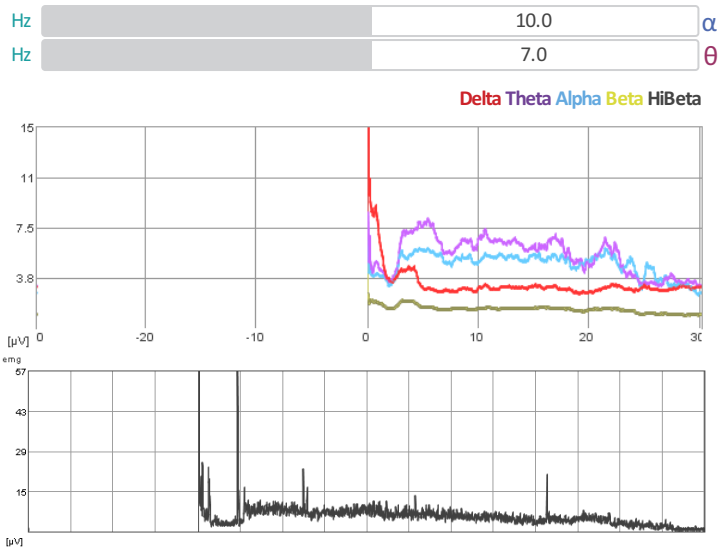
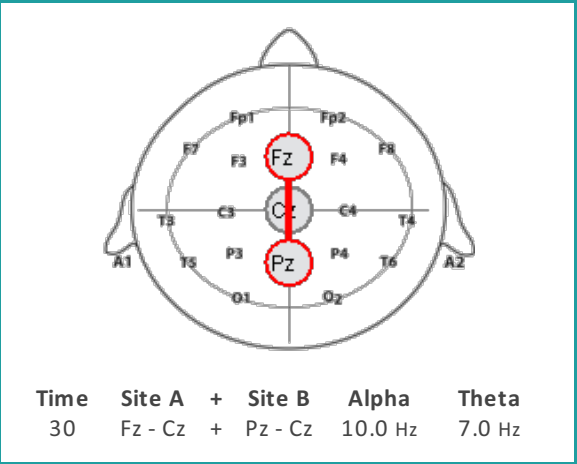


12
Thursday - March 14, 2019
06:30 PM
Session 42
2 Channel Alpha Theta
Moir



Will try all the feedback options.



Report
Slept well. Woke at 5:00
Alert, focused, relaxed and happy.

Observation
Fz-Pz 10Hz Alpha 7HzTheta - alert, focused, relaxed and happy. Brighter and happier than synchrony.

Plan
Continue depending on integration report.