

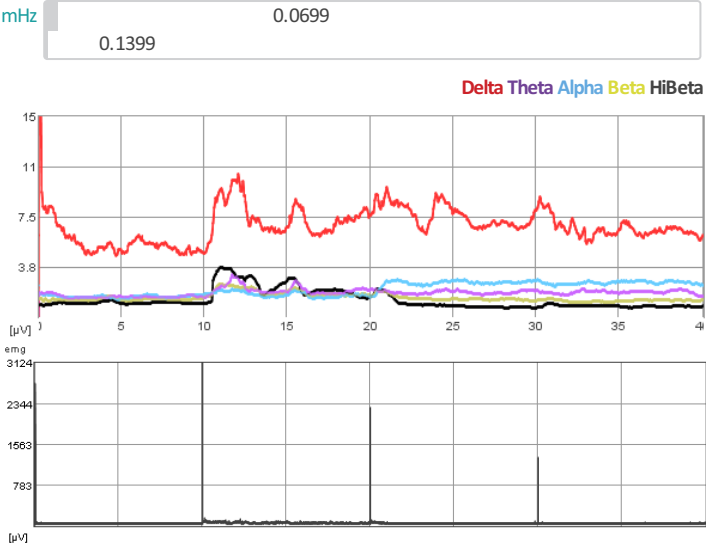
12
Saturday - February 09, 2019
11:44 AM
Session 19
2 Channel ILF HD
Moira



Tropical Heat
Medium, sunny day



TIME	SITE A	-	SITE B	FREQUENCY
10	P4 - Cz	-	T4 - Cz	0.07 mHz
10	T4 - Cz	-	Fp2 - Cz	0.07 mHz
10	T3 - Cz	-	T4 - Cz	0.07 mHz
0	T3 - Cz	-	Fp1 - Cz	0.14 mHz



Report
Slept well for the short time that was available on the flight. Woke up alert, focused and relaxed.

Observation
P4-T4 .07 at 10 mins good.
T4-Fp2 .07 at 20 mins better
T3-T4 .07 at 30 mins better
T3-Fp1 .14 at 40 mins great.

Plan
Continue to follow protocol until 20 sessions are completed. Then will start synchrony training.