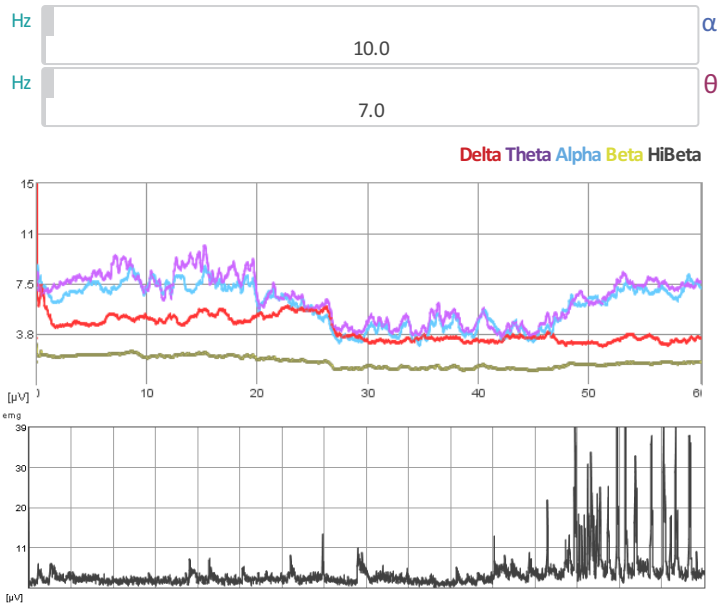
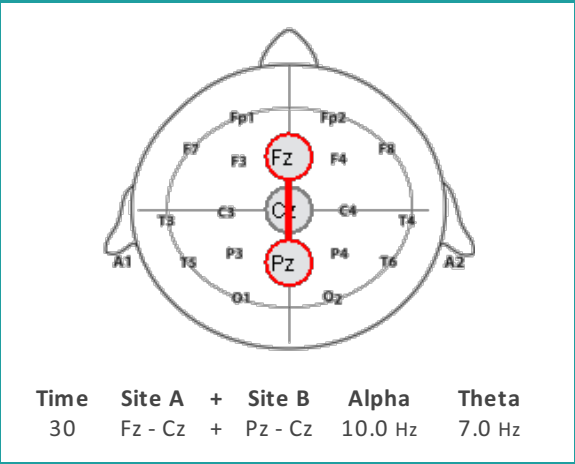


12  
Monday - March 25, 2019  
05:56 PM  
Session 54  
2 Channel Alpha Theta  
Moir



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



**Report**  
Slept well. Woke up at 4:30. Very productive day. Submitted course program. Drilled hole for outlet in bathroom.

**Observation**  
Fz - Pz Alpha 10 Theta 7 60 mins. Peaceful, calm, happy. Back to feeling well.

**Plan**  
Continue based on integration report.