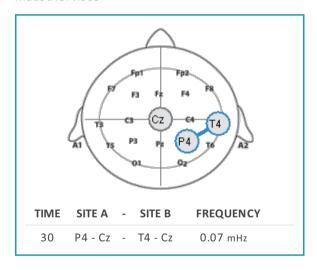
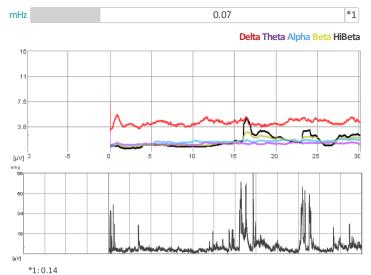


12 Sunday - January 27, 2019 01:28 PM Session 4 2 Channel ILF HD Moira



Dual Drive 2 Industrial Race





## Report

Slept well. Alertness, relaxed, focus - good. Volume = 45

## Observation

P4-T4 .07 at 15 min alertness, focus, relaxation - good. P4-T4 .07 at 30 mins alertness, focus, relaxation - good.

## Plan

Plan to start Left sided training on session 5. P4-T4 .07 at 15. T3-Fp1 .14 for 15 mins.