 | 0.12% | 0.029 | 1.69% | 0.578 | 54.67% |
| | | 1.000 | 450 | 1.000 | 85 | 365 | 1.811 | 36.222 | 0.0022 | 0.12% | | | | 54.72% |
| | | 1.000 | 450 | 1.000 | 86 | 364 | 1.809 | 36.178 | 0.0022 | 0.12% | | | | 54.78% |
| | | 1.000 | 450 | 1.000 | 87 | 363 | 1.807 | 36.133 | 0.0022 | 0.12% | | | | 54.83% |
| | | 1.000 | 450 | 1.000 | 88 | 362 | 1.804 | 36.089 | 0.0022 | 0.12% | | | | 54.89% |
| | | 1.000 | 450 | 1.000 | 89 | 361 | 1.802 | 36.044 | 0.0022 | 0.12% | | | | 54.94% |
| | | 1.000 | 450 | 1.000 | 90 | 360 | 1.800 | 36.000 | 0.0022 | 0.12% | | | | 55.00% |
| | | 1.000 | 450 | 1.000 | 91 | 359 | 1.798 | 35.956 | 0.0022 | 0.12% | | | | 55.06% |
| | | 1.000 | 450 | 1.000 | 92 | 358 | 1.796 | 35.911 | 0.0022 | 0.12% | | | | 55.11% |
| | | 1.000 | 450 | 1.000 | 93 | 357 | 1.793 | 35.867 | 0.0022 | 0.12% | | | | 55.17% |
| | | 1.000 | 450 | 1.000 | 94 | 356 | 1.791 | 35.822 | 0.0022 | 0.12% | | | | 55.22% |
| | | 1.000 | 450 | 1.000 | 95 | 355 | 1.789 | 35.778 | 0.0022 | 0.12% | | | | 55.28% |
| | | 1.000 | 450 | 1.000 | 96 | 354 | 1.787 | 35.733 | 0.0022 | 0.12% | | | | 55.33% |
| | | 1.000 | 450 | 1.000 | 97 | 353 | 1.784 | 35.689 | 0.0022 | 0.12% | | | | 55.39% |
| | | 1.000 | 450 | 1.000 | 98 | 352 | 1.782 | 35.644 | 0.0022 | 0.12% | 0.029 | 1.72% | 0.578 | 55.44% |
| | | 1.000 | 450 | 1.000 | 99 | 351 | 1.780 | 35.600 | 0.0022 | 0.12% | | | | 55.50% |
| | | 1.000 | 450 | 1.000 | 100 | 350 | 1.778 | 35.556 | 0.0022 | 0.12% | | | | 55.56% |
| | | 1.000 | 450 | 1.000 | 101 | 349 | 1.776 | 35.511 | 0.0022 | 0.12% | | | | 55.61% |
| | | 1.000 | 450 | 1.000 | 102 | 348 | 1.773 | 35.467 | 0.0022 | 0.13% | | | | 55.67% |
| | | 1.000 | 450 | 1.000 | 103 | 347 | 1.771 | 35.422 | 0.0022 | 0.13% | | | | 55.72% |
| | | 1.000 | 450 | 1.000 | 104 | 346 | 1.769 | 35.378 | 0.0022 | 0.13% | | | | 55.78% |
| | | 1.000 | 450 | 1.000 | 105 | 345 | 1.767 | 35.333 | 0.0022 | 0.13% | | | | 55.83% |
| | | 1.000 | 450 | 1.000 | 106 | 344 | 1.764 | 35.289 | 0.0022 | 0.13% | | | | 55.89% |
| | | 1.000 | 450 | 1.000 | 107 | 343 | 1.762 | 35.244 | 0.0022 | 0.13% | | | | 55.94% |
| | | 1.000 | 450 | 1.000 | 108 | 342 | 1.760 | 35.200 | 0.0022 | 0.13% | | | | 56.00% |
| | | 1.000 | 450 | 1.000 | 109 | 341 | 1.758 | 35.156 | 0.0022 | 0.13% | | | | 56.06% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 110 | 340 | 1.756 | 35.111 | 0.0022 | 0.13% | | | 56.11% | |
| | | 1.000 | 450 | 1.000 | 111 | 339 | 1.753 | 35.067 | 0.0022 | 0.13% | | | 56.17% | |
| | | 1.000 | 450 | 1.000 | 112 | 338 | 1.751 | 35.022 | 0.0022 | 0.13% | 0.029 | 1.75% | 0.578 | 56.22% |
| | | 1.000 | 450 | 1.000 | 113 | 337 | 1.749 | 34.978 | 0.0022 | 0.13% | | | | 56.28% |
| | | 1.000 | 450 | 1.000 | 114 | 336 | 1.747 | 34.933 | 0.0022 | 0.13% | | | | 56.33% |
| | | 1.000 | 450 | 1.000 | 115 | 335 | 1.744 | 34.889 | 0.0022 | 0.13% | | | | 56.39% |
| | | 1.000 | 450 | 1.000 | 116 | 334 | 1.742 | 34.844 | 0.0022 | 0.13% | | | | 56.44% |
| | | 1.000 | 450 | 1.000 | 117 | 333 | 1.740 | 34.800 | 0.0022 | 0.13% | | | | 56.50% |
| | | 1.000 | 450 | 1.000 | 118 | 332 | 1.738 | 34.756 | 0.0022 | 0.13% | | | | 56.56% |
| | | 1.000 | 450 | 1.000 | 119 | 331 | 1.736 | 34.711 | 0.0022 | 0.13% | | | | 56.61% |
| | | 1.000 | 450 | 1.000 | 120 | 330 | 1.733 | 34.667 | 0.0022 | 0.13% | | | | 56.67% |
| | | 1.000 | 450 | 1.000 | 121 | 329 | 1.731 | 34.622 | 0.0022 | 0.13% | | | | 56.72% |
| | | 1.000 | 450 | 1.000 | 122 | 328 | 1.729 | 34.578 | 0.0022 | 0.13% | | | | 56.78% |
| | | 1.000 | 450 | 1.000 | 123 | 327 | 1.727 | 34.533 | 0.0022 | 0.13% | | | | 56.83% |
| | | 1.000 | 450 | 1.000 | 124 | 326 | 1.724 | 34.489 | 0.0022 | 0.13% | | | | 56.89% |
| | | 1.000 | 450 | 1.000 | 125 | 325 | 1.722 | 34.444 | 0.0022 | 0.13% | | | | 56.94% |
| | | 1.000 | 450 | 1.000 | 126 | 324 | 1.720 | 34.400 | 0.0022 | 0.13% | 0.029 | 1.78% | 0.578 | 57.00% |
| | | 1.000 | 450 | 1.000 | 127 | 323 | 1.718 | 34.356 | 0.0022 | 0.13% | | | | 57.06% |
| | | 1.000 | 450 | 1.000 | 128 | 322 | 1.716 | 34.311 | 0.0022 | 0.13% | | | | 57.11% |
| | | 1.000 | 450 | 1.000 | 129 | 321 | 1.713 | 34.267 | 0.0022 | 0.13% | | | | 57.17% |
| | | 1.000 | 450 | 1.000 | 130 | 320 | 1.711 | 34.222 | 0.0022 | 0.13% | | | | 57.22% |
| | | 1.000 | 450 | 1.000 | 131 | 319 | 1.709 | 34.178 | 0.0022 | 0.13% | | | | 57.28% |
| | | 1.000 | 450 | 1.000 | 132 | 318 | 1.707 | 34.133 | 0.0022 | 0.13% | | | | 57.33% |
| | | 1.000 | 450 | 1.000 | 133 | 317 | 1.704 | 34.089 | 0.0022 | 0.13% | | | | 57.39% |
| | | 1.000 | 450 | 1.000 | 134 | 316 | 1.702 | 34.044 | 0.0022 | 0.13% | | | | 57.44% |
| | | 1.000 | 450 | 1.000 | 135 | 315 | 1.700 | 34.000 | 0.0022 | 0.13% | | | | 57.50% |
| | | 1.000 | 450 | 1.000 | 136 | 314 | 1.698 | 33.956 | 0.0022 | 0.13% | | | | 57.56% |
| | | 1.000 | 450 | 1.000 | 137 | 313 | 1.696 | 33.911 | 0.0022 | 0.13% | | | | 57.61% |
| | | 1.000 | 450 | 1.000 | 138 | 312 | 1.693 | 33.867 | 0.0022 | 0.13% | | | | 57.67% |
| | | 1.000 | 450 | 1.000 | 139 | 311 | 1.691 | 33.822 | 0.0022 | 0.13% | | | | 57.72% |
| | | 1.000 | 450 | 1.000 | 140 | 310 | 1.689 | 33.778 | 0.0022 | 0.13% | 0.029 | 1.81% | 0.578 | 57.78% |
| | | 1.000 | 450 | 1.000 | 141 | 309 | 1.687 | 33.733 | 0.0022 | 0.13% | | | | 57.83% |
| | | 1.000 | 450 | 1.000 | 142 | 308 | 1.684 | 33.689 | 0.0022 | 0.13% | | | | 57.89% |
| | | 1.000 | 450 | 1.000 | 143 | 307 | 1.682 | 33.644 | 0.0022 | 0.13% | | | | 57.94% |
| | | 1.000 | 450 | 1.000 | 144 | 306 | 1.680 | 33.600 | 0.0022 | 0.13% | | | | 58.00% |
| | | 1.000 | 450 | 1.000 | 145 | 305 | 1.678 | 33.556 | 0.0022 | 0.13% | | | | 58.06% |
| | | 1.000 | 450 | 1.000 | 146 | 304 | 1.676 | 33.511 | 0.0022 | 0.13% | | | | 58.11% |
| | | 1.000 | 450 | 1.000 | 147 | 303 | 1.673 | 33.467 | 0.0022 | 0.13% | | | | 58.17% |
| | | 1.000 | 450 | 1.000 | 148 | 302 | 1.671 | 33.422 | 0.0022 | 0.13% | | | | 58.22% |
| | | 1.000 | 450 | 1.000 | 149 | 301 | 1.669 | 33.378 | 0.0022 | 0.13% | | | | 58.28% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 150 | 300 | 1.667 | 33.333 | 0.0022 | 0.13% | | | 58.33% | |
| | | 1.000 | 450 | 1.000 | 151 | 299 | 1.664 | 33.289 | 0.0022 | 0.13% | | | 58.39% | |
| | | 1.000 | 450 | 1.000 | 152 | 298 | 1.662 | 33.244 | 0.0022 | 0.13% | | | 58.44% | |
| | | 1.000 | 450 | 1.000 | 153 | 297 | 1.660 | 33.200 | 0.0022 | 0.13% | | | 58.50% | |
| | | 1.000 | 450 | 1.000 | 154 | 296 | 1.658 | 33.156 | 0.0022 | 0.13% | 0.029 | 1.84% | 0.578 | 58.56% |
| | | 1.000 | 450 | 1.000 | 155 | 295 | 1.656 | 33.111 | 0.0022 | 0.13% | | | 58.61% | |
| | | 1.000 | 450 | 1.000 | 156 | 294 | 1.653 | 33.067 | 0.0022 | 0.13% | | | 58.67% | |
| | | 1.000 | 450 | 1.000 | 157 | 293 | 1.651 | 33.022 | 0.0022 | 0.13% | | | 58.72% | |
| | | 1.000 | 450 | 1.000 | 158 | 292 | 1.649 | 32.978 | 0.0022 | 0.13% | | | 58.78% | |
| | | 1.000 | 450 | 1.000 | 159 | 291 | 1.647 | 32.933 | 0.0022 | 0.13% | | | 58.83% | |
| | | 1.000 | 450 | 1.000 | 160 | 290 | 1.644 | 32.889 | 0.0022 | 0.13% | | | 58.89% | |
| | | 1.000 | 450 | 1.000 | 161 | 289 | 1.642 | 32.844 | 0.0022 | 0.14% | | | 58.94% | |
| | | 1.000 | 450 | 1.000 | 162 | 288 | 1.640 | 32.800 | 0.0022 | 0.14% | | | 59.00% | |
| | | 1.000 | 450 | 1.000 | 163 | 287 | 1.638 | 32.756 | 0.0022 | 0.14% | | | 59.06% | |
| | | 1.000 | 450 | 1.000 | 164 | 286 | 1.636 | 32.711 | 0.0022 | 0.14% | | | 59.11% | |
| | | 1.000 | 450 | 1.000 | 165 | 285 | 1.633 | 32.667 | 0.0022 | 0.14% | | | 59.17% | |
| | | 1.000 | 450 | 1.000 | 166 | 284 | 1.631 | 32.622 | 0.0022 | 0.14% | | | 59.22% | |
| | | 1.000 | 450 | 1.000 | 167 | 283 | 1.629 | 32.578 | 0.0022 | 0.14% | | | 59.28% | |
| | | 1.000 | 450 | 1.000 | 168 | 282 | 1.627 | 32.533 | 0.0022 | 0.14% | 0.029 | 1.88% | 0.578 | 59.33% |
| | | 1.000 | 450 | 1.000 | 169 | 281 | 1.624 | 32.489 | 0.0022 | 0.14% | | | 59.39% | |
| | | 1.000 | 450 | 1.000 | 170 | 280 | 1.622 | 32.444 | 0.0022 | 0.14% | | | 59.44% | |
| | | 1.000 | 450 | 1.000 | 171 | 279 | 1.620 | 32.400 | 0.0022 | 0.14% | | | 59.50% | |
| | | 1.000 | 450 | 1.000 | 172 | 278 | 1.618 | 32.356 | 0.0022 | 0.14% | | | 59.56% | |
| | | 1.000 | 450 | 1.000 | 173 | 277 | 1.616 | 32.311 | 0.0022 | 0.14% | | | 59.61% | |
| | | 1.000 | 450 | 1.000 | 174 | 276 | 1.613 | 32.267 | 0.0022 | 0.14% | | | 59.67% | |
| | | 1.000 | 450 | 1.000 | 175 | 275 | 1.611 | 32.222 | 0.0022 | 0.14% | | | 59.72% | |
| | | 1.000 | 450 | 1.000 | 176 | 274 | 1.609 | 32.178 | 0.0022 | 0.14% | | | 59.78% | |
| | | 1.000 | 450 | 1.000 | 177 | 273 | 1.607 | 32.133 | 0.0022 | 0.14% | | | 59.83% | |
| | | 1.000 | 450 | 1.000 | 178 | 272 | 1.604 | 32.089 | 0.0022 | 0.14% | | | 59.89% | |
| | | 1.000 | 450 | 1.000 | 179 | 271 | 1.602 | 32.044 | 0.0022 | 0.14% | | | 59.94% | |
| | | 1.000 | 450 | 1.000 | 180 | 270 | 1.600 | 32.000 | 0.0022 | 0.14% | | | 60.00% | |
| | | 1.000 | 450 | 1.000 | 181 | 269 | 1.598 | 31.956 | 0.0022 | 0.14% | | | 60.06% | |
| | | 1.000 | 450 | 1.000 | 182 | 268 | 1.596 | 31.911 | 0.0022 | 0.14% | 0.029 | 1.91% | 0.578 | 60.11% |
| | | 1.000 | 450 | 1.000 | 183 | 267 | 1.593 | 31.867 | 0.0022 | 0.14% | | | 60.17% | |
| | | 1.000 | 450 | 1.000 | 184 | 266 | 1.591 | 31.822 | 0.0022 | 0.14% | | | 60.22% | |
| | | 1.000 | 450 | 1.000 | 185 | 265 | 1.589 | 31.778 | 0.0022 | 0.14% | | | 60.28% | |
| | | 1.000 | 450 | 1.000 | 186 | 264 | 1.587 | 31.733 | 0.0022 | 0.14% | | | 60.33% | |
| | | 1.000 | 450 | 1.000 | 187 | 263 | 1.584 | 31.689 | 0.0022 | 0.14% | | | 60.39% | |
| | | 1.000 | 450 | 1.000 | 188 | 262 | 1.582 | 31.644 | 0.0022 | 0.14% | | | 60.44% | |
| | | 1.000 | 450 | 1.000 | 189 | 261 | 1.580 | 31.600 | 0.0022 | 0.14% | | | 60.50% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 190 | 260 | 1.578 | 31.556 | 0.0022 | 0.14% | | | 60.56% | |
| | | 1.000 | 450 | 1.000 | 191 | 259 | 1.576 | 31.511 | 0.0022 | 0.14% | | | 60.61% | |
| | | 1.000 | 450 | 1.000 | 192 | 258 | 1.573 | 31.467 | 0.0022 | 0.14% | | | 60.67% | |
| | | 1.000 | 450 | 1.000 | 193 | 257 | 1.571 | 31.422 | 0.0022 | 0.14% | | | 60.72% | |
| | | 1.000 | 450 | 1.000 | 194 | 256 | 1.569 | 31.378 | 0.0022 | 0.14% | | | 60.78% | |
| | | 1.000 | 450 | 1.000 | 195 | 255 | 1.567 | 31.333 | 0.0022 | 0.14% | | | 60.83% | |
| | | 1.000 | 450 | 1.000 | 196 | 254 | 1.564 | 31.289 | 0.0022 | 0.14% | 0.029 | 1.95% | 0.578 | 60.89% |
| | | 1.000 | 450 | 1.000 | 197 | 253 | 1.562 | 31.244 | 0.0022 | 0.14% | | | 60.94% | |
| | | 1.000 | 450 | 1.000 | 198 | 252 | 1.560 | 31.200 | 0.0022 | 0.14% | | | 61.00% | |
| | | 1.000 | 450 | 1.000 | 199 | 251 | 1.558 | 31.156 | 0.0022 | 0.14% | | | 61.06% | |
| | | 1.000 | 450 | 1.000 | 200 | 250 | 1.556 | 31.111 | 0.0022 | 0.14% | | | 61.11% | |
| | | 1.000 | 450 | 1.000 | 201 | 249 | 1.553 | 31.067 | 0.0022 | 0.14% | | | 61.17% | |
| | | 1.000 | 450 | 1.000 | 202 | 248 | 1.551 | 31.022 | 0.0022 | 0.14% | | | 61.22% | |
| | | 1.000 | 450 | 1.000 | 203 | 247 | 1.549 | 30.978 | 0.0022 | 0.14% | | | 61.28% | |
| | | 1.000 | 450 | 1.000 | 204 | 246 | 1.547 | 30.933 | 0.0022 | 0.14% | | | 61.33% | |
| | | 1.000 | 450 | 1.000 | 205 | 245 | 1.544 | 30.889 | 0.0022 | 0.14% | | | 61.39% | |
| | | 1.000 | 450 | 1.000 | 206 | 244 | 1.542 | 30.844 | 0.0022 | 0.14% | | | 61.44% | |
| | | 1.000 | 450 | 1.000 | 207 | 243 | 1.540 | 30.800 | 0.0022 | 0.14% | | | 61.50% | |
| | | 1.000 | 450 | 1.000 | 208 | 242 | 1.538 | 30.756 | 0.0022 | 0.14% | | | 61.56% | |
| | | 1.000 | 450 | 1.000 | 209 | 241 | 1.536 | 30.711 | 0.0022 | 0.14% | | | 61.61% | |
| | | 1.000 | 450 | 1.000 | 210 | 240 | 1.533 | 30.667 | 0.0022 | 0.14% | 0.029 | 1.99% | 0.578 | 61.67% |
| | | 1.000 | 450 | 1.000 | 211 | 239 | 1.531 | 30.622 | 0.0022 | 0.14% | | | 61.72% | |
| | | 1.000 | 450 | 1.000 | 212 | 238 | 1.529 | 30.578 | 0.0022 | 0.15% | | | 61.78% | |
| | | 1.000 | 450 | 1.000 | 213 | 237 | 1.527 | 30.533 | 0.0022 | 0.15% | | | 61.83% | |
| | | 1.000 | 450 | 1.000 | 214 | 236 | 1.524 | 30.489 | 0.0022 | 0.15% | | | 61.89% | |
| | | 1.000 | 450 | 1.000 | 215 | 235 | 1.522 | 30.444 | 0.0022 | 0.15% | | | 61.94% | |
| | | 1.000 | 450 | 1.000 | 216 | 234 | 1.520 | 30.400 | 0.0022 | 0.15% | | | 62.00% | |
| | | 1.000 | 450 | 1.000 | 217 | 233 | 1.518 | 30.356 | 0.0022 | 0.15% | | | 62.06% | |
| | | 1.000 | 450 | 1.000 | 218 | 232 | 1.516 | 30.311 | 0.0022 | 0.15% | | | 62.11% | |
| | | 1.000 | 450 | 1.000 | 219 | 231 | 1.513 | 30.267 | 0.0022 | 0.15% | | | 62.17% | |
| | | 1.000 | 450 | 1.000 | 220 | 230 | 1.511 | 30.222 | 0.0022 | 0.15% | | | 62.22% | |
| | | 1.000 | 450 | 1.000 | 221 | 229 | 1.509 | 30.178 | 0.0022 | 0.15% | | | 62.28% | |
| | | 1.000 | 450 | 1.000 | 222 | 228 | 1.507 | 30.133 | 0.0022 | 0.15% | | | 62.33% | |
| | | 1.000 | 450 | 1.000 | 223 | 227 | 1.504 | 30.089 | 0.0022 | 0.15% | | | 62.39% | |
| | | 1.000 | 450 | 1.000 | 224 | 226 | 1.502 | 30.044 | 0.0022 | 0.15% | 0.029 | 2.03% | 0.578 | 62.44% |
| | | 1.000 | 450 | 1.000 | 225 | 225 | 1.500 | 30.000 | 0.0022 | 0.15% | | | 62.50% | |
| | | 1.000 | 450 | 1.000 | 226 | 224 | 1.498 | 29.956 | 0.0022 | 0.15% | | | 62.56% | |
| | | 1.000 | 450 | 1.000 | 227 | 223 | 1.496 | 29.911 | 0.0022 | 0.15% | | | 62.61% | |
| | | 1.000 | 450 | 1.000 | 228 | 222 | 1.493 | 29.867 | 0.0022 | 0.15% | | | 62.67% | |
| | | 1.000 | 450 | 1.000 | 229 | 221 | 1.491 | 29.822 | 0.0022 | 0.15% | | | 62.72% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 230 | 220 | 1.489 | 29.778 | 0.0022 | 0.15% | | | 62.78% | |
| | | 1.000 | 450 | 1.000 | 231 | 219 | 1.487 | 29.733 | 0.0022 | 0.15% | | | 62.83% | |
| | | 1.000 | 450 | 1.000 | 232 | 218 | 1.484 | 29.689 | 0.0022 | 0.15% | | | 62.89% | |
| | | 1.000 | 450 | 1.000 | 233 | 217 | 1.482 | 29.644 | 0.0022 | 0.15% | | | 62.94% | |
| | | 1.000 | 450 | 1.000 | 234 | 216 | 1.480 | 29.600 | 0.0022 | 0.15% | | | 63.00% | |
| | | 1.000 | 450 | 1.000 | 235 | 215 | 1.478 | 29.556 | 0.0022 | 0.15% | | | 63.06% | |
| | | 1.000 | 450 | 1.000 | 236 | 214 | 1.476 | 29.511 | 0.0022 | 0.15% | | | 63.11% | |
| | | 1.000 | 450 | 1.000 | 237 | 213 | 1.473 | 29.467 | 0.0022 | 0.15% | | | 63.17% | |
| | | 1.000 | 450 | 1.000 | 238 | 212 | 1.471 | 29.422 | 0.0022 | 0.15% | 0.029 | 2.07% | 0.578 | 63.22% |
| | | 1.000 | 450 | 1.000 | 239 | 211 | 1.469 | 29.378 | 0.0022 | 0.15% | | | 63.28% | |
| | | 1.000 | 450 | 1.000 | 240 | 210 | 1.467 | 29.333 | 0.0022 | 0.15% | | | 63.33% | |
| | | 1.000 | 450 | 1.000 | 241 | 209 | 1.464 | 29.289 | 0.0022 | 0.15% | | | 63.39% | |
| | | 1.000 | 450 | 1.000 | 242 | 208 | 1.462 | 29.244 | 0.0022 | 0.15% | | | 63.44% | |
| | | 1.000 | 450 | 1.000 | 243 | 207 | 1.460 | 29.200 | 0.0022 | 0.15% | | | 63.50% | |
| | | 1.000 | 450 | 1.000 | 244 | 206 | 1.458 | 29.156 | 0.0022 | 0.15% | | | 63.56% | |
| | | 1.000 | 450 | 1.000 | 245 | 205 | 1.456 | 29.111 | 0.0022 | 0.15% | | | 63.61% | |
| | | 1.000 | 450 | 1.000 | 246 | 204 | 1.453 | 29.067 | 0.0022 | 0.15% | | | 63.67% | |
| | | 1.000 | 450 | 1.000 | 247 | 203 | 1.451 | 29.022 | 0.0022 | 0.15% | | | 63.72% | |
| | | 1.000 | 450 | 1.000 | 248 | 202 | 1.449 | 28.978 | 0.0022 | 0.15% | | | 63.78% | |
| | | 1.000 | 450 | 1.000 | 249 | 201 | 1.447 | 28.933 | 0.0022 | 0.15% | | | 63.83% | |
| | | 1.000 | 450 | 1.000 | 250 | 200 | 1.444 | 28.889 | 0.0022 | 0.15% | | | 63.89% | |
| | | 1.000 | 450 | 1.000 | 251 | 199 | 1.442 | 28.844 | 0.0022 | 0.15% | | | 63.94% | |
| | | 1.000 | 450 | 1.000 | 252 | 198 | 1.440 | 28.800 | 0.0022 | 0.15% | 0.029 | 2.11% | 0.578 | 64.00% |
| | | 1.000 | 450 | 1.000 | 253 | 197 | 1.438 | 28.756 | 0.0022 | 0.15% | | | 64.06% | |
| | | 1.000 | 450 | 1.000 | 254 | 196 | 1.436 | 28.711 | 0.0022 | 0.15% | | | 64.11% | |
| | | 1.000 | 450 | 1.000 | 255 | 195 | 1.433 | 28.667 | 0.0022 | 0.15% | | | 64.17% | |
| | | 1.000 | 450 | 1.000 | 256 | 194 | 1.431 | 28.622 | 0.0022 | 0.16% | | | 64.22% | |
| | | 1.000 | 450 | 1.000 | 257 | 193 | 1.429 | 28.578 | 0.0022 | 0.16% | | | 64.28% | |
| | | 1.000 | 450 | 1.000 | 258 | 192 | 1.427 | 28.533 | 0.0022 | 0.16% | | | 64.33% | |
| | | 1.000 | 450 | 1.000 | 259 | 191 | 1.424 | 28.489 | 0.0022 | 0.16% | | | 64.39% | |
| | | 1.000 | 450 | 1.000 | 260 | 190 | 1.422 | 28.444 | 0.0022 | 0.16% | | | 64.44% | |
| | | 1.000 | 450 | 1.000 | 261 | 189 | 1.420 | 28.400 | 0.0022 | 0.16% | | | 64.50% | |
| | | 1.000 | 450 | 1.000 | 262 | 188 | 1.418 | 28.356 | 0.0022 | 0.16% | | | 64.56% | |
| | | 1.000 | 450 | 1.000 | 263 | 187 | 1.416 | 28.311 | 0.0022 | 0.16% | | | 64.61% | |
| | | 1.000 | 450 | 1.000 | 264 | 186 | 1.413 | 28.267 | 0.0022 | 0.16% | | | 64.67% | |
| | | 1.000 | 450 | 1.000 | 265 | 185 | 1.411 | 28.222 | 0.0022 | 0.16% | | | 64.72% | |
| | | 1.000 | 450 | 1.000 | 266 | 184 | 1.409 | 28.178 | 0.0022 | 0.16% | 0.029 | 2.16% | 0.578 | 64.78% |
| | | 1.000 | 450 | 1.000 | 267 | 183 | 1.407 | 28.133 | 0.0022 | 0.16% | | | 64.83% | |
| | | 1.000 | 450 | 1.000 | 268 | 182 | 1.404 | 28.089 | 0.0022 | 0.16% | | | 64.89% | |
| | | 1.000 | 450 | 1.000 | 269 | 181 | 1.402 | 28.044 | 0.0022 | 0.16% | | | 64.94% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 270 | 180 | 1.400 | 28.000 | 0.0022 | 0.16% | | | 65.00% | |
| | | 1.000 | 450 | 1.000 | 271 | 179 | 1.398 | 27.956 | 0.0022 | 0.16% | | | 65.06% | |
| | | 1.000 | 450 | 1.000 | 272 | 178 | 1.396 | 27.911 | 0.0022 | 0.16% | | | 65.11% | |
| | | 1.000 | 450 | 1.000 | 273 | 177 | 1.393 | 27.867 | 0.0022 | 0.16% | | | 65.17% | |
| | | 1.000 | 450 | 1.000 | 274 | 176 | 1.391 | 27.822 | 0.0022 | 0.16% | | | 65.22% | |
| | | 1.000 | 450 | 1.000 | 275 | 175 | 1.389 | 27.778 | 0.0022 | 0.16% | | | 65.28% | |
| | | 1.000 | 450 | 1.000 | 276 | 174 | 1.387 | 27.733 | 0.0022 | 0.16% | | | 65.33% | |
| | | 1.000 | 450 | 1.000 | 277 | 173 | 1.384 | 27.689 | 0.0022 | 0.16% | | | 65.39% | |
| | | 1.000 | 450 | 1.000 | 278 | 172 | 1.382 | 27.644 | 0.0022 | 0.16% | | | 65.44% | |
| | | 1.000 | 450 | 1.000 | 279 | 171 | 1.380 | 27.600 | 0.0022 | 0.16% | | | 65.50% | |
| | | 1.000 | 450 | 1.000 | 280 | 170 | 1.378 | 27.556 | 0.0022 | 0.16% | 0.029 | 2.21% | 0.578 | 65.56% |
| | | 1.000 | 450 | 1.000 | 281 | 169 | 1.376 | 27.511 | 0.0022 | 0.16% | | | 65.61% | |
| | | 1.000 | 450 | 1.000 | 282 | 168 | 1.373 | 27.467 | 0.0022 | 0.16% | | | 65.67% | |
| | | 1.000 | 450 | 1.000 | 283 | 167 | 1.371 | 27.422 | 0.0022 | 0.16% | | | 65.72% | |
| | | 1.000 | 450 | 1.000 | 284 | 166 | 1.369 | 27.378 | 0.0022 | 0.16% | | | 65.78% | |
| | | 1.000 | 450 | 1.000 | 285 | 165 | 1.367 | 27.333 | 0.0022 | 0.16% | | | 65.83% | |
| | | 1.000 | 450 | 1.000 | 286 | 164 | 1.364 | 27.289 | 0.0022 | 0.16% | | | 65.89% | |
| | | 1.000 | 450 | 1.000 | 287 | 163 | 1.362 | 27.244 | 0.0022 | 0.16% | | | 65.94% | |
| | | 1.000 | 450 | 1.000 | 288 | 162 | 1.360 | 27.200 | 0.0022 | 0.16% | | | 66.00% | |
| | | 1.000 | 450 | 1.000 | 289 | 161 | 1.358 | 27.156 | 0.0022 | 0.16% | | | 66.06% | |
| | | 1.000 | 450 | 1.000 | 290 | 160 | 1.356 | 27.111 | 0.0022 | 0.16% | | | 66.11% | |
| | | 1.000 | 450 | 1.000 | 291 | 159 | 1.353 | 27.067 | 0.0022 | 0.16% | | | 66.17% | |
| | | 1.000 | 450 | 1.000 | 292 | 158 | 1.351 | 27.022 | 0.0022 | 0.16% | | | 66.22% | |
| | | 1.000 | 450 | 1.000 | 293 | 157 | 1.349 | 26.978 | 0.0022 | 0.16% | | | 66.28% | |
| | | 1.000 | 450 | 1.000 | 294 | 156 | 1.347 | 26.933 | 0.0022 | 0.16% | 0.029 | 2.26% | 0.578 | 66.33% |
| | | 1.000 | 450 | 1.000 | 295 | 155 | 1.344 | 26.889 | 0.0022 | 0.17% | | | 66.39% | |
| | | 1.000 | 450 | 1.000 | 296 | 154 | 1.342 | 26.844 | 0.0022 | 0.17% | | | 66.44% | |
| | | 1.000 | 450 | 1.000 | 297 | 153 | 1.340 | 26.800 | 0.0022 | 0.17% | | | 66.50% | |
| | | 1.000 | 450 | 1.000 | 298 | 152 | 1.338 | 26.756 | 0.0022 | 0.17% | | | 66.56% | |
| | | 1.000 | 450 | 1.000 | 299 | 151 | 1.336 | 26.711 | 0.0022 | 0.17% | | | 66.61% | |
| | | 1.000 | 450 | 1.000 | 300 | 150 | 1.333 | 26.667 | 0.0022 | 0.17% | | | 66.67% | |
| | | 1.000 | 450 | 1.000 | 301 | 149 | 1.331 | 26.622 | 0.0022 | 0.17% | | | 66.72% | |
| | | 1.000 | 450 | 1.000 | 302 | 148 | 1.329 | 26.578 | 0.0022 | 0.17% | | | 66.78% | |
| | | 1.000 | 450 | 1.000 | 303 | 147 | 1.327 | 26.533 | 0.0022 | 0.17% | | | 66.83% | |
| | | 1.000 | 450 | 1.000 | 304 | 146 | 1.324 | 26.489 | 0.0022 | 0.17% | | | 66.89% | |
| | | 1.000 | 450 | 1.000 | 305 | 145 | 1.322 | 26.444 | 0.0022 | 0.17% | | | 66.94% | |
| | | 1.000 | 450 | 1.000 | 306 | 144 | 1.320 | 26.400 | 0.0022 | 0.17% | | | 67.00% | |
| | | 1.000 | 450 | 1.000 | 307 | 143 | 1.318 | 26.356 | 0.0022 | 0.17% | | | 67.06% | |
| | | 1.000 | 450 | 1.000 | 308 | 142 | 1.316 | 26.311 | 0.0022 | 0.17% | 0.029 | 2.31% | 0.578 | 67.11% |
| | | 1.000 | 450 | 1.000 | 309 | 141 | 1.313 | 26.267 | 0.0022 | 0.17% | | | 67.17% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 310 | 140 | 1.311 | 26.222 | 0.0022 | 0.17% | | | 67.22% | |
| | | 1.000 | 450 | 1.000 | 311 | 139 | 1.309 | 26.178 | 0.0022 | 0.17% | | | 67.28% | |
| | | 1.000 | 450 | 1.000 | 312 | 138 | 1.307 | 26.133 | 0.0022 | 0.17% | | | 67.33% | |
| | | 1.000 | 450 | 1.000 | 313 | 137 | 1.304 | 26.089 | 0.0022 | 0.17% | | | 67.39% | |
| | | 1.000 | 450 | 1.000 | 314 | 136 | 1.302 | 26.044 | 0.0022 | 0.17% | | | 67.44% | |
| | | 1.000 | 450 | 1.000 | 315 | 135 | 1.300 | 26.000 | 0.0022 | 0.17% | | | 67.50% | |
| | | 1.000 | 450 | 1.000 | 316 | 134 | 1.298 | 25.956 | 0.0022 | 0.17% | | | 67.56% | |
| | | 1.000 | 450 | 1.000 | 317 | 133 | 1.296 | 25.911 | 0.0022 | 0.17% | | | 67.61% | |
| | | 1.000 | 450 | 1.000 | 318 | 132 | 1.293 | 25.867 | 0.0022 | 0.17% | | | 67.67% | |
| | | 1.000 | 450 | 1.000 | 319 | 131 | 1.291 | 25.822 | 0.0022 | 0.17% | | | 67.72% | |
| | | 1.000 | 450 | 1.000 | 320 | 130 | 1.289 | 25.778 | 0.0022 | 0.17% | | | 67.78% | |
| | | 1.000 | 450 | 1.000 | 321 | 129 | 1.287 | 25.733 | 0.0022 | 0.17% | | | 67.83% | |
| | | 1.000 | 450 | 1.000 | 322 | 128 | 1.284 | 25.689 | 0.0022 | 0.17% | 0.029 | 2.36% | 0.578 | 67.89% |
| | | 1.000 | 450 | 1.000 | 323 | 127 | 1.282 | 25.644 | 0.0022 | 0.17% | | | 67.94% | |
| | | 1.000 | 450 | 1.000 | 324 | 126 | 1.280 | 25.600 | 0.0022 | 0.17% | | | 68.00% | |
| | | 1.000 | 450 | 1.000 | 325 | 125 | 1.278 | 25.556 | 0.0022 | 0.17% | | | 68.06% | |
| | | 1.000 | 450 | 1.000 | 326 | 124 | 1.276 | 25.511 | 0.0022 | 0.17% | | | 68.11% | |
| | | 1.000 | 450 | 1.000 | 327 | 123 | 1.273 | 25.467 | 0.0022 | 0.17% | | | 68.17% | |
| | | 1.000 | 450 | 1.000 | 328 | 122 | 1.271 | 25.422 | 0.0022 | 0.17% | | | 68.22% | |
| | | 1.000 | 450 | 1.000 | 329 | 121 | 1.269 | 25.378 | 0.0022 | 0.17% | | | 68.28% | |
| | | 1.000 | 450 | 1.000 | 330 | 120 | 1.267 | 25.333 | 0.0022 | 0.18% | | | 68.33% | |
| | | 1.000 | 450 | 1.000 | 331 | 119 | 1.264 | 25.289 | 0.0022 | 0.18% | | | 68.39% | |
| | | 1.000 | 450 | 1.000 | 332 | 118 | 1.262 | 25.244 | 0.0022 | 0.18% | | | 68.44% | |
| | | 1.000 | 450 | 1.000 | 333 | 117 | 1.260 | 25.200 | 0.0022 | 0.18% | | | 68.50% | |
| | | 1.000 | 450 | 1.000 | 334 | 116 | 1.258 | 25.156 | 0.0022 | 0.18% | | | 68.56% | |
| | | 1.000 | 450 | 1.000 | 335 | 115 | 1.256 | 25.111 | 0.0022 | 0.18% | | | 68.61% | |
| | | 1.000 | 450 | 1.000 | 336 | 114 | 1.253 | 25.067 | 0.0022 | 0.18% | 0.029 | 2.42% | 0.578 | 68.67% |
| | | 1.000 | 450 | 1.000 | 337 | 113 | 1.251 | 25.022 | 0.0022 | 0.18% | | | 68.72% | |
| | | 1.000 | 450 | 1.000 | 338 | 112 | 1.249 | 24.978 | 0.0022 | 0.18% | | | 68.78% | |
| | | 1.000 | 450 | 1.000 | 339 | 111 | 1.247 | 24.933 | 0.0022 | 0.18% | | | 68.83% | |
| | | 1.000 | 450 | 1.000 | 340 | 110 | 1.244 | 24.889 | 0.0022 | 0.18% | | | 68.89% | |
| | | 1.000 | 450 | 1.000 | 341 | 109 | 1.242 | 24.844 | 0.0022 | 0.18% | | | 68.94% | |
| | | 1.000 | 450 | 1.000 | 342 | 108 | 1.240 | 24.800 | 0.0022 | 0.18% | | | 69.00% | |
| | | 1.000 | 450 | 1.000 | 343 | 107 | 1.238 | 24.756 | 0.0022 | 0.18% | | | 69.06% | |
| | | 1.000 | 450 | 1.000 | 344 | 106 | 1.236 | 24.711 | 0.0022 | 0.18% | | | 69.11% | |
| | | 1.000 | 450 | 1.000 | 345 | 105 | 1.233 | 24.667 | 0.0022 | 0.18% | | | 69.17% | |
| | | 1.000 | 450 | 1.000 | 346 | 104 | 1.231 | 24.622 | 0.0022 | 0.18% | | | 69.22% | |
| | | 1.000 | 450 | 1.000 | 347 | 103 | 1.229 | 24.578 | 0.0022 | 0.18% | | | 69.28% | |
| | | 1.000 | 450 | 1.000 | 348 | 102 | 1.227 | 24.533 | 0.0022 | 0.18% | | | 69.33% | |
| | | 1.000 | 450 | 1.000 | 349 | 101 | 1.224 | 24.489 | 0.0022 | 0.18% | | | 69.39% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 350 | 100 | 1.222 | 24.444 | 0.0022 | 0.18% | 0.029 | 2.48% | 0.578 | 69.44% |
| | | 1.000 | 450 | 1.000 | 351 | 99 | 1.220 | 24.400 | 0.0022 | 0.18% | | | | 69.50% |
| | | 1.000 | 450 | 1.000 | 352 | 98 | 1.218 | 24.356 | 0.0022 | 0.18% | | | | 69.56% |
| | | 1.000 | 450 | 1.000 | 353 | 97 | 1.216 | 24.311 | 0.0022 | 0.18% | | | | 69.61% |
| | | 1.000 | 450 | 1.000 | 354 | 96 | 1.213 | 24.267 | 0.0022 | 0.18% | | | | 69.67% |
| | | 1.000 | 450 | 1.000 | 355 | 95 | 1.211 | 24.222 | 0.0022 | 0.18% | | | | 69.72% |
| | | 1.000 | 450 | 1.000 | 356 | 94 | 1.209 | 24.178 | 0.0022 | 0.18% | | | | 69.78% |
| | | 1.000 | 450 | 1.000 | 357 | 93 | 1.207 | 24.133 | 0.0022 | 0.18% | | | | 69.83% |
| | | 1.000 | 450 | 1.000 | 358 | 92 | 1.204 | 24.089 | 0.0022 | 0.18% | | | | 69.89% |
| | | 1.000 | 450 | 1.000 | 359 | 91 | 1.202 | 24.044 | 0.0022 | 0.18% | | | | 69.94% |
| | | 1.000 | 450 | 1.000 | 360 | 90 | 1.200 | 24.000 | 0.0022 | 0.18% | | | | 70.00% |
| | | 1.000 | 450 | 1.000 | 361 | 89 | 1.198 | 23.956 | 0.0022 | 0.19% | | | | 70.06% |
| | | 1.000 | 450 | 1.000 | 362 | 88 | 1.196 | 23.911 | 0.0022 | 0.19% | | | | 70.11% |
| | | 1.000 | 450 | 1.000 | 363 | 87 | 1.193 | 23.867 | 0.0022 | 0.19% | | | | 70.17% |
| | | 1.000 | 450 | 1.000 | 364 | 86 | 1.191 | 23.822 | 0.0022 | 0.19% | 0.029 | 2.55% | 0.578 | 70.22% |
| | | 1.000 | 450 | 1.000 | 365 | 85 | 1.189 | 23.778 | 0.0022 | 0.19% | | | | 70.28% |
| | | 1.000 | 450 | 1.000 | 366 | 84 | 1.187 | 23.733 | 0.0022 | 0.19% | | | | 70.33% |
| | | 1.000 | 450 | 1.000 | 367 | 83 | 1.184 | 23.689 | 0.0022 | 0.19% | | | | 70.39% |
| | | 1.000 | 450 | 1.000 | 368 | 82 | 1.182 | 23.644 | 0.0022 | 0.19% | | | | 70.44% |
| | | 1.000 | 450 | 1.000 | 369 | 81 | 1.180 | 23.600 | 0.0022 | 0.19% | | | | 70.50% |
| | | 1.000 | 450 | 1.000 | 370 | 80 | 1.178 | 23.556 | 0.0022 | 0.19% | | | | 70.56% |
| | | 1.000 | 450 | 1.000 | 371 | 79 | 1.176 | 23.511 | 0.0022 | 0.19% | | | | 70.61% |
| | | 1.000 | 450 | 1.000 | 372 | 78 | 1.173 | 23.467 | 0.0022 | 0.19% | | | | 70.67% |
| | | 1.000 | 450 | 1.000 | 373 | 77 | 1.171 | 23.422 | 0.0022 | 0.19% | | | | 70.72% |
| | | 1.000 | 450 | 1.000 | 374 | 76 | 1.169 | 23.378 | 0.0022 | 0.19% | | | | 70.78% |
| | | 1.000 | 450 | 1.000 | 375 | 75 | 1.167 | 23.333 | 0.0022 | 0.19% | | | | 70.83% |
| | | 1.000 | 450 | 1.000 | 376 | 74 | 1.164 | 23.289 | 0.0022 | 0.19% | | | | 70.89% |
| | | 1.000 | 450 | 1.000 | 377 | 73 | 1.162 | 23.244 | 0.0022 | 0.19% | | | | 70.94% |
| | | 1.000 | 450 | 1.000 | 378 | 72 | 1.160 | 23.200 | 0.0022 | 0.19% | 0.029 | 2.61% | 0.578 | 71.00% |
| | | 1.000 | 450 | 1.000 | 379 | 71 | 1.158 | 23.156 | 0.0022 | 0.19% | | | | 71.06% |
| | | 1.000 | 450 | 1.000 | 380 | 70 | 1.156 | 23.111 | 0.0022 | 0.19% | | | | 71.11% |
| | | 1.000 | 450 | 1.000 | 381 | 69 | 1.153 | 23.067 | 0.0022 | 0.19% | | | | 71.17% |
| | | 1.000 | 450 | 1.000 | 382 | 68 | 1.151 | 23.022 | 0.0022 | 0.19% | | | | 71.22% |
| | | 1.000 | 450 | 1.000 | 383 | 67 | 1.149 | 22.978 | 0.0022 | 0.19% | | | | 71.28% |
| | | 1.000 | 450 | 1.000 | 384 | 66 | 1.147 | 22.933 | 0.0022 | 0.19% | | | | 71.33% |
| | | 1.000 | 450 | 1.000 | 385 | 65 | 1.144 | 22.889 | 0.0022 | 0.19% | | | | 71.39% |
| | | 1.000 | 450 | 1.000 | 386 | 64 | 1.142 | 22.844 | 0.0022 | 0.19% | | | | 71.44% |
| | | 1.000 | 450 | 1.000 | 387 | 63 | 1.140 | 22.800 | 0.0022 | 0.19% | | | | 71.50% |
| | | 1.000 | 450 | 1.000 | 388 | 62 | 1.138 | 22.756 | 0.0022 | 0.19% | | | | 71.56% |
| | | 1.000 | 450 | 1.000 | 389 | 61 | 1.136 | 22.711 | 0.0022 | 0.20% | | | | 71.61% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 1.000 | 450 | 1.000 | 390 | 60 | 1.133 | 22.667 | 0.0022 | 0.20% | | | 71.67% | |
| | | 1.000 | 450 | 1.000 | 391 | 59 | 1.131 | 22.622 | 0.0022 | 0.20% | | | 71.72% | |
| | | 1.000 | 450 | 1.000 | 392 | 58 | 1.129 | 22.578 | 0.0022 | 0.20% | 0.029 | 2.68% | 0.578 | 71.78% |
| | | 1.000 | 450 | 1.000 | 393 | 57 | 1.127 | 22.533 | 0.0022 | 0.20% | | | | 71.83% |
| | | 1.000 | 450 | 1.000 | 394 | 56 | 1.124 | 22.489 | 0.0022 | 0.20% | | | | 71.89% |
| | | 1.000 | 450 | 1.000 | 395 | 55 | 1.122 | 22.444 | 0.0022 | 0.20% | | | | 71.94% |
| | | 1.000 | 450 | 1.000 | 396 | 54 | 1.120 | 22.400 | 0.0022 | 0.20% | | | | 72.00% |
| | | 1.000 | 450 | 1.000 | 397 | 53 | 1.118 | 22.356 | 0.0022 | 0.20% | | | | 72.06% |
| | | 1.000 | 450 | 1.000 | 398 | 52 | 1.116 | 22.311 | 0.0022 | 0.20% | | | | 72.11% |
| | | 1.000 | 450 | 1.000 | 399 | 51 | 1.113 | 22.267 | 0.0022 | 0.20% | | | | 72.17% |
| | | 1.000 | 450 | 1.000 | 400 | 50 | 1.111 | 22.222 | 0.0022 | 0.20% | | | | 72.22% |
| | | 1.000 | 450 | 1.000 | 401 | 49 | 1.109 | 22.178 | 0.0022 | 0.20% | | | | 72.28% |
| | | 1.000 | 450 | 1.000 | 402 | 48 | 1.107 | 22.133 | 0.0022 | 0.20% | | | | 72.33% |
| | | 1.000 | 450 | 1.000 | 403 | 47 | 1.104 | 22.089 | 0.0022 | 0.20% | | | | 72.39% |
| | | 1.000 | 450 | 1.000 | 404 | 46 | 1.102 | 22.044 | 0.0022 | 0.20% | | | | 72.44% |
| | | 1.000 | 450 | 1.000 | 405 | 45 | 1.100 | 22.000 | 0.0022 | 0.20% | | | | 72.50% |
| | | 1.000 | 450 | 1.000 | 406 | 44 | 1.098 | 21.956 | 0.0022 | 0.20% | 0.029 | 2.76% | 0.578 | 72.56% |
| | | 1.000 | 450 | 1.000 | 407 | 43 | 1.096 | 21.911 | 0.0022 | 0.20% | | | | 72.61% |
| | | 1.000 | 450 | 1.000 | 408 | 42 | 1.093 | 21.867 | 0.0022 | 0.20% | | | | 72.67% |
| | | 1.000 | 450 | 1.000 | 409 | 41 | 1.091 | 21.822 | 0.0022 | 0.20% | | | | 72.72% |
| | | 1.000 | 450 | 1.000 | 410 | 40 | 1.089 | 21.778 | 0.0022 | 0.20% | | | | 72.78% |
| | | 1.000 | 450 | 1.000 | 411 | 39 | 1.087 | 21.733 | 0.0022 | 0.20% | | | | 72.83% |
| | | 1.000 | 450 | 1.000 | 412 | 38 | 1.084 | 21.689 | 0.0022 | 0.20% | | | | 72.89% |
| | | 1.000 | 450 | 1.000 | 413 | 37 | 1.082 | 21.644 | 0.0022 | 0.20% | | | | 72.94% |
| | | 1.000 | 450 | 1.000 | 414 | 36 | 1.080 | 21.600 | 0.0022 | 0.21% | | | | 73.00% |
| | | 1.000 | 450 | 1.000 | 415 | 35 | 1.078 | 21.556 | 0.0022 | 0.21% | | | | 73.06% |
| | | 1.000 | 450 | 1.000 | 416 | 34 | 1.076 | 21.511 | 0.0022 | 0.21% | | | | 73.11% |
| | | 1.000 | 450 | 1.000 | 417 | 33 | 1.073 | 21.467 | 0.0022 | 0.21% | | | | 73.17% |
| | | 1.000 | 450 | 1.000 | 418 | 32 | 1.071 | 21.422 | 0.0022 | 0.21% | | | | 73.22% |
| | | 1.000 | 450 | 1.000 | 419 | 31 | 1.069 | 21.378 | 0.0022 | 0.21% | | | | 73.28% |
| | | 1.000 | 450 | 1.000 | 420 | 30 | 1.067 | 21.333 | 0.0022 | 0.21% | 0.029 | 2.83% | 0.578 | 73.33% |
| | | 1.000 | 450 | 1.000 | 421 | 29 | 1.064 | 21.289 | 0.0022 | 0.21% | | | | 73.39% |
| | | 1.000 | 450 | 1.000 | 422 | 28 | 1.062 | 21.244 | 0.0022 | 0.21% | | | | 73.44% |
| | | 1.000 | 450 | 1.000 | 423 | 27 | 1.060 | 21.200 | 0.0022 | 0.21% | | | | 73.50% |
| | | 1.000 | 450 | 1.000 | 424 | 26 | 1.058 | 21.156 | 0.0022 | 0.21% | | | | 73.56% |
| | | 1.000 | 450 | 1.000 | 425 | 25 | 1.056 | 21.111 | 0.0022 | 0.21% | | | | 73.61% |
| | | 1.000 | 450 | 1.000 | 426 | 24 | 1.053 | 21.067 | 0.0022 | 0.21% | | | | 73.67% |
| | | 1.000 | 450 | 1.000 | 427 | 23 | 1.051 | 21.022 | 0.0022 | 0.21% | | | | 73.72% |
| | | 1.000 | 450 | 1.000 | 428 | 22 | 1.049 | 20.978 | 0.0022 | 0.21% | | | | 73.78% |
| | | 1.000 | 450 | 1.000 | 429 | 21 | 1.047 | 20.933 | 0.0022 | 0.21% | | | | 73.83% |

Medication Klonopin
Valium Multiplier 20
Original Dose 4
Current Dose 1.000
Start Date September 12, 2009
Dry Dose 0.000
Dissolve Dose 1.000
Water in ML **450**
ML Increments **1**
Display Dates no

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|--------|-------------|-------------|-------|-------|--------------------|------------------|---------|--------------|----------------|---------------|--------------------|-------------------|--------|
| | | 0.000 | 450 | 1.000 | 1 | 449 | 0.998 | 19.956 | 0.0022 | 0.22% | | | 75.06% | |
| | | 0.000 | 450 | 1.000 | 2 | 448 | 0.996 | 19.911 | 0.0022 | 0.22% | | | 75.11% | |
| | | 0.000 | 450 | 1.000 | 3 | 447 | 0.993 | 19.867 | 0.0022 | 0.22% | | | 75.17% | |
| | | 0.000 | 450 | 1.000 | 4 | 446 | 0.991 | 19.822 | 0.0022 | 0.22% | | | 75.22% | |
| | | 0.000 | 450 | 1.000 | 5 | 445 | 0.989 | 19.778 | 0.0022 | 0.22% | | | 75.28% | |
| | | 0.000 | 450 | 1.000 | 6 | 444 | 0.987 | 19.733 | 0.0022 | 0.22% | | | 75.33% | |
| | | 0.000 | 450 | 1.000 | 7 | 443 | 0.984 | 19.689 | 0.0022 | 0.23% | | | 75.39% | |
| | | 0.000 | 450 | 1.000 | 8 | 442 | 0.982 | 19.644 | 0.0022 | 0.23% | | | 75.44% | |
| | | 0.000 | 450 | 1.000 | 9 | 441 | 0.980 | 19.600 | 0.0022 | 0.23% | | | 75.50% | |
| | | 0.000 | 450 | 1.000 | 10 | 440 | 0.978 | 19.556 | 0.0022 | 0.23% | | | 75.56% | |
| | | 0.000 | 450 | 1.000 | 11 | 439 | 0.976 | 19.511 | 0.0022 | 0.23% | | | 75.61% | |
| | | 0.000 | 450 | 1.000 | 12 | 438 | 0.973 | 19.467 | 0.0022 | 0.23% | | | 75.67% | |
| | | 0.000 | 450 | 1.000 | 13 | 437 | 0.971 | 19.422 | 0.0022 | 0.23% | | | 75.72% | |
| | | 0.000 | 450 | 1.000 | 14 | 436 | 0.969 | 19.378 | 0.0022 | 0.23% | 0.029 | 2.90% | 0.578 | 75.78% |
| | | 0.000 | 450 | 1.000 | 15 | 435 | 0.967 | 19.333 | 0.0022 | 0.23% | | | 75.83% | |
| | | 0.000 | 450 | 1.000 | 16 | 434 | 0.964 | 19.289 | 0.0022 | 0.23% | | | 75.89% | |
| | | 0.000 | 450 | 1.000 | 17 | 433 | 0.962 | 19.244 | 0.0022 | 0.23% | | | 75.94% | |
| | | 0.000 | 450 | 1.000 | 18 | 432 | 0.960 | 19.200 | 0.0022 | 0.23% | | | 76.00% | |
| | | 0.000 | 450 | 1.000 | 19 | 431 | 0.958 | 19.156 | 0.0022 | 0.23% | | | 76.06% | |
| | | 0.000 | 450 | 1.000 | 20 | 430 | 0.956 | 19.111 | 0.0022 | 0.23% | | | 76.11% | |
| | | 0.000 | 450 | 1.000 | 21 | 429 | 0.953 | 19.067 | 0.0022 | 0.23% | | | 76.17% | |
| | | 0.000 | 450 | 1.000 | 22 | 428 | 0.951 | 19.022 | 0.0022 | 0.23% | | | 76.22% | |
| | | 0.000 | 450 | 1.000 | 23 | 427 | 0.949 | 18.978 | 0.0022 | 0.23% | | | 76.28% | |
| | | 0.000 | 450 | 1.000 | 24 | 426 | 0.947 | 18.933 | 0.0022 | 0.23% | | | 76.33% | |
| | | 0.000 | 450 | 1.000 | 25 | 425 | 0.944 | 18.889 | 0.0022 | 0.23% | | | 76.39% | |
| | | 0.000 | 450 | 1.000 | 26 | 424 | 0.942 | 18.844 | 0.0022 | 0.24% | | | 76.44% | |
| | | 0.000 | 450 | 1.000 | 27 | 423 | 0.940 | 18.800 | 0.0022 | 0.24% | | | 76.50% | |
| | | 0.000 | 450 | 1.000 | 28 | 422 | 0.938 | 18.756 | 0.0022 | 0.24% | 0.029 | 3.21% | 0.578 | 76.56% |
| | | 0.000 | 450 | 1.000 | 29 | 421 | 0.936 | 18.711 | 0.0022 | 0.24% | | | 76.61% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|--------|-------------|-------------|-------|-------|--------------------|------------------|---------|--------------|----------------|---------------|--------------------|-------------------|--------|
| | | 0.000 | 450 | 1.000 | 30 | 420 | 0.933 | 18.667 | 0.0022 | 0.24% | | | 76.67% | |
| | | 0.000 | 450 | 1.000 | 31 | 419 | 0.931 | 18.622 | 0.0022 | 0.24% | | | 76.72% | |
| | | 0.000 | 450 | 1.000 | 32 | 418 | 0.929 | 18.578 | 0.0022 | 0.24% | | | 76.78% | |
| | | 0.000 | 450 | 1.000 | 33 | 417 | 0.927 | 18.533 | 0.0022 | 0.24% | | | 76.83% | |
| | | 0.000 | 450 | 1.000 | 34 | 416 | 0.924 | 18.489 | 0.0022 | 0.24% | | | 76.89% | |
| | | 0.000 | 450 | 1.000 | 35 | 415 | 0.922 | 18.444 | 0.0022 | 0.24% | | | 76.94% | |
| | | 0.000 | 450 | 1.000 | 36 | 414 | 0.920 | 18.400 | 0.0022 | 0.24% | | | 77.00% | |
| | | 0.000 | 450 | 1.000 | 37 | 413 | 0.918 | 18.356 | 0.0022 | 0.24% | | | 77.06% | |
| | | 0.000 | 450 | 1.000 | 38 | 412 | 0.916 | 18.311 | 0.0022 | 0.24% | | | 77.11% | |
| | | 0.000 | 450 | 1.000 | 39 | 411 | 0.913 | 18.267 | 0.0022 | 0.24% | | | 77.17% | |
| | | 0.000 | 450 | 1.000 | 40 | 410 | 0.911 | 18.222 | 0.0022 | 0.24% | | | 77.22% | |
| | | 0.000 | 450 | 1.000 | 41 | 409 | 0.909 | 18.178 | 0.0022 | 0.24% | | | 77.28% | |
| | | 0.000 | 450 | 1.000 | 42 | 408 | 0.907 | 18.133 | 0.0022 | 0.24% | 0.029 | 3.32% | 0.578 | 77.33% |
| | | 0.000 | 450 | 1.000 | 43 | 407 | 0.904 | 18.089 | 0.0022 | 0.25% | | | 77.39% | |
| | | 0.000 | 450 | 1.000 | 44 | 406 | 0.902 | 18.044 | 0.0022 | 0.25% | | | 77.44% | |
| | | 0.000 | 450 | 1.000 | 45 | 405 | 0.900 | 18.000 | 0.0022 | 0.25% | | | 77.50% | |
| | | 0.000 | 450 | 1.000 | 46 | 404 | 0.898 | 17.956 | 0.0022 | 0.25% | | | 77.56% | |
| | | 0.000 | 450 | 1.000 | 47 | 403 | 0.896 | 17.911 | 0.0022 | 0.25% | | | 77.61% | |
| | | 0.000 | 450 | 1.000 | 48 | 402 | 0.893 | 17.867 | 0.0022 | 0.25% | | | 77.67% | |
| | | 0.000 | 450 | 1.000 | 49 | 401 | 0.891 | 17.822 | 0.0022 | 0.25% | | | 77.72% | |
| | | 0.000 | 450 | 1.000 | 50 | 400 | 0.889 | 17.778 | 0.0022 | 0.25% | | | 77.78% | |
| | | 0.000 | 450 | 1.000 | 51 | 399 | 0.887 | 17.733 | 0.0022 | 0.25% | | | 77.83% | |
| | | 0.000 | 450 | 1.000 | 52 | 398 | 0.884 | 17.689 | 0.0022 | 0.25% | | | 77.89% | |
| | | 0.000 | 450 | 1.000 | 53 | 397 | 0.882 | 17.644 | 0.0022 | 0.25% | | | 77.94% | |
| | | 0.000 | 450 | 1.000 | 54 | 396 | 0.880 | 17.600 | 0.0022 | 0.25% | | | 78.00% | |
| | | 0.000 | 450 | 1.000 | 55 | 395 | 0.878 | 17.556 | 0.0022 | 0.25% | | | 78.06% | |
| | | 0.000 | 450 | 1.000 | 56 | 394 | 0.876 | 17.511 | 0.0022 | 0.25% | 0.029 | 3.43% | 0.578 | 78.11% |
| | | 0.000 | 450 | 1.000 | 57 | 393 | 0.873 | 17.467 | 0.0022 | 0.25% | | | 78.17% | |
| | | 0.000 | 450 | 1.000 | 58 | 392 | 0.871 | 17.422 | 0.0022 | 0.25% | | | 78.22% | |
| | | 0.000 | 450 | 1.000 | 59 | 391 | 0.869 | 17.378 | 0.0022 | 0.26% | | | 78.28% | |
| | | 0.000 | 450 | 1.000 | 60 | 390 | 0.867 | 17.333 | 0.0022 | 0.26% | | | 78.33% | |
| | | 0.000 | 450 | 1.000 | 61 | 389 | 0.864 | 17.289 | 0.0022 | 0.26% | | | 78.39% | |
| | | 0.000 | 450 | 1.000 | 62 | 388 | 0.862 | 17.244 | 0.0022 | 0.26% | | | 78.44% | |
| | | 0.000 | 450 | 1.000 | 63 | 387 | 0.860 | 17.200 | 0.0022 | 0.26% | | | 78.50% | |
| | | 0.000 | 450 | 1.000 | 64 | 386 | 0.858 | 17.156 | 0.0022 | 0.26% | | | 78.56% | |
| | | 0.000 | 450 | 1.000 | 65 | 385 | 0.856 | 17.111 | 0.0022 | 0.26% | | | 78.61% | |
| | | 0.000 | 450 | 1.000 | 66 | 384 | 0.853 | 17.067 | 0.0022 | 0.26% | | | 78.67% | |
| | | 0.000 | 450 | 1.000 | 67 | 383 | 0.851 | 17.022 | 0.0022 | 0.26% | | | 78.72% | |
| | | 0.000 | 450 | 1.000 | 68 | 382 | 0.849 | 16.978 | 0.0022 | 0.26% | | | 78.78% | |
| | | 0.000 | 450 | 1.000 | 69 | 381 | 0.847 | 16.933 | 0.0022 | 0.26% | | | 78.83% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 70 | 380 | 0.844 | 16.889 | 0.0022 | 0.26% | 0.029 | 3.55% | 0.578 | 78.89% |
| | | 0.000 | 450 | 1.000 | 71 | 379 | 0.842 | 16.844 | 0.0022 | 0.26% | | | | 78.94% |
| | | 0.000 | 450 | 1.000 | 72 | 378 | 0.840 | 16.800 | 0.0022 | 0.26% | | | | 79.00% |
| | | 0.000 | 450 | 1.000 | 73 | 377 | 0.838 | 16.756 | 0.0022 | 0.26% | | | | 79.06% |
| | | 0.000 | 450 | 1.000 | 74 | 376 | 0.836 | 16.711 | 0.0022 | 0.27% | | | | 79.11% |
| | | 0.000 | 450 | 1.000 | 75 | 375 | 0.833 | 16.667 | 0.0022 | 0.27% | | | | 79.17% |
| | | 0.000 | 450 | 1.000 | 76 | 374 | 0.831 | 16.622 | 0.0022 | 0.27% | | | | 79.22% |
| | | 0.000 | 450 | 1.000 | 77 | 373 | 0.829 | 16.578 | 0.0022 | 0.27% | | | | 79.28% |
| | | 0.000 | 450 | 1.000 | 78 | 372 | 0.827 | 16.533 | 0.0022 | 0.27% | | | | 79.33% |
| | | 0.000 | 450 | 1.000 | 79 | 371 | 0.824 | 16.489 | 0.0022 | 0.27% | | | | 79.39% |
| | | 0.000 | 450 | 1.000 | 80 | 370 | 0.822 | 16.444 | 0.0022 | 0.27% | | | | 79.44% |
| | | 0.000 | 450 | 1.000 | 81 | 369 | 0.820 | 16.400 | 0.0022 | 0.27% | | | | 79.50% |
| | | 0.000 | 450 | 1.000 | 82 | 368 | 0.818 | 16.356 | 0.0022 | 0.27% | | | | 79.56% |
| | | 0.000 | 450 | 1.000 | 83 | 367 | 0.816 | 16.311 | 0.0022 | 0.27% | | | | 79.61% |
| | | 0.000 | 450 | 1.000 | 84 | 366 | 0.813 | 16.267 | 0.0022 | 0.27% | 0.029 | 3.68% | 0.578 | 79.67% |
| | | 0.000 | 450 | 1.000 | 85 | 365 | 0.811 | 16.222 | 0.0022 | 0.27% | | | | 79.72% |
| | | 0.000 | 450 | 1.000 | 86 | 364 | 0.809 | 16.178 | 0.0022 | 0.27% | | | | 79.78% |
| | | 0.000 | 450 | 1.000 | 87 | 363 | 0.807 | 16.133 | 0.0022 | 0.27% | | | | 79.83% |
| | | 0.000 | 450 | 1.000 | 88 | 362 | 0.804 | 16.089 | 0.0022 | 0.28% | | | | 79.89% |
| | | 0.000 | 450 | 1.000 | 89 | 361 | 0.802 | 16.044 | 0.0022 | 0.28% | | | | 79.94% |
| | | 0.000 | 450 | 1.000 | 90 | 360 | 0.800 | 16.000 | 0.0022 | 0.28% | | | | 80.00% |
| | | 0.000 | 450 | 1.000 | 91 | 359 | 0.798 | 15.956 | 0.0022 | 0.28% | | | | 80.06% |
| | | 0.000 | 450 | 1.000 | 92 | 358 | 0.796 | 15.911 | 0.0022 | 0.28% | | | | 80.11% |
| | | 0.000 | 450 | 1.000 | 93 | 357 | 0.793 | 15.867 | 0.0022 | 0.28% | | | | 80.17% |
| | | 0.000 | 450 | 1.000 | 94 | 356 | 0.791 | 15.822 | 0.0022 | 0.28% | | | | 80.22% |
| | | 0.000 | 450 | 1.000 | 95 | 355 | 0.789 | 15.778 | 0.0022 | 0.28% | | | | 80.28% |
| | | 0.000 | 450 | 1.000 | 96 | 354 | 0.787 | 15.733 | 0.0022 | 0.28% | | | | 80.33% |
| | | 0.000 | 450 | 1.000 | 97 | 353 | 0.784 | 15.689 | 0.0022 | 0.28% | | | | 80.39% |
| | | 0.000 | 450 | 1.000 | 98 | 352 | 0.782 | 15.644 | 0.0022 | 0.28% | 0.029 | 3.83% | 0.578 | 80.44% |
| | | 0.000 | 450 | 1.000 | 99 | 351 | 0.780 | 15.600 | 0.0022 | 0.28% | | | | 80.50% |
| | | 0.000 | 450 | 1.000 | 100 | 350 | 0.778 | 15.556 | 0.0022 | 0.28% | | | | 80.56% |
| | | 0.000 | 450 | 1.000 | 101 | 349 | 0.776 | 15.511 | 0.0022 | 0.29% | | | | 80.61% |
| | | 0.000 | 450 | 1.000 | 102 | 348 | 0.773 | 15.467 | 0.0022 | 0.29% | | | | 80.67% |
| | | 0.000 | 450 | 1.000 | 103 | 347 | 0.771 | 15.422 | 0.0022 | 0.29% | | | | 80.72% |
| | | 0.000 | 450 | 1.000 | 104 | 346 | 0.769 | 15.378 | 0.0022 | 0.29% | | | | 80.78% |
| | | 0.000 | 450 | 1.000 | 105 | 345 | 0.767 | 15.333 | 0.0022 | 0.29% | | | | 80.83% |
| | | 0.000 | 450 | 1.000 | 106 | 344 | 0.764 | 15.289 | 0.0022 | 0.29% | | | | 80.89% |
| | | 0.000 | 450 | 1.000 | 107 | 343 | 0.762 | 15.244 | 0.0022 | 0.29% | | | | 80.94% |
| | | 0.000 | 450 | 1.000 | 108 | 342 | 0.760 | 15.200 | 0.0022 | 0.29% | | | | 81.00% |
| | | 0.000 | 450 | 1.000 | 109 | 341 | 0.758 | 15.156 | 0.0022 | 0.29% | | | | 81.06% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 110 | 340 | 0.756 | 15.111 | 0.0022 | 0.29% | | | 81.11% | |
| | | 0.000 | 450 | 1.000 | 111 | 339 | 0.753 | 15.067 | 0.0022 | 0.29% | | | 81.17% | |
| | | 0.000 | 450 | 1.000 | 112 | 338 | 0.751 | 15.022 | 0.0022 | 0.29% | 0.029 | 3.98% | 0.578 | 81.22% |
| | | 0.000 | 450 | 1.000 | 113 | 337 | 0.749 | 14.978 | 0.0022 | 0.30% | | | 81.28% | |
| | | 0.000 | 450 | 1.000 | 114 | 336 | 0.747 | 14.933 | 0.0022 | 0.30% | | | 81.33% | |
| | | 0.000 | 450 | 1.000 | 115 | 335 | 0.744 | 14.889 | 0.0022 | 0.30% | | | 81.39% | |
| | | 0.000 | 450 | 1.000 | 116 | 334 | 0.742 | 14.844 | 0.0022 | 0.30% | | | 81.44% | |
| | | 0.000 | 450 | 1.000 | 117 | 333 | 0.740 | 14.800 | 0.0022 | 0.30% | | | 81.50% | |
| | | 0.000 | 450 | 1.000 | 118 | 332 | 0.738 | 14.756 | 0.0022 | 0.30% | | | 81.56% | |
| | | 0.000 | 450 | 1.000 | 119 | 331 | 0.736 | 14.711 | 0.0022 | 0.30% | | | 81.61% | |
| | | 0.000 | 450 | 1.000 | 120 | 330 | 0.733 | 14.667 | 0.0022 | 0.30% | | | 81.67% | |
| | | 0.000 | 450 | 1.000 | 121 | 329 | 0.731 | 14.622 | 0.0022 | 0.30% | | | 81.72% | |
| | | 0.000 | 450 | 1.000 | 122 | 328 | 0.729 | 14.578 | 0.0022 | 0.30% | | | 81.78% | |
| | | 0.000 | 450 | 1.000 | 123 | 327 | 0.727 | 14.533 | 0.0022 | 0.30% | | | 81.83% | |
| | | 0.000 | 450 | 1.000 | 124 | 326 | 0.724 | 14.489 | 0.0022 | 0.31% | | | 81.89% | |
| | | 0.000 | 450 | 1.000 | 125 | 325 | 0.722 | 14.444 | 0.0022 | 0.31% | | | 81.94% | |
| | | 0.000 | 450 | 1.000 | 126 | 324 | 0.720 | 14.400 | 0.0022 | 0.31% | 0.029 | 4.14% | 0.578 | 82.00% |
| | | 0.000 | 450 | 1.000 | 127 | 323 | 0.718 | 14.356 | 0.0022 | 0.31% | | | 82.06% | |
| | | 0.000 | 450 | 1.000 | 128 | 322 | 0.716 | 14.311 | 0.0022 | 0.31% | | | 82.11% | |
| | | 0.000 | 450 | 1.000 | 129 | 321 | 0.713 | 14.267 | 0.0022 | 0.31% | | | 82.17% | |
| | | 0.000 | 450 | 1.000 | 130 | 320 | 0.711 | 14.222 | 0.0022 | 0.31% | | | 82.22% | |
| | | 0.000 | 450 | 1.000 | 131 | 319 | 0.709 | 14.178 | 0.0022 | 0.31% | | | 82.28% | |
| | | 0.000 | 450 | 1.000 | 132 | 318 | 0.707 | 14.133 | 0.0022 | 0.31% | | | 82.33% | |
| | | 0.000 | 450 | 1.000 | 133 | 317 | 0.704 | 14.089 | 0.0022 | 0.31% | | | 82.39% | |
| | | 0.000 | 450 | 1.000 | 134 | 316 | 0.702 | 14.044 | 0.0022 | 0.32% | | | 82.44% | |
| | | 0.000 | 450 | 1.000 | 135 | 315 | 0.700 | 14.000 | 0.0022 | 0.32% | | | 82.50% | |
| | | 0.000 | 450 | 1.000 | 136 | 314 | 0.698 | 13.956 | 0.0022 | 0.32% | | | 82.56% | |
| | | 0.000 | 450 | 1.000 | 137 | 313 | 0.696 | 13.911 | 0.0022 | 0.32% | | | 82.61% | |
| | | 0.000 | 450 | 1.000 | 138 | 312 | 0.693 | 13.867 | 0.0022 | 0.32% | | | 82.67% | |
| | | 0.000 | 450 | 1.000 | 139 | 311 | 0.691 | 13.822 | 0.0022 | 0.32% | | | 82.72% | |
| | | 0.000 | 450 | 1.000 | 140 | 310 | 0.689 | 13.778 | 0.0022 | 0.32% | 0.029 | 4.32% | 0.578 | 82.78% |
| | | 0.000 | 450 | 1.000 | 141 | 309 | 0.687 | 13.733 | 0.0022 | 0.32% | | | 82.83% | |
| | | 0.000 | 450 | 1.000 | 142 | 308 | 0.684 | 13.689 | 0.0022 | 0.32% | | | 82.89% | |
| | | 0.000 | 450 | 1.000 | 143 | 307 | 0.682 | 13.644 | 0.0022 | 0.32% | | | 82.94% | |
| | | 0.000 | 450 | 1.000 | 144 | 306 | 0.680 | 13.600 | 0.0022 | 0.33% | | | 83.00% | |
| | | 0.000 | 450 | 1.000 | 145 | 305 | 0.678 | 13.556 | 0.0022 | 0.33% | | | 83.06% | |
| | | 0.000 | 450 | 1.000 | 146 | 304 | 0.676 | 13.511 | 0.0022 | 0.33% | | | 83.11% | |
| | | 0.000 | 450 | 1.000 | 147 | 303 | 0.673 | 13.467 | 0.0022 | 0.33% | | | 83.17% | |
| | | 0.000 | 450 | 1.000 | 148 | 302 | 0.671 | 13.422 | 0.0022 | 0.33% | | | 83.22% | |
| | | 0.000 | 450 | 1.000 | 149 | 301 | 0.669 | 13.378 | 0.0022 | 0.33% | | | 83.28% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 150 | 300 | 0.667 | 13.333 | 0.0022 | 0.33% | | | 83.33% | |
| | | 0.000 | 450 | 1.000 | 151 | 299 | 0.664 | 13.289 | 0.0022 | 0.33% | | | 83.39% | |
| | | 0.000 | 450 | 1.000 | 152 | 298 | 0.662 | 13.244 | 0.0022 | 0.33% | | | 83.44% | |
| | | 0.000 | 450 | 1.000 | 153 | 297 | 0.660 | 13.200 | 0.0022 | 0.34% | | | 83.50% | |
| | | 0.000 | 450 | 1.000 | 154 | 296 | 0.658 | 13.156 | 0.0022 | 0.34% | 0.029 | 4.52% | 0.578 | 83.56% |
| | | 0.000 | 450 | 1.000 | 155 | 295 | 0.656 | 13.111 | 0.0022 | 0.34% | | | 83.61% | |
| | | 0.000 | 450 | 1.000 | 156 | 294 | 0.653 | 13.067 | 0.0022 | 0.34% | | | 83.67% | |
| | | 0.000 | 450 | 1.000 | 157 | 293 | 0.651 | 13.022 | 0.0022 | 0.34% | | | 83.72% | |
| | | 0.000 | 450 | 1.000 | 158 | 292 | 0.649 | 12.978 | 0.0022 | 0.34% | | | 83.78% | |
| | | 0.000 | 450 | 1.000 | 159 | 291 | 0.647 | 12.933 | 0.0022 | 0.34% | | | 83.83% | |
| | | 0.000 | 450 | 1.000 | 160 | 290 | 0.644 | 12.889 | 0.0022 | 0.34% | | | 83.89% | |
| | | 0.000 | 450 | 1.000 | 161 | 289 | 0.642 | 12.844 | 0.0022 | 0.34% | | | 83.94% | |
| | | 0.000 | 450 | 1.000 | 162 | 288 | 0.640 | 12.800 | 0.0022 | 0.35% | | | 84.00% | |
| | | 0.000 | 450 | 1.000 | 163 | 287 | 0.638 | 12.756 | 0.0022 | 0.35% | | | 84.06% | |
| | | 0.000 | 450 | 1.000 | 164 | 286 | 0.636 | 12.711 | 0.0022 | 0.35% | | | 84.11% | |
| | | 0.000 | 450 | 1.000 | 165 | 285 | 0.633 | 12.667 | 0.0022 | 0.35% | | | 84.17% | |
| | | 0.000 | 450 | 1.000 | 166 | 284 | 0.631 | 12.622 | 0.0022 | 0.35% | | | 84.22% | |
| | | 0.000 | 450 | 1.000 | 167 | 283 | 0.629 | 12.578 | 0.0022 | 0.35% | | | 84.28% | |
| | | 0.000 | 450 | 1.000 | 168 | 282 | 0.627 | 12.533 | 0.0022 | 0.35% | 0.029 | 4.73% | 0.578 | 84.33% |
| | | 0.000 | 450 | 1.000 | 169 | 281 | 0.624 | 12.489 | 0.0022 | 0.35% | | | 84.39% | |
| | | 0.000 | 450 | 1.000 | 170 | 280 | 0.622 | 12.444 | 0.0022 | 0.36% | | | 84.44% | |
| | | 0.000 | 450 | 1.000 | 171 | 279 | 0.620 | 12.400 | 0.0022 | 0.36% | | | 84.50% | |
| | | 0.000 | 450 | 1.000 | 172 | 278 | 0.618 | 12.356 | 0.0022 | 0.36% | | | 84.56% | |
| | | 0.000 | 450 | 1.000 | 173 | 277 | 0.616 | 12.311 | 0.0022 | 0.36% | | | 84.61% | |
| | | 0.000 | 450 | 1.000 | 174 | 276 | 0.613 | 12.267 | 0.0022 | 0.36% | | | 84.67% | |
| | | 0.000 | 450 | 1.000 | 175 | 275 | 0.611 | 12.222 | 0.0022 | 0.36% | | | 84.72% | |
| | | 0.000 | 450 | 1.000 | 176 | 274 | 0.609 | 12.178 | 0.0022 | 0.36% | | | 84.78% | |
| | | 0.000 | 450 | 1.000 | 177 | 273 | 0.607 | 12.133 | 0.0022 | 0.36% | | | 84.83% | |
| | | 0.000 | 450 | 1.000 | 178 | 272 | 0.604 | 12.089 | 0.0022 | 0.37% | | | 84.89% | |
| | | 0.000 | 450 | 1.000 | 179 | 271 | 0.602 | 12.044 | 0.0022 | 0.37% | | | 84.94% | |
| | | 0.000 | 450 | 1.000 | 180 | 270 | 0.600 | 12.000 | 0.0022 | 0.37% | | | 85.00% | |
| | | 0.000 | 450 | 1.000 | 181 | 269 | 0.598 | 11.956 | 0.0022 | 0.37% | | | 85.06% | |
| | | 0.000 | 450 | 1.000 | 182 | 268 | 0.596 | 11.911 | 0.0022 | 0.37% | 0.029 | 4.96% | 0.578 | 85.11% |
| | | 0.000 | 450 | 1.000 | 183 | 267 | 0.593 | 11.867 | 0.0022 | 0.37% | | | 85.17% | |
| | | 0.000 | 450 | 1.000 | 184 | 266 | 0.591 | 11.822 | 0.0022 | 0.37% | | | 85.22% | |
| | | 0.000 | 450 | 1.000 | 185 | 265 | 0.589 | 11.778 | 0.0022 | 0.38% | | | 85.28% | |
| | | 0.000 | 450 | 1.000 | 186 | 264 | 0.587 | 11.733 | 0.0022 | 0.38% | | | 85.33% | |
| | | 0.000 | 450 | 1.000 | 187 | 263 | 0.584 | 11.689 | 0.0022 | 0.38% | | | 85.39% | |
| | | 0.000 | 450 | 1.000 | 188 | 262 | 0.582 | 11.644 | 0.0022 | 0.38% | | | 85.44% | |
| | | 0.000 | 450 | 1.000 | 189 | 261 | 0.580 | 11.600 | 0.0022 | 0.38% | | | 85.50% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 190 | 260 | 0.578 | 11.556 | 0.0022 | 0.38% | | | 85.56% | |
| | | 0.000 | 450 | 1.000 | 191 | 259 | 0.576 | 11.511 | 0.0022 | 0.38% | | | 85.61% | |
| | | 0.000 | 450 | 1.000 | 192 | 258 | 0.573 | 11.467 | 0.0022 | 0.39% | | | 85.67% | |
| | | 0.000 | 450 | 1.000 | 193 | 257 | 0.571 | 11.422 | 0.0022 | 0.39% | | | 85.72% | |
| | | 0.000 | 450 | 1.000 | 194 | 256 | 0.569 | 11.378 | 0.0022 | 0.39% | | | 85.78% | |
| | | 0.000 | 450 | 1.000 | 195 | 255 | 0.567 | 11.333 | 0.0022 | 0.39% | | | 85.83% | |
| | | 0.000 | 450 | 1.000 | 196 | 254 | 0.564 | 11.289 | 0.0022 | 0.39% | 0.029 | 5.22% | 0.578 | 85.89% |
| | | 0.000 | 450 | 1.000 | 197 | 253 | 0.562 | 11.244 | 0.0022 | 0.39% | | | 85.94% | |
| | | 0.000 | 450 | 1.000 | 198 | 252 | 0.560 | 11.200 | 0.0022 | 0.40% | | | 86.00% | |
| | | 0.000 | 450 | 1.000 | 199 | 251 | 0.558 | 11.156 | 0.0022 | 0.40% | | | 86.06% | |
| | | 0.000 | 450 | 1.000 | 200 | 250 | 0.556 | 11.111 | 0.0022 | 0.40% | | | 86.11% | |
| | | 0.000 | 450 | 1.000 | 201 | 249 | 0.553 | 11.067 | 0.0022 | 0.40% | | | 86.17% | |
| | | 0.000 | 450 | 1.000 | 202 | 248 | 0.551 | 11.022 | 0.0022 | 0.40% | | | 86.22% | |
| | | 0.000 | 450 | 1.000 | 203 | 247 | 0.549 | 10.978 | 0.0022 | 0.40% | | | 86.28% | |
| | | 0.000 | 450 | 1.000 | 204 | 246 | 0.547 | 10.933 | 0.0022 | 0.40% | | | 86.33% | |
| | | 0.000 | 450 | 1.000 | 205 | 245 | 0.544 | 10.889 | 0.0022 | 0.41% | | | 86.39% | |
| | | 0.000 | 450 | 1.000 | 206 | 244 | 0.542 | 10.844 | 0.0022 | 0.41% | | | 86.44% | |
| | | 0.000 | 450 | 1.000 | 207 | 243 | 0.540 | 10.800 | 0.0022 | 0.41% | | | 86.50% | |
| | | 0.000 | 450 | 1.000 | 208 | 242 | 0.538 | 10.756 | 0.0022 | 0.41% | | | 86.56% | |
| | | 0.000 | 450 | 1.000 | 209 | 241 | 0.536 | 10.711 | 0.0022 | 0.41% | | | 86.61% | |
| | | 0.000 | 450 | 1.000 | 210 | 240 | 0.533 | 10.667 | 0.0022 | 0.41% | 0.029 | 5.51% | 0.578 | 86.67% |
| | | 0.000 | 450 | 1.000 | 211 | 239 | 0.531 | 10.622 | 0.0022 | 0.42% | | | 86.72% | |
| | | 0.000 | 450 | 1.000 | 212 | 238 | 0.529 | 10.578 | 0.0022 | 0.42% | | | 86.78% | |
| | | 0.000 | 450 | 1.000 | 213 | 237 | 0.527 | 10.533 | 0.0022 | 0.42% | | | 86.83% | |
| | | 0.000 | 450 | 1.000 | 214 | 236 | 0.524 | 10.489 | 0.0022 | 0.42% | | | 86.89% | |
| | | 0.000 | 450 | 1.000 | 215 | 235 | 0.522 | 10.444 | 0.0022 | 0.42% | | | 86.94% | |
| | | 0.000 | 450 | 1.000 | 216 | 234 | 0.520 | 10.400 | 0.0022 | 0.43% | | | 87.00% | |
| | | 0.000 | 450 | 1.000 | 217 | 233 | 0.518 | 10.356 | 0.0022 | 0.43% | | | 87.06% | |
| | | 0.000 | 450 | 1.000 | 218 | 232 | 0.516 | 10.311 | 0.0022 | 0.43% | | | 87.11% | |
| | | 0.000 | 450 | 1.000 | 219 | 231 | 0.513 | 10.267 | 0.0022 | 0.43% | | | 87.17% | |
| | | 0.000 | 450 | 1.000 | 220 | 230 | 0.511 | 10.222 | 0.0022 | 0.43% | | | 87.22% | |
| | | 0.000 | 450 | 1.000 | 221 | 229 | 0.509 | 10.178 | 0.0022 | 0.43% | | | 87.28% | |
| | | 0.000 | 450 | 1.000 | 222 | 228 | 0.507 | 10.133 | 0.0022 | 0.44% | | | 87.33% | |
| | | 0.000 | 450 | 1.000 | 223 | 227 | 0.504 | 10.089 | 0.0022 | 0.44% | | | 87.39% | |
| | | 0.000 | 450 | 1.000 | 224 | 226 | 0.502 | 10.044 | 0.0022 | 0.44% | 0.029 | 5.83% | 0.578 | 87.44% |
| | | 0.000 | 450 | 1.000 | 225 | 225 | 0.500 | 10.000 | 0.0022 | 0.44% | | | 87.50% | |
| | | 0.000 | 450 | 1.000 | 226 | 224 | 0.498 | 9.956 | 0.0022 | 0.44% | | | 87.56% | |
| | | 0.000 | 450 | 1.000 | 227 | 223 | 0.496 | 9.911 | 0.0022 | 0.45% | | | 87.61% | |
| | | 0.000 | 450 | 1.000 | 228 | 222 | 0.493 | 9.867 | 0.0022 | 0.45% | | | 87.67% | |
| | | 0.000 | 450 | 1.000 | 229 | 221 | 0.491 | 9.822 | 0.0022 | 0.45% | | | 87.72% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 230 | 220 | 0.489 | 9.778 | 0.0022 | 0.45% | | | 87.78% | |
| | | 0.000 | 450 | 1.000 | 231 | 219 | 0.487 | 9.733 | 0.0022 | 0.45% | | | 87.83% | |
| | | 0.000 | 450 | 1.000 | 232 | 218 | 0.484 | 9.689 | 0.0022 | 0.46% | | | 87.89% | |
| | | 0.000 | 450 | 1.000 | 233 | 217 | 0.482 | 9.644 | 0.0022 | 0.46% | | | 87.94% | |
| | | 0.000 | 450 | 1.000 | 234 | 216 | 0.480 | 9.600 | 0.0022 | 0.46% | | | 88.00% | |
| | | 0.000 | 450 | 1.000 | 235 | 215 | 0.478 | 9.556 | 0.0022 | 0.46% | | | 88.06% | |
| | | 0.000 | 450 | 1.000 | 236 | 214 | 0.476 | 9.511 | 0.0022 | 0.47% | | | 88.11% | |
| | | 0.000 | 450 | 1.000 | 237 | 213 | 0.473 | 9.467 | 0.0022 | 0.47% | | | 88.17% | |
| | | 0.000 | 450 | 1.000 | 238 | 212 | 0.471 | 9.422 | 0.0022 | 0.47% | 0.029 | 6.19% | 0.578 | 88.22% |
| | | 0.000 | 450 | 1.000 | 239 | 211 | 0.469 | 9.378 | 0.0022 | 0.47% | | | 88.28% | |
| | | 0.000 | 450 | 1.000 | 240 | 210 | 0.467 | 9.333 | 0.0022 | 0.47% | | | 88.33% | |
| | | 0.000 | 450 | 1.000 | 241 | 209 | 0.464 | 9.289 | 0.0022 | 0.48% | | | 88.39% | |
| | | 0.000 | 450 | 1.000 | 242 | 208 | 0.462 | 9.244 | 0.0022 | 0.48% | | | 88.44% | |
| | | 0.000 | 450 | 1.000 | 243 | 207 | 0.460 | 9.200 | 0.0022 | 0.48% | | | 88.50% | |
| | | 0.000 | 450 | 1.000 | 244 | 206 | 0.458 | 9.156 | 0.0022 | 0.48% | | | 88.56% | |
| | | 0.000 | 450 | 1.000 | 245 | 205 | 0.456 | 9.111 | 0.0022 | 0.49% | | | 88.61% | |
| | | 0.000 | 450 | 1.000 | 246 | 204 | 0.453 | 9.067 | 0.0022 | 0.49% | | | 88.67% | |
| | | 0.000 | 450 | 1.000 | 247 | 203 | 0.451 | 9.022 | 0.0022 | 0.49% | | | 88.72% | |
| | | 0.000 | 450 | 1.000 | 248 | 202 | 0.449 | 8.978 | 0.0022 | 0.49% | | | 88.78% | |
| | | 0.000 | 450 | 1.000 | 249 | 201 | 0.447 | 8.933 | 0.0022 | 0.50% | | | 88.83% | |
| | | 0.000 | 450 | 1.000 | 250 | 200 | 0.444 | 8.889 | 0.0022 | 0.50% | | | 88.89% | |
| | | 0.000 | 450 | 1.000 | 251 | 199 | 0.442 | 8.844 | 0.0022 | 0.50% | | | 88.94% | |
| | | 0.000 | 450 | 1.000 | 252 | 198 | 0.440 | 8.800 | 0.0022 | 0.50% | 0.029 | 6.60% | 0.578 | 89.00% |
| | | 0.000 | 450 | 1.000 | 253 | 197 | 0.438 | 8.756 | 0.0022 | 0.51% | | | 89.06% | |
| | | 0.000 | 450 | 1.000 | 254 | 196 | 0.436 | 8.711 | 0.0022 | 0.51% | | | 89.11% | |
| | | 0.000 | 450 | 1.000 | 255 | 195 | 0.433 | 8.667 | 0.0022 | 0.51% | | | 89.17% | |
| | | 0.000 | 450 | 1.000 | 256 | 194 | 0.431 | 8.622 | 0.0022 | 0.51% | | | 89.22% | |
| | | 0.000 | 450 | 1.000 | 257 | 193 | 0.429 | 8.578 | 0.0022 | 0.52% | | | 89.28% | |
| | | 0.000 | 450 | 1.000 | 258 | 192 | 0.427 | 8.533 | 0.0022 | 0.52% | | | 89.33% | |
| | | 0.000 | 450 | 1.000 | 259 | 191 | 0.424 | 8.489 | 0.0022 | 0.52% | | | 89.39% | |
| | | 0.000 | 450 | 1.000 | 260 | 190 | 0.422 | 8.444 | 0.0022 | 0.52% | | | 89.44% | |
| | | 0.000 | 450 | 1.000 | 261 | 189 | 0.420 | 8.400 | 0.0022 | 0.53% | | | 89.50% | |
| | | 0.000 | 450 | 1.000 | 262 | 188 | 0.418 | 8.356 | 0.0022 | 0.53% | | | 89.56% | |
| | | 0.000 | 450 | 1.000 | 263 | 187 | 0.416 | 8.311 | 0.0022 | 0.53% | | | 89.61% | |
| | | 0.000 | 450 | 1.000 | 264 | 186 | 0.413 | 8.267 | 0.0022 | 0.53% | | | 89.67% | |
| | | 0.000 | 450 | 1.000 | 265 | 185 | 0.411 | 8.222 | 0.0022 | 0.54% | | | 89.72% | |
| | | 0.000 | 450 | 1.000 | 266 | 184 | 0.409 | 8.178 | 0.0022 | 0.54% | 0.029 | 7.07% | 0.578 | 89.78% |
| | | 0.000 | 450 | 1.000 | 267 | 183 | 0.407 | 8.133 | 0.0022 | 0.54% | | | 89.83% | |
| | | 0.000 | 450 | 1.000 | 268 | 182 | 0.404 | 8.089 | 0.0022 | 0.55% | | | 89.89% | |
| | | 0.000 | 450 | 1.000 | 269 | 181 | 0.402 | 8.044 | 0.0022 | 0.55% | | | 89.94% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 270 | 180 | 0.400 | 8.000 | 0.0022 | 0.55% | | | 90.00% | |
| | | 0.000 | 450 | 1.000 | 271 | 179 | 0.398 | 7.956 | 0.0022 | 0.56% | | | 90.06% | |
| | | 0.000 | 450 | 1.000 | 272 | 178 | 0.396 | 7.911 | 0.0022 | 0.56% | | | 90.11% | |
| | | 0.000 | 450 | 1.000 | 273 | 177 | 0.393 | 7.867 | 0.0022 | 0.56% | | | 90.17% | |
| | | 0.000 | 450 | 1.000 | 274 | 176 | 0.391 | 7.822 | 0.0022 | 0.56% | | | 90.22% | |
| | | 0.000 | 450 | 1.000 | 275 | 175 | 0.389 | 7.778 | 0.0022 | 0.57% | | | 90.28% | |
| | | 0.000 | 450 | 1.000 | 276 | 174 | 0.387 | 7.733 | 0.0022 | 0.57% | | | 90.33% | |
| | | 0.000 | 450 | 1.000 | 277 | 173 | 0.384 | 7.689 | 0.0022 | 0.57% | | | 90.39% | |
| | | 0.000 | 450 | 1.000 | 278 | 172 | 0.382 | 7.644 | 0.0022 | 0.58% | | | 90.44% | |
| | | 0.000 | 450 | 1.000 | 279 | 171 | 0.380 | 7.600 | 0.0022 | 0.58% | | | 90.50% | |
| | | 0.000 | 450 | 1.000 | 280 | 170 | 0.378 | 7.556 | 0.0022 | 0.58% | 0.029 | 7.61% | 0.578 | 90.56% |
| | | 0.000 | 450 | 1.000 | 281 | 169 | 0.376 | 7.511 | 0.0022 | 0.59% | | | 90.61% | |
| | | 0.000 | 450 | 1.000 | 282 | 168 | 0.373 | 7.467 | 0.0022 | 0.59% | | | 90.67% | |
| | | 0.000 | 450 | 1.000 | 283 | 167 | 0.371 | 7.422 | 0.0022 | 0.60% | | | 90.72% | |
| | | 0.000 | 450 | 1.000 | 284 | 166 | 0.369 | 7.378 | 0.0022 | 0.60% | | | 90.78% | |
| | | 0.000 | 450 | 1.000 | 285 | 165 | 0.367 | 7.333 | 0.0022 | 0.60% | | | 90.83% | |
| | | 0.000 | 450 | 1.000 | 286 | 164 | 0.364 | 7.289 | 0.0022 | 0.61% | | | 90.89% | |
| | | 0.000 | 450 | 1.000 | 287 | 163 | 0.362 | 7.244 | 0.0022 | 0.61% | | | 90.94% | |
| | | 0.000 | 450 | 1.000 | 288 | 162 | 0.360 | 7.200 | 0.0022 | 0.61% | | | 91.00% | |
| | | 0.000 | 450 | 1.000 | 289 | 161 | 0.358 | 7.156 | 0.0022 | 0.62% | | | 91.06% | |
| | | 0.000 | 450 | 1.000 | 290 | 160 | 0.356 | 7.111 | 0.0022 | 0.62% | | | 91.11% | |
| | | 0.000 | 450 | 1.000 | 291 | 159 | 0.353 | 7.067 | 0.0022 | 0.63% | | | 91.17% | |
| | | 0.000 | 450 | 1.000 | 292 | 158 | 0.351 | 7.022 | 0.0022 | 0.63% | | | 91.22% | |
| | | 0.000 | 450 | 1.000 | 293 | 157 | 0.349 | 6.978 | 0.0022 | 0.63% | | | 91.28% | |
| | | 0.000 | 450 | 1.000 | 294 | 156 | 0.347 | 6.933 | 0.0022 | 0.64% | 0.029 | 8.24% | 0.578 | 91.33% |
| | | 0.000 | 450 | 1.000 | 295 | 155 | 0.344 | 6.889 | 0.0022 | 0.64% | | | 91.39% | |
| | | 0.000 | 450 | 1.000 | 296 | 154 | 0.342 | 6.844 | 0.0022 | 0.65% | | | 91.44% | |
| | | 0.000 | 450 | 1.000 | 297 | 153 | 0.340 | 6.800 | 0.0022 | 0.65% | | | 91.50% | |
| | | 0.000 | 450 | 1.000 | 298 | 152 | 0.338 | 6.756 | 0.0022 | 0.65% | | | 91.56% | |
| | | 0.000 | 450 | 1.000 | 299 | 151 | 0.336 | 6.711 | 0.0022 | 0.66% | | | 91.61% | |
| | | 0.000 | 450 | 1.000 | 300 | 150 | 0.333 | 6.667 | 0.0022 | 0.66% | | | 91.67% | |
| | | 0.000 | 450 | 1.000 | 301 | 149 | 0.331 | 6.622 | 0.0022 | 0.67% | | | 91.72% | |
| | | 0.000 | 450 | 1.000 | 302 | 148 | 0.329 | 6.578 | 0.0022 | 0.67% | | | 91.78% | |
| | | 0.000 | 450 | 1.000 | 303 | 147 | 0.327 | 6.533 | 0.0022 | 0.68% | | | 91.83% | |
| | | 0.000 | 450 | 1.000 | 304 | 146 | 0.324 | 6.489 | 0.0022 | 0.68% | | | 91.89% | |
| | | 0.000 | 450 | 1.000 | 305 | 145 | 0.322 | 6.444 | 0.0022 | 0.68% | | | 91.94% | |
| | | 0.000 | 450 | 1.000 | 306 | 144 | 0.320 | 6.400 | 0.0022 | 0.69% | | | 92.00% | |
| | | 0.000 | 450 | 1.000 | 307 | 143 | 0.318 | 6.356 | 0.0022 | 0.69% | | | 92.06% | |
| | | 0.000 | 450 | 1.000 | 308 | 142 | 0.316 | 6.311 | 0.0022 | 0.70% | 0.029 | 8.97% | 0.578 | 92.11% |
| | | 0.000 | 450 | 1.000 | 309 | 141 | 0.313 | 6.267 | 0.0022 | 0.70% | | | 92.17% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 310 | 140 | 0.311 | 6.222 | 0.0022 | 0.71% | | | 92.22% | |
| | | 0.000 | 450 | 1.000 | 311 | 139 | 0.309 | 6.178 | 0.0022 | 0.71% | | | 92.28% | |
| | | 0.000 | 450 | 1.000 | 312 | 138 | 0.307 | 6.133 | 0.0022 | 0.72% | | | 92.33% | |
| | | 0.000 | 450 | 1.000 | 313 | 137 | 0.304 | 6.089 | 0.0022 | 0.72% | | | 92.39% | |
| | | 0.000 | 450 | 1.000 | 314 | 136 | 0.302 | 6.044 | 0.0022 | 0.73% | | | 92.44% | |
| | | 0.000 | 450 | 1.000 | 315 | 135 | 0.300 | 6.000 | 0.0022 | 0.74% | | | 92.50% | |
| | | 0.000 | 450 | 1.000 | 316 | 134 | 0.298 | 5.956 | 0.0022 | 0.74% | | | 92.56% | |
| | | 0.000 | 450 | 1.000 | 317 | 133 | 0.296 | 5.911 | 0.0022 | 0.75% | | | 92.61% | |
| | | 0.000 | 450 | 1.000 | 318 | 132 | 0.293 | 5.867 | 0.0022 | 0.75% | | | 92.67% | |
| | | 0.000 | 450 | 1.000 | 319 | 131 | 0.291 | 5.822 | 0.0022 | 0.76% | | | 92.72% | |
| | | 0.000 | 450 | 1.000 | 320 | 130 | 0.289 | 5.778 | 0.0022 | 0.76% | | | 92.78% | |
| | | 0.000 | 450 | 1.000 | 321 | 129 | 0.287 | 5.733 | 0.0022 | 0.77% | | | 92.83% | |
| | | 0.000 | 450 | 1.000 | 322 | 128 | 0.284 | 5.689 | 0.0022 | 0.78% | 0.029 | 9.86% | 0.578 | 92.89% |
| | | 0.000 | 450 | 1.000 | 323 | 127 | 0.282 | 5.644 | 0.0022 | 0.78% | | | 92.94% | |
| | | 0.000 | 450 | 1.000 | 324 | 126 | 0.280 | 5.600 | 0.0022 | 0.79% | | | 93.00% | |
| | | 0.000 | 450 | 1.000 | 325 | 125 | 0.278 | 5.556 | 0.0022 | 0.79% | | | 93.06% | |
| | | 0.000 | 450 | 1.000 | 326 | 124 | 0.276 | 5.511 | 0.0022 | 0.80% | | | 93.11% | |
| | | 0.000 | 450 | 1.000 | 327 | 123 | 0.273 | 5.467 | 0.0022 | 0.81% | | | 93.17% | |
| | | 0.000 | 450 | 1.000 | 328 | 122 | 0.271 | 5.422 | 0.0022 | 0.81% | | | 93.22% | |
| | | 0.000 | 450 | 1.000 | 329 | 121 | 0.269 | 5.378 | 0.0022 | 0.82% | | | 93.28% | |
| | | 0.000 | 450 | 1.000 | 330 | 120 | 0.267 | 5.333 | 0.0022 | 0.83% | | | 93.33% | |
| | | 0.000 | 450 | 1.000 | 331 | 119 | 0.264 | 5.289 | 0.0022 | 0.83% | | | 93.39% | |
| | | 0.000 | 450 | 1.000 | 332 | 118 | 0.262 | 5.244 | 0.0022 | 0.84% | | | 93.44% | |
| | | 0.000 | 450 | 1.000 | 333 | 117 | 0.260 | 5.200 | 0.0022 | 0.85% | | | 93.50% | |
| | | 0.000 | 450 | 1.000 | 334 | 116 | 0.258 | 5.156 | 0.0022 | 0.85% | | | 93.56% | |
| | | 0.000 | 450 | 1.000 | 335 | 115 | 0.256 | 5.111 | 0.0022 | 0.86% | | | 93.61% | |
| | | 0.000 | 450 | 1.000 | 336 | 114 | 0.253 | 5.067 | 0.0022 | 0.87% | 0.029 | 10.94% | 0.578 | 93.67% |
| | | 0.000 | 450 | 1.000 | 337 | 113 | 0.251 | 5.022 | 0.0022 | 0.88% | | | 93.72% | |
| | | 0.000 | 450 | 1.000 | 338 | 112 | 0.249 | 4.978 | 0.0022 | 0.88% | | | 93.78% | |
| | | 0.000 | 450 | 1.000 | 339 | 111 | 0.247 | 4.933 | 0.0022 | 0.89% | | | 93.83% | |
| | | 0.000 | 450 | 1.000 | 340 | 110 | 0.244 | 4.889 | 0.0022 | 0.90% | | | 93.89% | |
| | | 0.000 | 450 | 1.000 | 341 | 109 | 0.242 | 4.844 | 0.0022 | 0.91% | | | 93.94% | |
| | | 0.000 | 450 | 1.000 | 342 | 108 | 0.240 | 4.800 | 0.0022 | 0.92% | | | 94.00% | |
| | | 0.000 | 450 | 1.000 | 343 | 107 | 0.238 | 4.756 | 0.0022 | 0.93% | | | 94.06% | |
| | | 0.000 | 450 | 1.000 | 344 | 106 | 0.236 | 4.711 | 0.0022 | 0.93% | | | 94.11% | |
| | | 0.000 | 450 | 1.000 | 345 | 105 | 0.233 | 4.667 | 0.0022 | 0.94% | | | 94.17% | |
| | | 0.000 | 450 | 1.000 | 346 | 104 | 0.231 | 4.622 | 0.0022 | 0.95% | | | 94.22% | |
| | | 0.000 | 450 | 1.000 | 347 | 103 | 0.229 | 4.578 | 0.0022 | 0.96% | | | 94.28% | |
| | | 0.000 | 450 | 1.000 | 348 | 102 | 0.227 | 4.533 | 0.0022 | 0.97% | | | 94.33% | |
| | | 0.000 | 450 | 1.000 | 349 | 101 | 0.224 | 4.489 | 0.0022 | 0.98% | | | 94.39% | |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 350 | 100 | 0.222 | 4.444 | 0.0022 | 0.99% | 0.029 | 12.28% | 0.578 | 94.44% |
| | | 0.000 | 450 | 1.000 | 351 | 99 | 0.220 | 4.400 | 0.0022 | 1.00% | | | | 94.50% |
| | | 0.000 | 450 | 1.000 | 352 | 98 | 0.218 | 4.356 | 0.0022 | 1.01% | | | | 94.56% |
| | | 0.000 | 450 | 1.000 | 353 | 97 | 0.216 | 4.311 | 0.0022 | 1.02% | | | | 94.61% |
| | | 0.000 | 450 | 1.000 | 354 | 96 | 0.213 | 4.267 | 0.0022 | 1.03% | | | | 94.67% |
| | | 0.000 | 450 | 1.000 | 355 | 95 | 0.211 | 4.222 | 0.0022 | 1.04% | | | | 94.72% |
| | | 0.000 | 450 | 1.000 | 356 | 94 | 0.209 | 4.178 | 0.0022 | 1.05% | | | | 94.78% |
| | | 0.000 | 450 | 1.000 | 357 | 93 | 0.207 | 4.133 | 0.0022 | 1.06% | | | | 94.83% |
| | | 0.000 | 450 | 1.000 | 358 | 92 | 0.204 | 4.089 | 0.0022 | 1.08% | | | | 94.89% |
| | | 0.000 | 450 | 1.000 | 359 | 91 | 0.202 | 4.044 | 0.0022 | 1.09% | | | | 94.94% |
| | | 0.000 | 450 | 1.000 | 360 | 90 | 0.200 | 4.000 | 0.0022 | 1.10% | | | | 95.00% |
| | | 0.000 | 450 | 1.000 | 361 | 89 | 0.198 | 3.956 | 0.0022 | 1.11% | | | | 95.06% |
| | | 0.000 | 450 | 1.000 | 362 | 88 | 0.196 | 3.911 | 0.0022 | 1.12% | | | | 95.11% |
| | | 0.000 | 450 | 1.000 | 363 | 87 | 0.193 | 3.867 | 0.0022 | 1.14% | | | | 95.17% |
| | | 0.000 | 450 | 1.000 | 364 | 86 | 0.191 | 3.822 | 0.0022 | 1.15% | 0.029 | 14.00% | 0.578 | 95.22% |
| | | 0.000 | 450 | 1.000 | 365 | 85 | 0.189 | 3.778 | 0.0022 | 1.16% | | | | 95.28% |
| | | 0.000 | 450 | 1.000 | 366 | 84 | 0.187 | 3.733 | 0.0022 | 1.18% | | | | 95.33% |
| | | 0.000 | 450 | 1.000 | 367 | 83 | 0.184 | 3.689 | 0.0022 | 1.19% | | | | 95.39% |
| | | 0.000 | 450 | 1.000 | 368 | 82 | 0.182 | 3.644 | 0.0022 | 1.20% | | | | 95.44% |
| | | 0.000 | 450 | 1.000 | 369 | 81 | 0.180 | 3.600 | 0.0022 | 1.22% | | | | 95.50% |
| | | 0.000 | 450 | 1.000 | 370 | 80 | 0.178 | 3.556 | 0.0022 | 1.23% | | | | 95.56% |
| | | 0.000 | 450 | 1.000 | 371 | 79 | 0.176 | 3.511 | 0.0022 | 1.25% | | | | 95.61% |
| | | 0.000 | 450 | 1.000 | 372 | 78 | 0.173 | 3.467 | 0.0022 | 1.27% | | | | 95.67% |
| | | 0.000 | 450 | 1.000 | 373 | 77 | 0.171 | 3.422 | 0.0022 | 1.28% | | | | 95.72% |
| | | 0.000 | 450 | 1.000 | 374 | 76 | 0.169 | 3.378 | 0.0022 | 1.30% | | | | 95.78% |
| | | 0.000 | 450 | 1.000 | 375 | 75 | 0.167 | 3.333 | 0.0022 | 1.32% | | | | 95.83% |
| | | 0.000 | 450 | 1.000 | 376 | 74 | 0.164 | 3.289 | 0.0022 | 1.33% | | | | 95.89% |
| | | 0.000 | 450 | 1.000 | 377 | 73 | 0.162 | 3.244 | 0.0022 | 1.35% | | | | 95.94% |
| | | 0.000 | 450 | 1.000 | 378 | 72 | 0.160 | 3.200 | 0.0022 | 1.37% | 0.029 | 16.28% | 0.578 | 96.00% |
| | | 0.000 | 450 | 1.000 | 379 | 71 | 0.158 | 3.156 | 0.0022 | 1.39% | | | | 96.06% |
| | | 0.000 | 450 | 1.000 | 380 | 70 | 0.156 | 3.111 | 0.0022 | 1.41% | | | | 96.11% |
| | | 0.000 | 450 | 1.000 | 381 | 69 | 0.153 | 3.067 | 0.0022 | 1.43% | | | | 96.17% |
| | | 0.000 | 450 | 1.000 | 382 | 68 | 0.151 | 3.022 | 0.0022 | 1.45% | | | | 96.22% |
| | | 0.000 | 450 | 1.000 | 383 | 67 | 0.149 | 2.978 | 0.0022 | 1.47% | | | | 96.28% |
| | | 0.000 | 450 | 1.000 | 384 | 66 | 0.147 | 2.933 | 0.0022 | 1.49% | | | | 96.33% |
| | | 0.000 | 450 | 1.000 | 385 | 65 | 0.144 | 2.889 | 0.0022 | 1.52% | | | | 96.39% |
| | | 0.000 | 450 | 1.000 | 386 | 64 | 0.142 | 2.844 | 0.0022 | 1.54% | | | | 96.44% |
| | | 0.000 | 450 | 1.000 | 387 | 63 | 0.140 | 2.800 | 0.0022 | 1.56% | | | | 96.50% |
| | | 0.000 | 450 | 1.000 | 388 | 62 | 0.138 | 2.756 | 0.0022 | 1.59% | | | | 96.56% |
| | | 0.000 | 450 | 1.000 | 389 | 61 | 0.136 | 2.711 | 0.0022 | 1.61% | | | | 96.61% |

| Date | dry mg | Water in ML | dissolve mg | Toss | Drink | Klonopin mg intake | Valium mg intake | mg drop | % drop daily | 2 week mg drop | 2 week % drop | 2wk Valium mg drop | cumulative % drop | |
|------|-----------|----------------|----------------|-------|-------|-----------------------|---------------------|------------|-----------------|-------------------|------------------|-----------------------|----------------------|--------|
| | | 0.000 | 450 | 1.000 | 390 | 60 | 0.133 | 2.667 | 0.0022 | 1.64% | | | 96.67% | |
| | | 0.000 | 450 | 1.000 | 391 | 59 | 0.131 | 2.622 | 0.0022 | 1.67% | | | 96.72% | |
| | | 0.000 | 450 | 1.000 | 392 | 58 | 0.129 | 2.578 | 0.0022 | 1.69% | 0.029 | 19.44% | 0.578 | 96.78% |
| | | 0.000 | 450 | 1.000 | 393 | 57 | 0.127 | 2.533 | 0.0022 | 1.72% | | | 96.83% | |
| | | 0.000 | 450 | 1.000 | 394 | 56 | 0.124 | 2.489 | 0.0022 | 1.75% | | | 96.89% | |
| | | 0.000 | 450 | 1.000 | 395 | 55 | 0.122 | 2.444 | 0.0022 | 1.79% | | | 96.94% | |
| | | 0.000 | 450 | 1.000 | 396 | 54 | 0.120 | 2.400 | 0.0022 | 1.82% | | | 97.00% | |
| | | 0.000 | 450 | 1.000 | 397 | 53 | 0.118 | 2.356 | 0.0022 | 1.85% | | | 97.06% | |
| | | 0.000 | 450 | 1.000 | 398 | 52 | 0.116 | 2.311 | 0.0022 | 1.89% | | | 97.11% | |
| | | 0.000 | 450 | 1.000 | 399 | 51 | 0.113 | 2.267 | 0.0022 | 1.92% | | | 97.17% | |
| | | 0.000 | 450 | 1.000 | 400 | 50 | 0.111 | 2.222 | 0.0022 | 1.96% | | | 97.22% | |
| | | 0.000 | 450 | 1.000 | 401 | 49 | 0.109 | 2.178 | 0.0022 | 2.00% | | | 97.28% | |
| | | 0.000 | 450 | 1.000 | 402 | 48 | 0.107 | 2.133 | 0.0022 | 2.04% | | | 97.33% | |
| | | 0.000 | 450 | 1.000 | 403 | 47 | 0.104 | 2.089 | 0.0022 | 2.08% | | | 97.39% | |
| | | 0.000 | 450 | 1.000 | 404 | 46 | 0.102 | 2.044 | 0.0022 | 2.13% | | | 97.44% | |
| | | 0.000 | 450 | 1.000 | 405 | 45 | 0.100 | 2.000 | 0.0022 | 2.17% | | | 97.50% | |
| | | 0.000 | 450 | 1.000 | 406 | 44 | 0.098 | 1.956 | 0.0022 | 2.22% | 0.029 | 24.14% | 0.578 | 97.56% |
| | | 0.000 | 450 | 1.000 | 407 | 43 | 0.096 | 1.911 | 0.0022 | 2.27% | | | 97.61% | |
| | | 0.000 | 450 | 1.000 | 408 | 42 | 0.093 | 1.867 | 0.0022 | 2.33% | | | 97.67% | |
| | | 0.000 | 450 | 1.000 | 409 | 41 | 0.091 | 1.822 | 0.0022 | 2.38% | | | 97.72% | |
| | | 0.000 | 450 | 1.000 | 410 | 40 | 0.089 | 1.778 | 0.0022 | 2.44% | | | 97.78% | |
| | | 0.000 | 450 | 1.000 | 411 | 39 | 0.087 | 1.733 | 0.0022 | 2.50% | | | 97.83% | |
| | | 0.000 | 450 | 1.000 | 412 | 38 | 0.084 | 1.689 | 0.0022 | 2.56% | | | 97.89% | |
| | | 0.000 | 450 | 1.000 | 413 | 37 | 0.082 | 1.644 | 0.0022 | 2.63% | | | 97.94% | |
| | | 0.000 | 450 | 1.000 | 414 | 36 | 0.080 | 1.600 | 0.0022 | 2.70% | | | 98.00% | |
| | | 0.000 | 450 | 1.000 | 415 | 35 | 0.078 | 1.556 | 0.0022 | 2.78% | | | 98.06% | |
| | | 0.000 | 450 | 1.000 | 416 | 34 | 0.076 | 1.511 | 0.0022 | 2.86% | | | 98.11% | |
| | | 0.000 | 450 | 1.000 | 417 | 33 | 0.073 | 1.467 | 0.0022 | 2.94% | | | 98.17% | |
| | | 0.000 | 450 | 1.000 | 418 | 32 | 0.071 | 1.422 | 0.0022 | 3.03% | | | 98.22% | |
| | | 0.000 | 450 | 1.000 | 419 | 31 | 0.069 | 1.378 | 0.0022 | 3.13% | | | 98.28% | |
| | | 0.000 | 450 | 1.000 | 420 | 30 | 0.067 | 1.333 | 0.0022 | 3.23% | 0.029 | 31.82% | 0.578 | 98.33% |
| | | 0.000 | 450 | 1.000 | 421 | 29 | 0.064 | 1.289 | 0.0022 | 3.33% | | | 98.39% | |
| | | 0.000 | 450 | 1.000 | 422 | 28 | 0.062 | 1.244 | 0.0022 | 3.45% | | | 98.44% | |
| | | 0.000 | 450 | 1.000 | 423 | 27 | 0.060 | 1.200 | 0.0022 | 3.57% | | | 98.50% | |
| | | 0.000 | 450 | 1.000 | 424 | 26 | 0.058 | 1.156 | 0.0022 | 3.70% | | | 98.56% | |
| | | 0.000 | 450 | 1.000 | 425 | 25 | 0.056 | 1.111 | 0.0022 | 3.85% | | | 98.61% | |
| | | 0.000 | 450 | 1.000 | 426 | 24 | 0.053 | 1.067 | 0.0022 | 4.00% | | | 98.67% | |
| | | 0.000 | 450 | 1.000 | 427 | 23 | 0.051 | 1.022 | 0.0022 | 4.17% | | | 98.72% | |
| | | 0.000 | 450 | 1.000 | 428 | 22 | 0.049 | 0.978 | 0.0022 | 4.35% | | | 98.78% | |
| | | 0.000 | 450 | 1.000 | 429 | 21 | 0.047 | 0.933 | 0.0022 | 4.55% | | | 98.83% | |

