

FSFC Psionic Athlete Training Log: Pre-Session

(Must record within 30 minutes before starting every trial)

Date: September 20th, 2025

Time: 12:00 a.m.

Session Number: 11

Session Type: Short-time (< 30 mins time gap between RV and target) remote view

Trial#: 1

Pre-trial Zener Score: Did not do, wanted to rv first then do some zener trials if I have enough mana.

Physiological:

1. **Sleep: Hours slept last night (e.g., 7.5 hrs):** ~7 hrs?
2. **Sleep Time yesterday:** 9 a.m.?
3. **Sleep Quality (1-10, 1=restless, 10=deep):** 8-9. I feel rested.
4. **Diet/Intake (e.g., "Chicken salad, 2 hrs ago", etc...):** zate chapati, miji, cabbage and meat wrap ~ 4 hrs ago. Drank some yogurt. Ate some khat (quitting today), mood elevated/not baseline.
5. **Caffeine or supplements (e.g., "200mg L-theanine"):** Drank a coffee at 6 p.m.
6. **Hydration (e.g., "1L water today"):** I've drank at least 2 liters today. Not thirst, pee is clear.
7. **Exercise earlier in the day (yes/no, light/medium/hard):** No, but I did yesterday.
8. **Any additional notes:** A bit high off khat. Wanted to see if it has any effect on my performance, lol.

Psychological:

1. **ESP Confidence: Rate 1-10 (1=doubting, 10="I'm Professor X"):** 9, very confident that I can access the required state.
2. **Mood: Rate 1-10 (1=grumpy, 10=psyched). Note dominant emotion (e.g., "Playful" or "Anxious"):** Pretty chill and happy ^ _ ^.
3. **Mental Focus/Clarity: How sharp and clear does your mind feel (1-10):** 8? I don't feel clouded at all.
4. **Stress Load (1-10):** 2-3. My mother's illness is frequently on my mind.

Energetical:

1. **Energy Level ("Psi Battery"):** Rate 1-10 (1=totally drained, 10=amped): ~8.5
2. **Energy Quality: Rate 1-10 (1=crude, hostile or difficult to manage energy, 10=extremely responsive, fluid, and easy to manipulate):** 7. Not oppressive. Some tingles in head.
3. **Did you meditate today: Rate Y/N:** N
4. **Meditation/breathwork minutes practiced immediately before session:** ~3-5 mins?
5. **Meditation/breathwork minutes practiced today:** ~3-5 mins?

Environmental:

1. **Session setting (e.g., “Quiet room, dim lights”):** In my bedroom at night. Wife is asleep.
2. **Emotional response to nearby individuals:** Loving and relaxed. She's touching me while sleeping.

FSFC Psionic Athlete Training Log: Post-Session

(Must record within 30 minutes after completing every trial)

Time: 12:34 a.m.

Confidence (1-10). Did it shift? (e.g., “Felt shaky but scored 8—wtf?”): ~5. Well, I'm less confident because it's been a while since I rv'd heheh. Well, warmups are important :-).

Energy Level (1-10). Note any drain (e.g., “RV felt like deadlifting, 4/10 now”): ~7.5? Feel a bit marginally less energetic than before.

Session Notes: Subjective impressions (e.g., “Felt ‘flow’ on long-time RV” or “Zener was boring, mind wandered”): It was very hard to get impressions out of this, tbh. I got a few scattered impressions then my AOL added some classic garbage – of course XD.

Physical Sensations: Any headaches, tension, or “cortical squeeze”?: Very mild pressure in forehead.

Protocol Divergences: Any tweaks (e.g., “Tried slower pacing on Zener” or “Dual-image glitch again”): Did not zener before trial. Feel like I should do zener trials seperately...