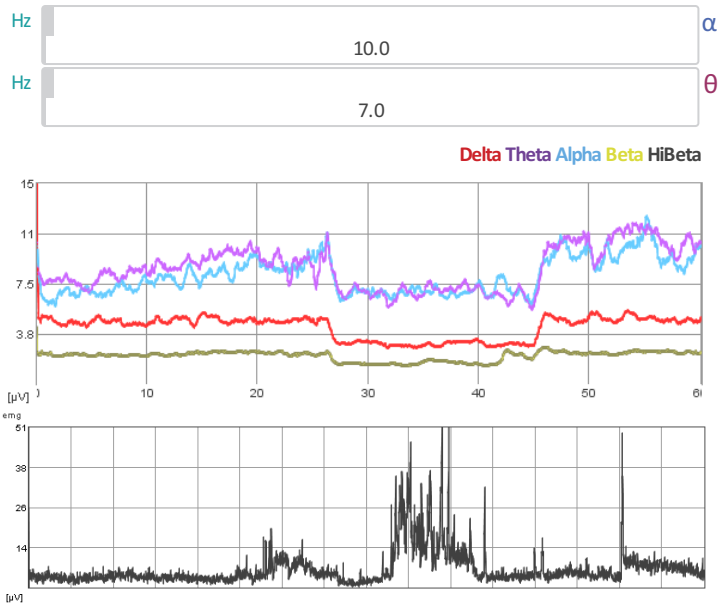
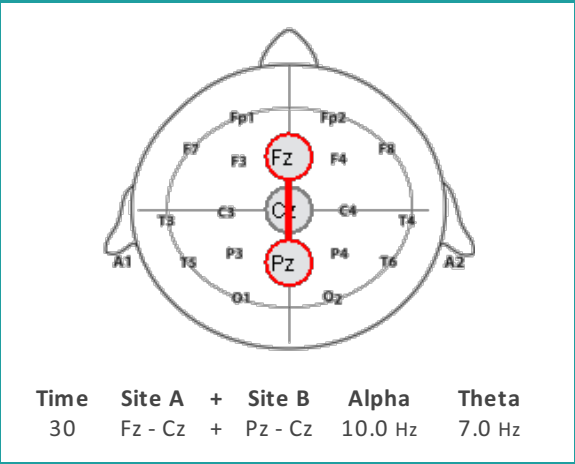


12
Tuesday - March 26, 2019
01:40 PM
Session 55
2 Channel Alpha Theta
Moir



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



Report
Slept well. Woke up at 4:00. Alert, focused and relaxed. Better than the day before.

Observation
Fz - Pz Alpha 10 Theta 7 60 mins. started yawning and salivating again. Alert, focused and more energized.

Plan
Continue based on integration report.