

Personalised Taper Plan — Example Document

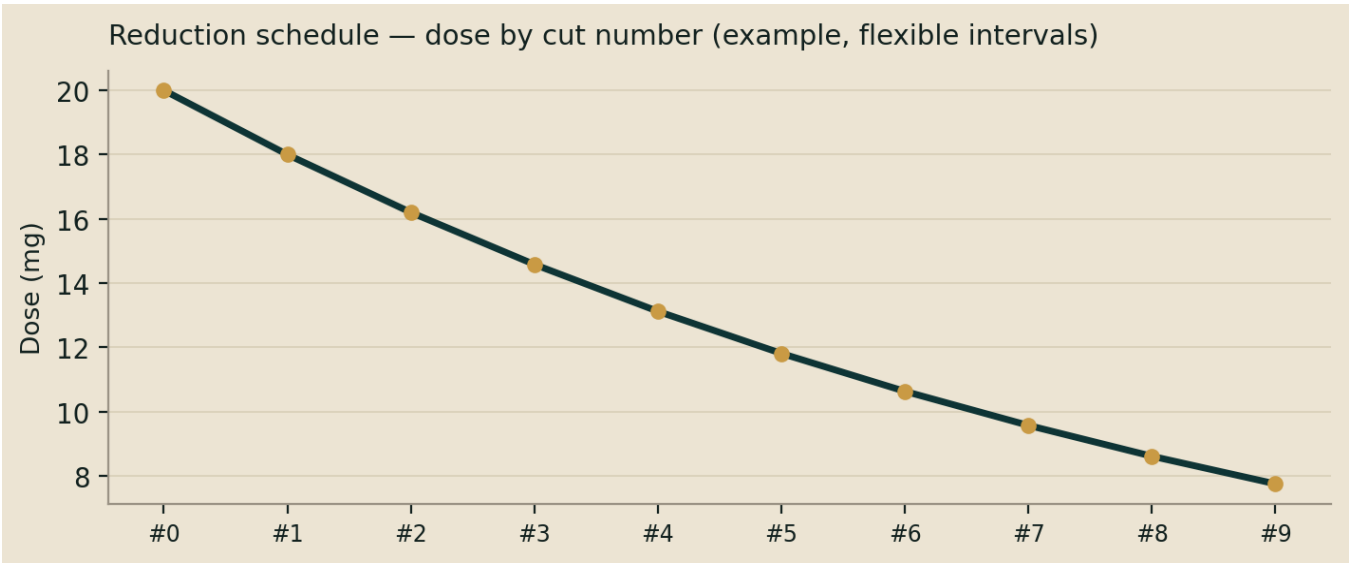
This is a sample plan showing the structure and detail of a real TaperWise document. Names, dates, and figures below are illustrative, not an actual client's data.

Client	Example Client	Approach	Hyperbolic — 10% of dose per cut
Medication	Example medication — liquid (2 mg/ml)	Plan prepared	5 January 2026
Starting dose	20 mg (10 ml)	Review basis	Once symptoms are stable

Reduction Schedule

Each step is a percentage of the current dose, not the starting dose — so absolute steps shrink automatically as the dose gets lower. Intervals are flexible: the next reduction happens once symptoms from the last one have settled, not on a fixed number of weeks.

Cut #	Date	Dose (mg)	Dose (ml)	% of start	Interval
#0	2026-01-05	20.00	10.00	100.0%	—
#1	2026-02-02	18.00	9.00	90.0%	4 wk
#2	2026-02-23	16.20	8.10	81.0%	3 wk
#3	2026-03-30	14.58	7.29	72.9%	5 wk
#4	2026-04-27	13.12	6.56	65.6%	4 wk
#5	2026-06-08	11.81	5.90	59.0%	6 wk
#6	2026-07-06	10.63	5.31	53.1%	4 wk
#7	2026-08-10	9.57	4.78	47.8%	5 wk
#8	2026-08-31	8.61	4.30	43.0%	3 wk
#9	2026-10-05	7.75	3.87	38.7%	5 wk

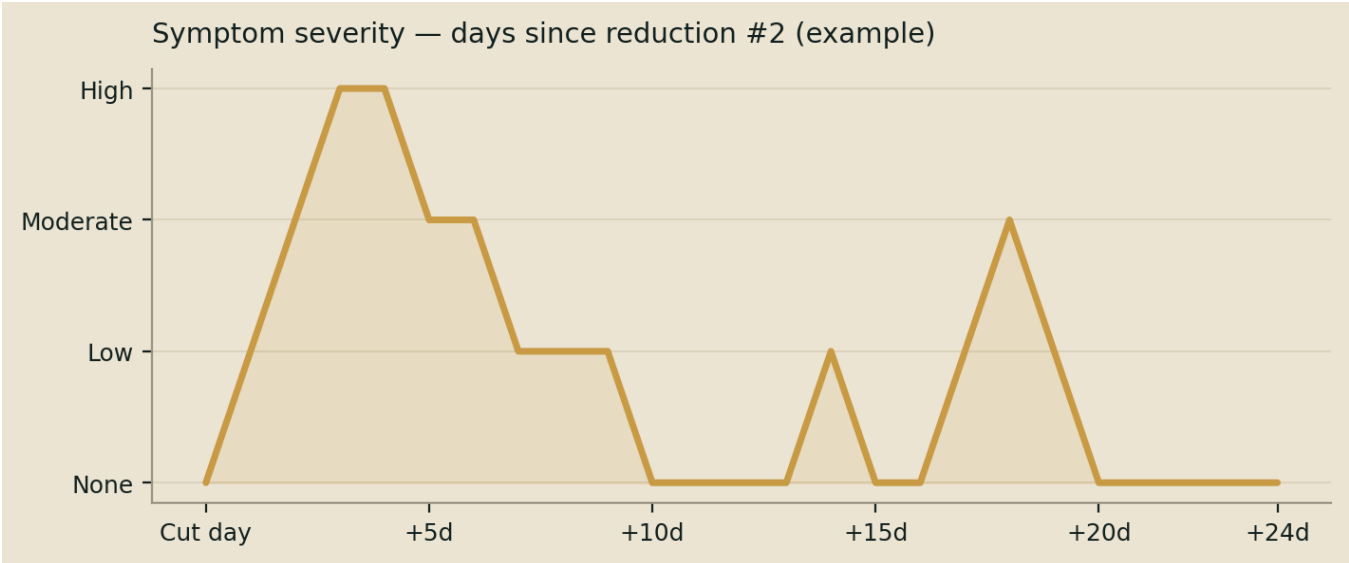


For illustration, only reduction #2 (23 Feb 2026) is tracked in detail below. In a real plan, every reduction has its own tracked window.

Symptom Tracker

Logged after reduction #2. A blank day isn't assumed symptom-free — only a logged 'None' counts as such. This turns a vague sense of 'it was rough for a while' into a clear, reviewable record.

Date	Day	Symptom	Severity
2026-02-23	+0	—	None
2026-02-24	+1	Low mood	Low
2026-02-25	+2	Sleep disturbance	Moderate
2026-02-26	+3	Dizziness	High
2026-02-27	+4	Anxiety	High
2026-02-28	+5	Anxiety	Moderate
2026-03-01	+6	Irritability	Moderate
2026-03-02	+7	Anxiety	Low
2026-03-03	+8	Low mood	Low
2026-03-04	+9	Irritability	Low
2026-03-05	+10	—	None
2026-03-09	+14	Anxiety	Low
2026-03-12	+17	Irritability	Low
2026-03-13	+18	Sleep disturbance	Moderate
2026-03-14	+19	Anxiety	Low
2026-03-19	+24	—	None



This shows one reduction's wave in detail. The picture below shows how that pattern tends to repeat across multiple reductions over the course of a plan.

Waves Across the Whole Plan

Symptoms don't reset to zero between reductions — they tend to follow a similar shape each time: a flare in the first week or so, then easing. Tracking this across every reduction (not just one) is what helps spot whether the pace is working, or whether a step needs to be smaller next time.

Example only — symptom intensity by week, across reductions				
Cut #1 -	3	2	1	0
Cut #2 -	2	1	0	0
Cut #3 -	3	2	1	1
Cut #4 -	2	2	1	0
Cut #5 -	1	1	0	0
Cut #6 -	2	1	1	0
	Week 1	Week 2	Week 3	Week 4

This example is illustrative only. A real version builds up reduction by reduction, from your own logged entries.