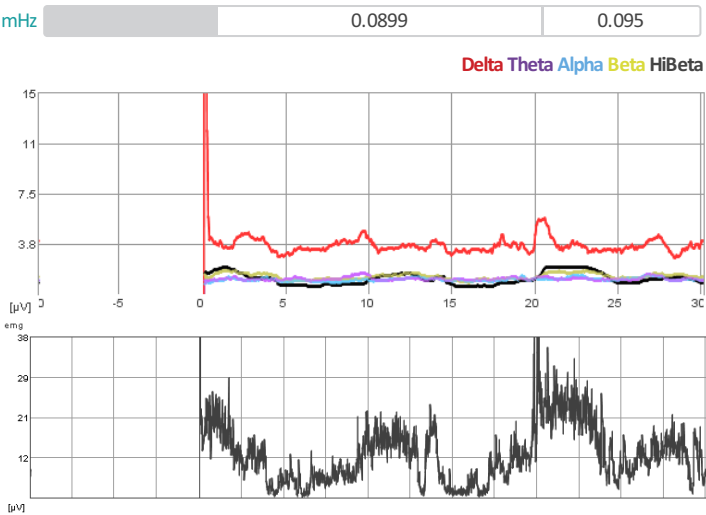
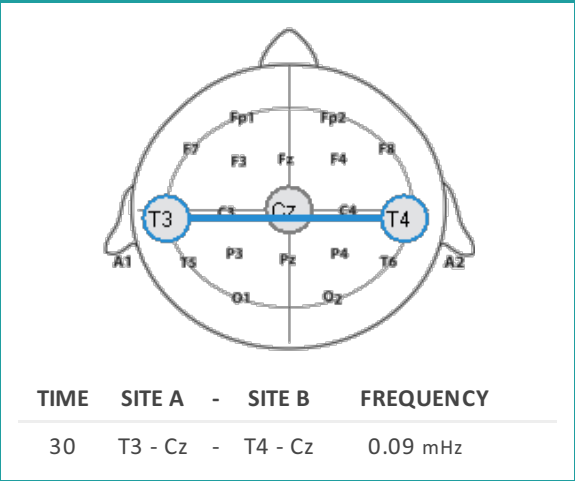


9
Tuesday - January 29, 2019
09:07 AM
Session 8
2 Channel ILF HD
Moir



Particle World
Flock



Report
Had muscle cramp R shin when getting ready for bed.
In wee hours L calf muscle started cramping but able to control by moving foot position. Alertness, focus and relaxation good. Top 5 okay. Energy has not changed.

Observation
T3-T4 .09 at 10 mins no muscle tension.
T3-T4 .09 at 20 mins no muscle tension.
T3-T4 .095 at 30 mins no muscle tension.

Plan
Judy will train her tonight.