

FSFC Psionic Athlete Training Log: Pre-Session

(Must record within 30 minutes before starting every trial)

Date: September 5th, 2025

Time: 2:10 a.m.

Session Number: 10

Session Type: Short-time remote view

Trial#: 1

Pre-trial Zener Score: 8/25

Physiological:

1. **Sleep: Hours slept last night (e.g., 7.5 hrs):** 6.5
2. **Sleep Time yesterday:** 7 a.m.
3. **Sleep Quality (1-10, 1=restless, 10=deep):** 6 – not great and not enough
4. **Diet/Intake (e.g., “Chicken salad, 2 hrs ago”, etc...):** Not yet eaten anything except a yogurt and a chocolate bar about 8 hours ago.
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”):** ~ 2-3 Liters
7. **Exercise earlier in the day (yes/no, light/medium/hard):** No
8. **Any additional notes:** felt the energy in the center of my forehead “activate” as soon as I started focusing on the pre-session zener cards. So interesting to feel the mental switch inside. No pre-meditation before doing zener cards.

Psychological:

1. **ESP Confidence: Rate 1-10 (1=doubting, 10=“I’m Professor X”):** 5 (not really paying attention to confidence. Just feel “ok” and curious about my score.
2. **Mood: Rate 1-10 (1=grumpy, 10=psyched). Note dominant emotion (e.g., “Playful” or “Anxious”):** 8, generally pretty good mood.
3. **Mental Focus/Clarity: How sharp and clear does your mind feel (1-10):** 9.
4. **Stress Load (1-10):** 3.

Energetical:

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

Environmental:

1. **Session setting (e.g., “Quiet room, dim lights”):** Dark bedroom at night, wife is lying beside me.
2. **Emotional response to nearby individuals:** Good, relationship with wife stable.

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?”): 6

Energy Level (1-10). Note any drain (e.g., “RV felt like deadlifting, 4/10 now”): 7? No noticeable drain, but forehead pressure is noticable and irritating.

Session Notes: Subjective impressions (e.g., “Felt ‘flow’ on long-time RV” or “Zener was boring, mind wandered”): Felt hard to connect to pictures/kind of difficult to focus on what I wanted.

Physical Sensations: Any headaches, tension, or “cortical squeeze”?: Forehead pressure is a lot.

Protocol Divergences: Any tweaks (e.g., “Tried slower pacing on Zener” or “Dual-image glitch again”): Did zener before doing RV, also did 2 trials back to back with no rest in between.