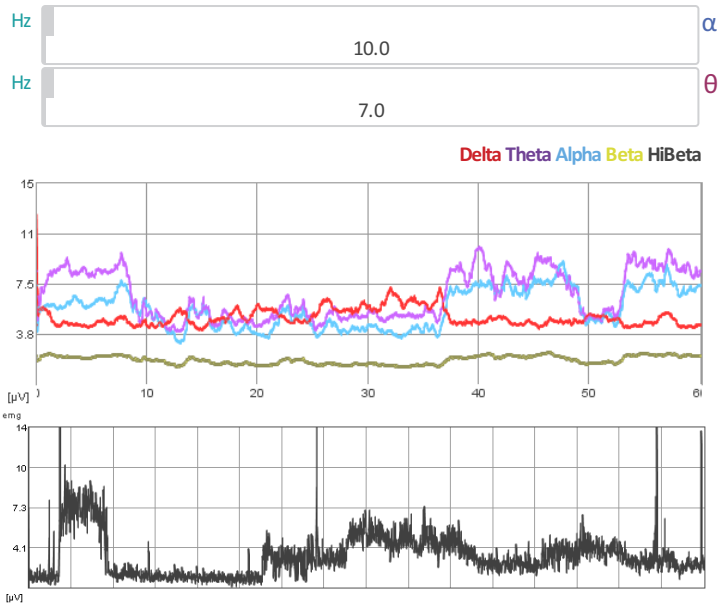
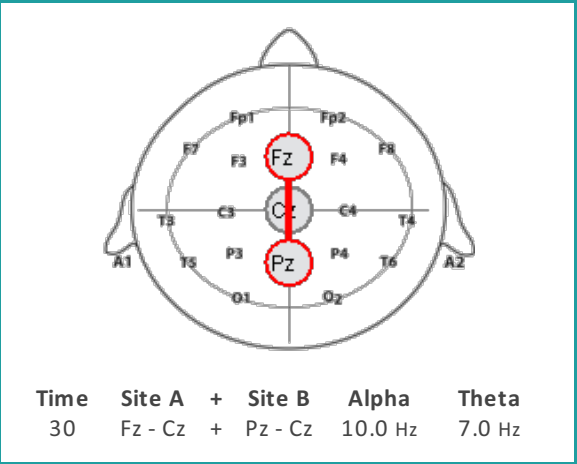


12
Monday - March 18, 2019
06:02 PM
Session 47
2 Channel Alpha Theta
Moir



Will try all the feedback options. Volume 15, Bear 60



Report
Slept well. Woke up at 4:00. Alert, focused and relaxed are all okay.

Alert, focused and relaxed are all okay. Inspired to do another session today for 60 mins.

Observation
Fz - Pz Alpha 10 Theta 7 60 mins. Calm, relaxed,

Plan
Continue based on integration report.