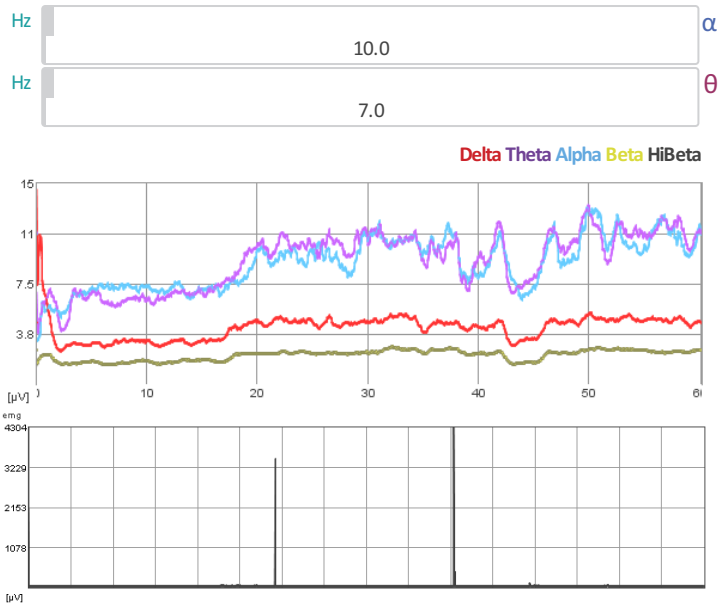
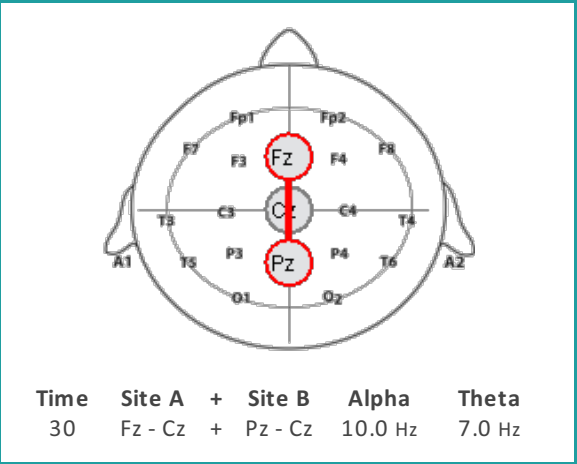


12
Thursday - March 28, 2019
06:32 PM
Session 56
2 Channel Alpha Theta
Moir



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



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

Observation
Fz - Pz Alpha 10Hz Theta 7Hz 60 mins. Feel smooth.

Plan
Continue based on integration report.