

12

Wednesday - March 13, 2019

06:38 PM

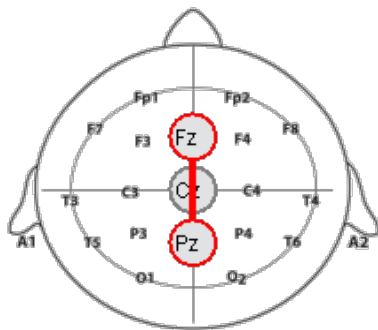
Session 41

2 Channel Alpha Theta

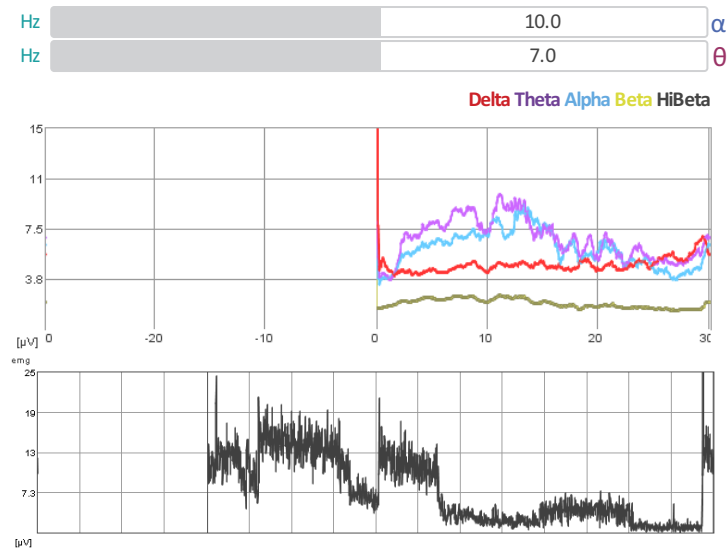
Moir



Will try all the feedback options.



Time	Site A	+	Site B	Alpha	Theta
30	Fz - Cz	+	Pz - Cz	10.0 Hz	7.0 Hz



### Report

Slept well. Alert, focused and relaxed. Tired because of switching to ketosis.

### Observation

Fz-Pz 10Hz Alpha 7HzTheta 30mins - alert, focused and relaxed. More so than with synchrony.

### Plan

Continue training based on integration report.