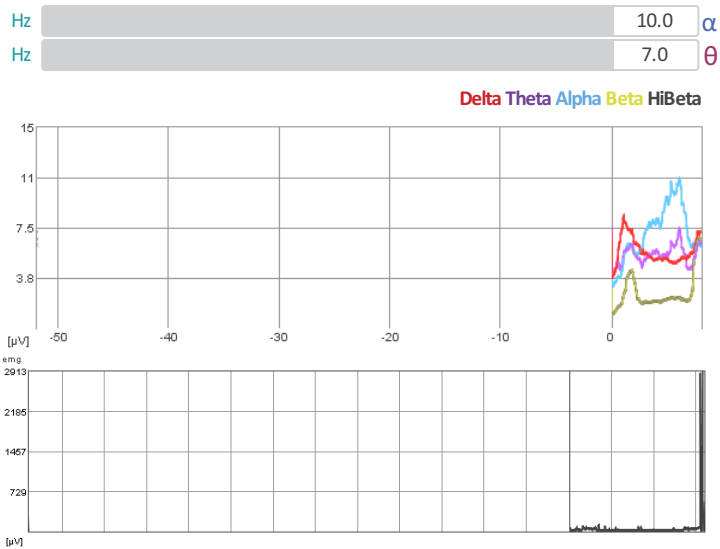
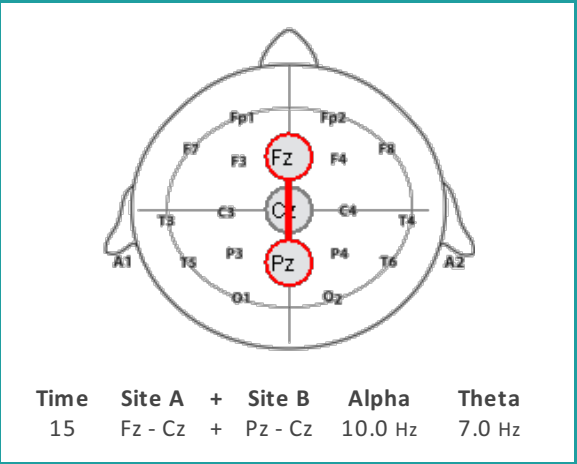


3658
Saturday - March 16, 2019
07:41 PM
Session 43
2 Channel Alpha Theta
Myself



Volume 9, Bear 30%, Get comfy chair



Report
Slept better last night. 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.