

SAMPLE TAPER TRACKING CHART WHEN COUNTING BEADS

Total starting dose: 10 mg
Taper rate: 5% over the month
Taper schedule: Weekly Cut-and-hold

DATE	Total starting dose	Total starting number of beads	Percent. Cut	Dose cut	Beads cut	Reduced dose	Reduced number of beads	Reduced, divided doses and times taken (if relevant)	Reminders	Symptoms
Jan 1	10mg	270	1.25%	0.125mg	3 (3.375)	9.875mg	267			
Jan 2	10mg	270	1.25%	0.125mg	3 (3.375)	9.875mg	267			
Jan 3	10mg	270	1.25%	0.125mg	3 (3.375)	9.875mg	267			
etc...	10mg	270	1.25%	0.125mg	3 (3.375)	9.875mg	267		New cut tomorrow	
Jan 8	10mg	270	2.5%	0.25mg	7 (6.75)	9.75mg	263			
Jan 9	10mg	270	2.5%	0.25mg	7 (6.75)	9.75mg	263			
etc...	10mg	270	2.5%	0.25mg	7 (6.75)	9.75mg	263		New cut tomorrow	
Jan 15	10mg	270	3.75%	0.375mg	10 (10.125)	9.625mg	260			
etc...	10mg	270	3.75%	0.375mg	10 (10.125)	9.625mg	260		New cut tomorrow	
Jan 22	10mg	270	5%	0.5mg	14 (13.5)	9.5mg	256			
Jan 23	10mg	270	5%	0.5mg	14 (13.5)	9.5mg	256			
etc...	10mg	270	5%	0.5mg	14 (13.5)	9.5mg	256			
etc...	10mg	270	5%	0.5mg	14 (13.5)	9.5mg	256			