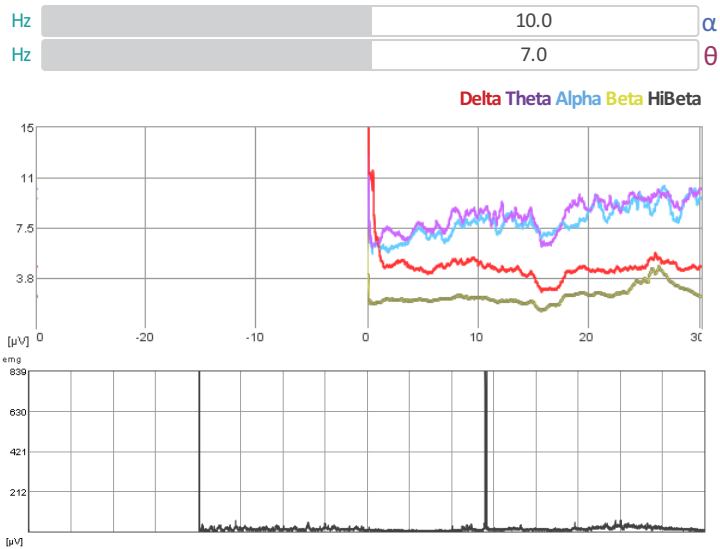
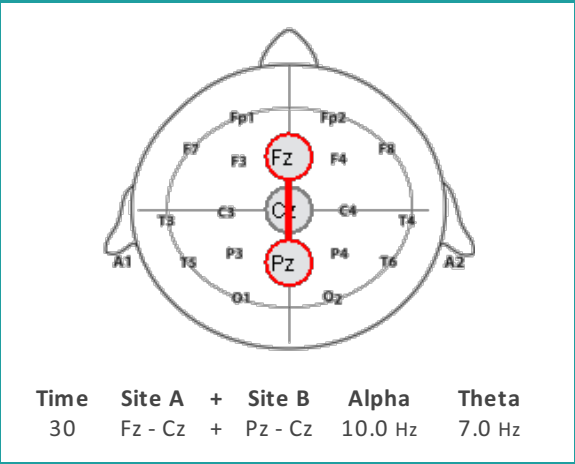


12
Friday - March 29, 2019
07:50 AM
Session 57
2 Channel Alpha Theta
Moir



Will try all the feedback options. Volume 15, Bear 60



Report
Slept well. Woke up at 4:00. Alert, focus and relaxed are all okay.

Observation
Fz - Pz Alpha 10 Theta 7 30 mins. Calm. Good. Steady.

Plan
Continue based on integration report.