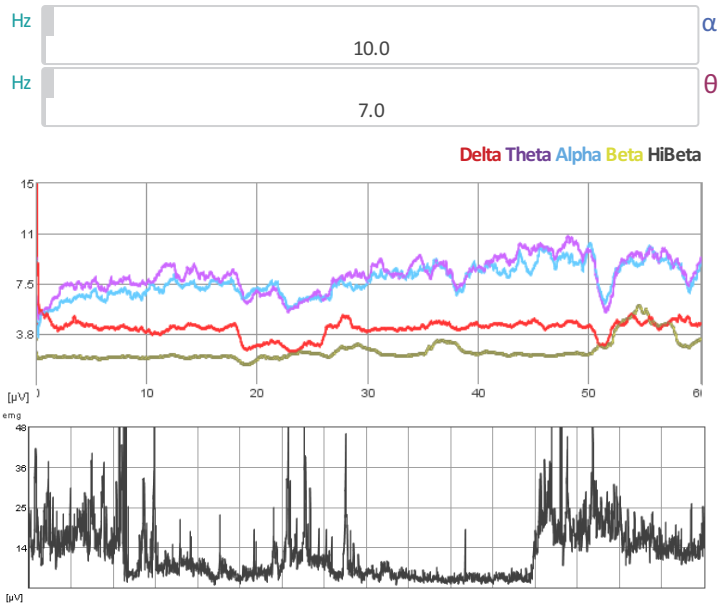
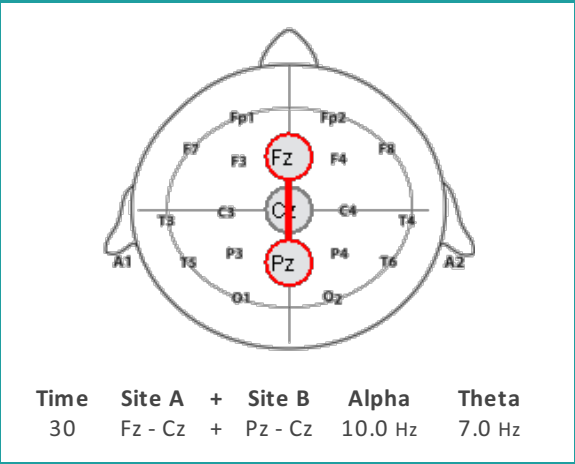


12  
Thursday - March 21, 2019  
06:11 PM  
Session 50  
2 Channel Alpha Theta  
Moir



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



**Report**  
Slept well. Woke up at 4:40. Alert, focused and relaxed are all better than usual.

**Observation**  
Fz - Pz Alpha 10 Theta 7 60 mins. Very good and still.

**Plan**  
Continue based on integration report.