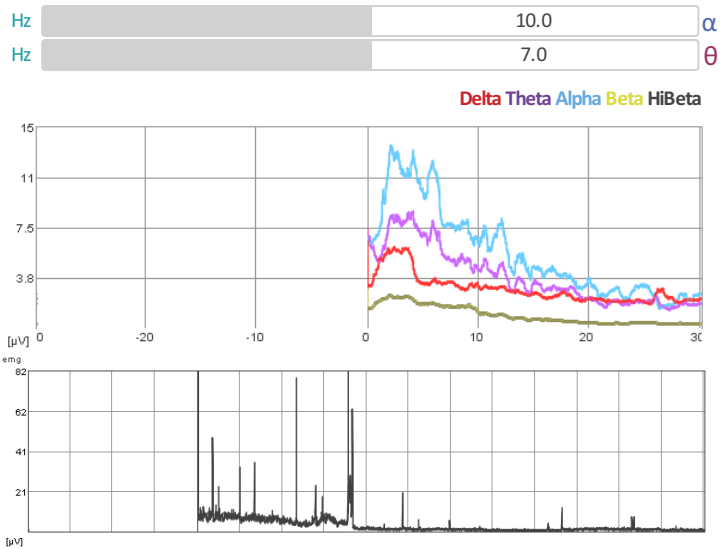
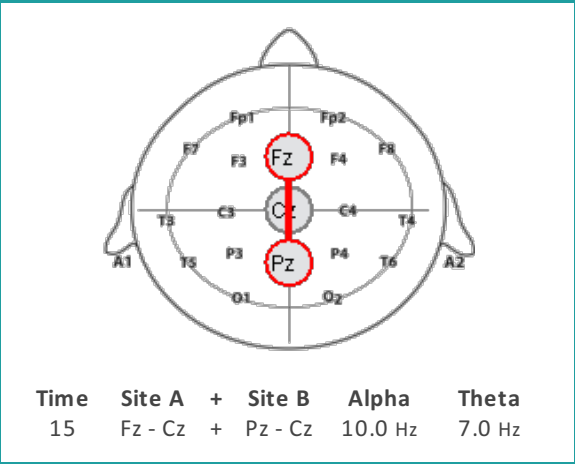


3658
Tuesday - March 19, 2019
07:45 PM
Session 46
2 Channel Alpha Theta
Myself



Volume 9, Bear 30%, Get comfy chair, eye mask



Report
Slept well. Woke up at 7:30. Alert, focused and relaxed are all okay.

Observation
Fz - Pz Alpha 10 Theta 7 30 mins. feel awesome. Relaxed, soothed, content.

Plan
Continue based on integration report.