

FSFC Psionic Athlete Training Log: Pre-Session

(Must record within 30 minutes before starting every trial)

Date:

Time:

Session Number:

Session Type:

Trial#:

Pre-trial Zener Score:

Physiological:

1. **Sleep: Hours slept last night (e.g., 7.5 hrs):**
2. **Sleep Time yesterday:**
3. **Sleep Quality (1-10, 1=restless, 10=deep):**
4. **Diet/Intake (e.g., "Chicken salad, 2 hrs ago", etc...):**
5. **Caffeine or supplements (e.g., "200mg L-theanine"):**
6. **Hydration (e.g., "1L water today"):**
7. **Exercise earlier in the day (yes/no, light/medium/hard):**
8. **Any additional notes:**

Pyschological:

1. **ESP Confidence: Rate 1-10 (1=doubting, 10="I'm Professor X"):**
2. **Mood: Rate 1-10 (1=grumpy, 10=psyched). Note dominant emotion (e.g., "Playful" or "Anxious"):**
3. **Mental Focus/Clarity: How sharp and clear does your mind feel (1-10):**
4. **Stress Load (1-10):**

Energetical:

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

Environmental:

1. **Session setting (e.g., "Quiet room, dim lights"):**
2. **Emotional response to nearby individuals:**

FSFC Psionic Athlete Training Log: Post-Session

(Must record within 30 minutes after completing every trial)

Time:

Confidence (1-10). Did it shift? (e.g., “Felt shaky but scored 8—wtf?”):

Energy Level (1-10). Note any drain (e.g., “RV felt like deadlifting, 4/10 now”):

Session Notes: Subjective impressions (e.g., “Felt ‘flow’ on long-time RV” or “Zener was boring, mind wandered”):

Physical Sensations: Any headaches, tension, or “cortical squeeze”?:

Protocol Divergences: Any tweaks (e.g., “Tried slower pacing on Zener” or “Dual-image glitch again”):