

SAMPLE TAPER TRACKING CHART WHEN WEIGHING WITH A DIGITAL SCALE

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

DATE	Total starting dose	Total starting weight	Percent. Cut	Dose cut	Weight cut	Reduced dose	Reduced weight	Reduced, divided doses and time doses taken (if relevant)	Reminders	Symptoms
Jan 1	10mg	1.5g	1.25%	0.125mg	0.01875g	9.875mg	1.48125g			
Jan 2	10mg	1.5g	1.25%	0.125mg	0.01875g	9.875mg	1.48125g			
Jan 3	10mg	1.5g	1.25%	0.125mg	0.01875g	9.875mg	1.48125g			
etc...	10mg	1.5g	1.25%	0.125mg	0.01875g	9.875mg	1.48125g		New cut tomorrow	
Jan 8	10mg	1.5g	2.5%	0.25mg	0.0375g	9.75mg	1.4625g			
Jan 9	10mg	1.5g	2.5%	0.25mg	0.0375g	9.75mg	1.4625g			
etc...	10mg	1.5g	2.5%	0.25mg	0.0375g	9.75mg	1.4625g		New cut tomorrow	
Jan 15	10mg	1.5g	3.75%	0.375mg	0.05625g	9.625mg	1.44375g			
etc...	10mg	1.5g	3.75%	0.375mg	0.05625g	9.625mg	1.44375g		New cut tomorrow	
Jan 22	10mg	1.5g	5%	0.5mg	0.075g	9.5mg	1.425g			
Jan 23	10mg	1.5g	5%	0.5mg	0.075g	9.5mg	1.425g			
etc...	10mg	1.5g	5%	0.5mg	0.075g	9.5mg	1.425g			