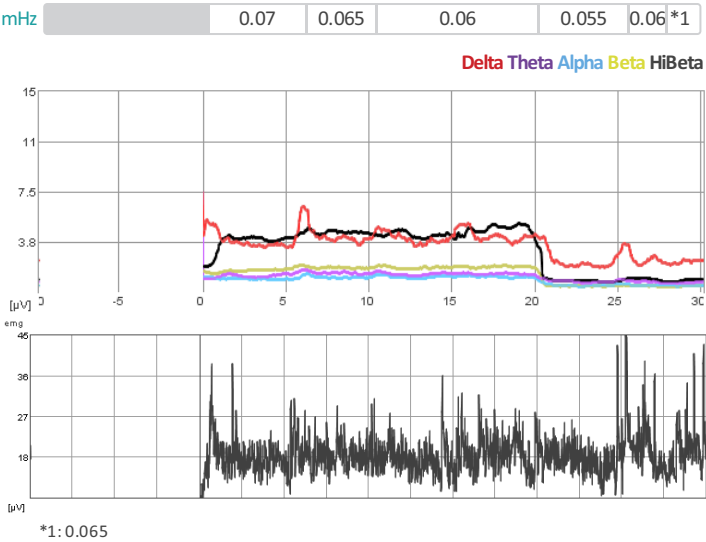
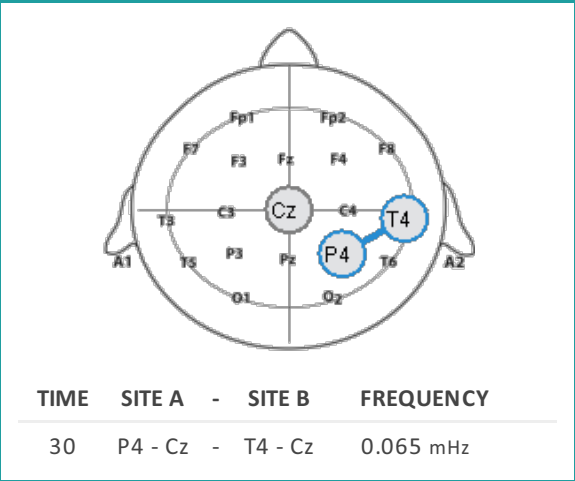


5
Saturday - January 26, 2019
03:34 PM
Session 2
2 Channel ILF HD
Deb & Moira & Judy



Tropical Heat
Female easy



Report
Alertness - good, relaxation - good, focus - good
Slept well, Did checklist #2.

Observation
P4-T4 .07 at 6min. alertness - focus - relaxation-good amuzed
P4-T4 .065 at 11 mins - alertness, focus, relax - better
P4-T4 .060 at 15 mins - alertness, focus, relaxation - better.
P4-T4 .060 at 20 mins - alertness, focus, relaxation - better than before so went down .005.
P4-T4 .055 at 25 mins - alertness, focus, relaxation - more aggravating so moved to .06
P4-T4 .06 at 28 mins - alertness, focus, relaxation - not as good, thumbs cramping so moved up to .065.

Plan
Plan to continue to find sweet spot at .065 to .07
More of a competition so liked it less.
Driving in calm traffic and congestion. Plan to use controller in the wilderness.