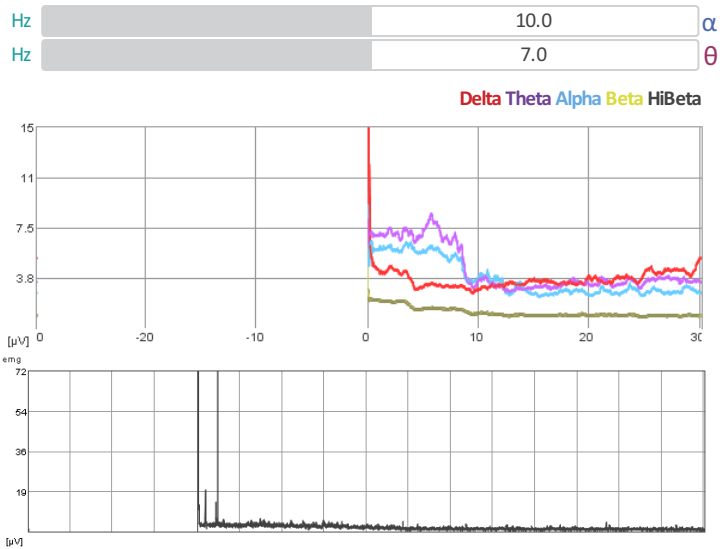
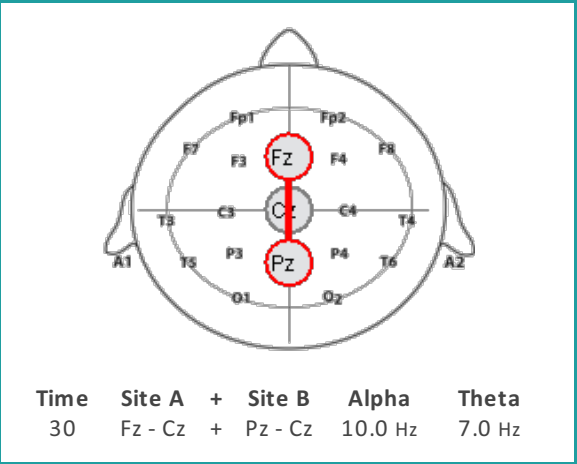


12
Friday - March 15, 2019
06:47 PM
Session 43
2 Channel Alpha Theta
Moir



Will try all the feedback options.



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

Observation
Fz-Pz 10Hz 7Hz 30 mins. Feels calm at the end of the session. Relaxed.

Plan
Continue based on integration report.