

# FSFC Psionic Athlete Training Log: Pre-Session

*(Must record within 30 minutes before starting every trial)*

**Date:** September 3<sup>rd</sup>, 2025

**Time:** 04:20 a.m.

**Session:** 9

**Session Type:** Short-time remote view

**Trial#:** 2

## 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).
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 4-5 cups of water.
7. **Exercise earlier in the day (yes/no, light/medium/hard):** Yes, 40 minutes of cardio (300 calories burned).
8. **Any additional notes:** I have a slight stomach ache right now. Not severe at all, but present.

## Psychological:

1. **ESP Confidence: Rate 1-10 (1=doubting, 10=“I’m Professor X”):** 8. I feel amped and ready to rock it hard ^\_^!
2. **Mood: Rate 1-10 (1=grumpy, 10=psyched). Note dominant emotion (e.g., “Playful” or “Anxious”):** 8. Pretty good ^\_^! Was watching superman (2025) and was loving it.
3. **Mental Focus/Clarity: How sharp and clear does your mind feel (1-10):** 9.
4. **Stress Load (1-10):** 1. Not really stressed at all.

## Energetical:

1. **Energy Level (“Psi Battery”): Rate 1-10 (1=totally drained, 10=amped):** 8
2. **Energy Quality: Rate 1-10 (1=crude, hostile or difficult to manage energy, 10=extremely responsive, fluid, and easy to manipulate):** 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 asleep. No noise currently.

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:** 4:23 a.m.

**Confidence (1-10). Did it shift? (e.g., “Felt shaky but scored 8—wtf?”):** Still feeling reasonably confident :-). Note: Have not gotten it scored yet.

**Energy Level (1-10). Note any drain (e.g., “RV felt like deadlifting, 4/10 now”):** Noticeable drain in energy. Feel at around a 3-4. Can still do another session, but feeling weaker.

**Session Notes: Subjective impressions (e.g., “Felt ‘flow’ on long-time RV” or “Zener was boring, mind wandered”):** Some of the impressions I wrote, I'm not very sure are accurate. For example, “impression of a hole” and “To be specific, I’m getting the impression of a geographically “unique” object.” were written after I had already “spent” my energy, lol.

**Physical Sensations: Any headaches, tension, or “cortical squeeze”?:** Pressure at the center of my forehead.

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