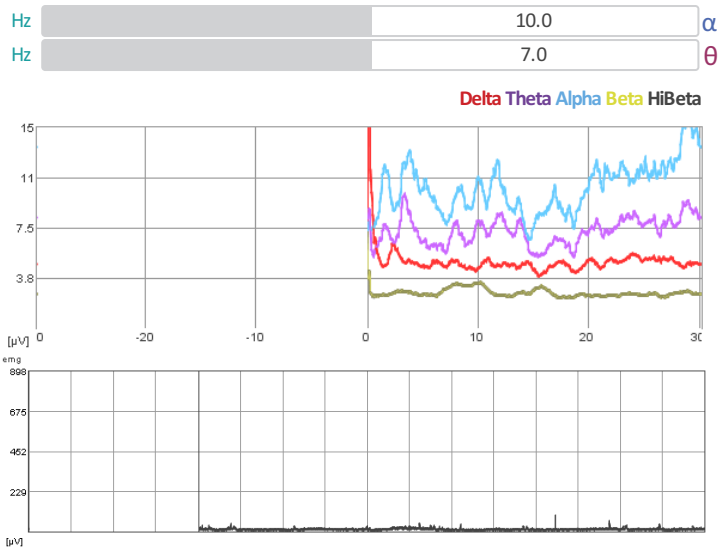
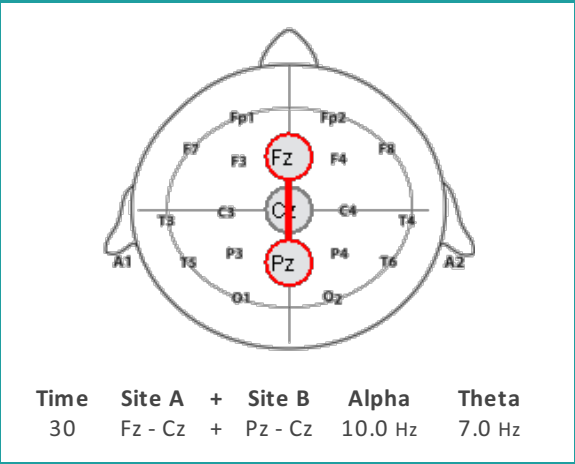


3658  
Monday - April 01, 2019  
09:50 AM  
Session 57  
2 Channel Alpha Theta  
Myself



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



**Report**  
Slept well. Woke up at 8:00. Alert, focused and relaxed are all okay

**Observation**  
Fz - Pz Alpha 10 Theta 7 30 mins. Peaceful, calm, happy.

**Plan**  
Continue based on integration report.