

FSFC Psionic Athlete Training Log: Pre-Session

(Must record within 30 minutes before starting every trial)

Date: September 3rd, 2025

Time: 02:52 a.m.

Session: 9

Session Type: Short-time remote view

Trial#: 1

Physiological:

1. **Sleep: Hours slept last night (e.g., 7.5 hrs):** 9-10
2. **Sleep Time yesterday:** 9 a.m.
3. **Sleep Quality (1-10, 1=restless, 10=deep):** 8.5, slept very well and feel refreshed, despite having such a terrible sleep schedule.
4. **Diet/Intake (e.g., "Chicken salad, 2 hrs ago", etc...):** Woke up at 5 pm, ate an ice-cream and hot peanuts at 6:30 pm, drank a yogurt at midnight, no real meal so far (will eat later at night).
5. **Caffeine or supplements (e.g., "200mg L-theanine"):** Drank a coffee immediately upon waking up. Took vitamins D (5000 IU), K, E, and a few others I can't remember. Will pay attention to my daily pills and supplements.
6. **Hydration (e.g., "1L water today"):** Not sure but at least 3-4 cups of water.
7. **Exercise earlier in the day (yes/no, light/medium/hard):** Yes, 40 minutes of cardio (300 calories burned).

Psychological:

1. **ESP Confidence: Rate 1-10 (1=doubting, 10="I'm Professor X"):** 6
2. **Mood: Rate 1-10 (1=grumpy, 10=psyched). Note dominant emotion (e.g., "Playful" or "Anxious"):** 7. Mostly calm. A bit excited and happy, with a tinge of anxiousness.
3. **Mental Focus/Clarity: How sharp and clear does your mind feel (1-10):** 8-9.
4. **Stress Load (1-10):** 4. Present but not overwhelming.

Energetical:

1. **Energy Level ("Psi Battery"):** Rate 1-10 (1=totally drained, 10=amped): 8-9
2. **Energy Quality:** Rate 1-10 (1=crude, hostile or difficult to manage energy, 10=extremely responsive, fluid, and easy to manipulate): 6-7
3. **Did you meditate today:** Rate Y/N: Y
4. **Meditation/breathwork minutes practiced immediately before session:** 0
5. **Meditation/breathwork minutes practiced today:** 30

Environmental:

1. **Session setting (e.g., "Quiet room, dim lights"):** In my bedroom, on top of my bed. Wife is listening to a noisy tiktok clip, but it's mostly in the background and not of any concern to

myself.

2. **Emotional response to nearby individuals:** Good, I am currently enjoying a good and stable relationship with my wife. My mother is asleep and seems to be doing okay/fine this evening (suffers from sundown syndrome, is elderly and frequently has disturbances at night).

FSFC Psionic Athlete Training Log: Post-Session

(Must record within 30 minutes after completing every trial)

Time: 2:55 a.m.

Confidence (1-10). Did it shift? (e.g., “Felt shaky but scored 8—wtf?”): 2. Felt much less confidence after doing the drawings, etc...

Energy Level (1-10). Note any drain (e.g., “RV felt like deadlifting, 4/10 now”): No perceptible change in energy. Still high/around 7-9.

Session Notes: Subjective impressions (e.g., “Felt ‘flow’ on long-time RV” or “Zener was boring, mind wandered”): Originally, I had felt confident around 60 minutes before. Afterwards, I don't feel very sure about my impression. I think I'll do alright, as usual, but not “sure”.

Physical Sensations: Any headaches, tension, or “cortical squeeze”?: Slight pressure in right side of skull.

Protocol Divergences: Any tweaks (e.g., “Tried slower pacing on Zener” or “Dual-image glitch again”): None