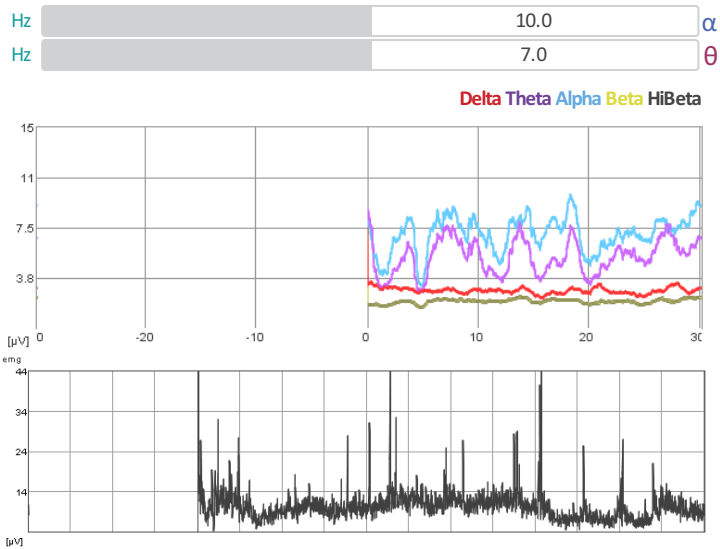
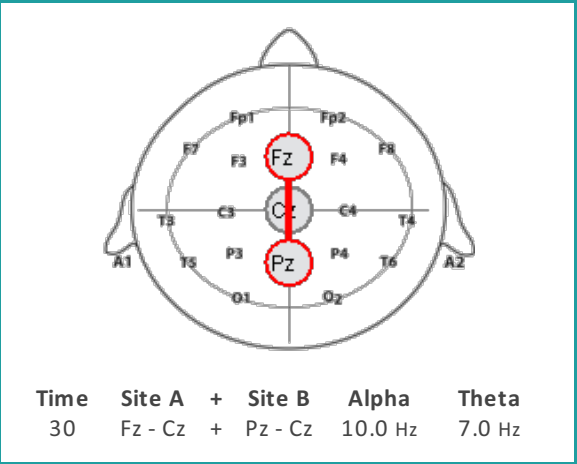


3658  
Friday - March 22, 2019  
08:13 PM  
Session 49  
2 Channel Alpha Theta  
Myself



Volume 9, Bear 30%, Get comfy chair, eye mask



**Report**  
Slept well. Woke a few times. Focus good, alertness good. A little tired.

**Observation**  
Fz - Pz Alpha 10 Theta 7 30 mins. Felt tired, relaxed.

**Plan**  
Continue with training depending on integration report.