

SAMPLE TAPER TRACKING CHART WHEN MAKING A LIQUID MIXTURE

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

| DATE | Total starting liquid volume | Total starting dose | Percent. Cut | Liquid cut | Dose cut | Reduced liquid volume | Reduced dose | Reduced, divided doses and time doses taken (if relevant) | Reminders | Symptoms |
|-------------|-------------------------------------|----------------------------|---------------------|-------------------|-----------------|------------------------------|---------------------|--|------------------|-----------------|
| Jan 1 | 100mL | 10mg | 0.0125 | 1.25mL | 0.125mg | 98.75mL | 9.875mg | | | |
| Jan 2 | 100mL | 10mg | 0.0125 | 1.25mL | 0.125mg | 98.75mL | 9.875mg | | | |
| Jan 3 | 100mL | 10mg | 0.0125 | 1.25mL | 0.125mg | 98.75mL | 9.875mg | | | |
| etc... | 100mL | 10mg | 0.0125 | 1.25mL | 0.125mg | 98.75mL | 9.875mg | | New cut tomorrow | |
| Jan 8 | 100mL | 10mg | 0.025 | 2.5mL | 0.25mg | 97.5mL | 9.75mg | | | |
| Jan 9 | 100mL | 10mg | 0.025 | 2.5mL | 0.25mg | 97.5mL | 9.75mg | | | |
| etc... | 100mL | 10mg | 0.025 | 2.5mL | 0.25mg | 97.5mL | 9.75mg | | New cut tomorrow | |
| Jan 15 | 100mL | 10mg | 0.0375 | 3.75mL | 0.375mg | 96.25mL | 9.625mg | | | |
| etc... | 100mL | 10mg | 0.0375 | 3.75mL | 0.375mg | 96.25mL | 9.625mg | | New cut tomorrow | |
| Jan 22 | 100mL | 10mg | 0.05 | 5mL | 0.5mg | 90mL | 9.5mg | | | |
| Jan 23 | 100mL | 10mg | 0.05 | 5mL | 0.5mg | 90mL | 9.5mg | | | |
| etc... | 100mL | 10mg | 0.05 | 5mL | 0.5mg | 90mL | 9.5mg | | | |