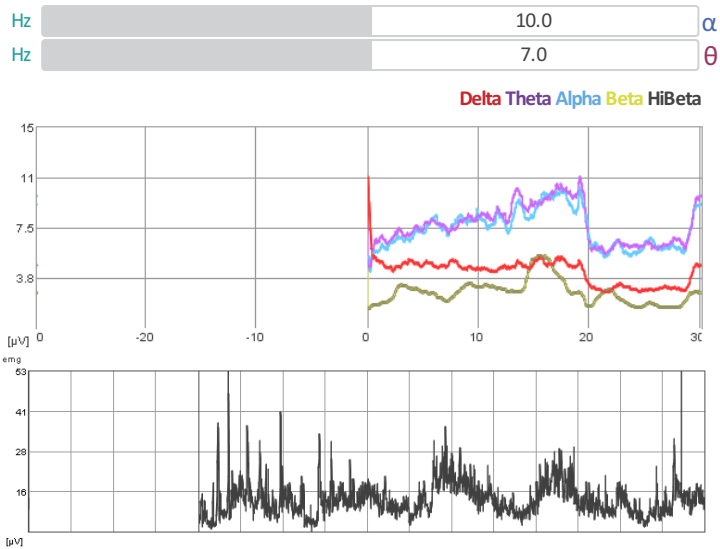
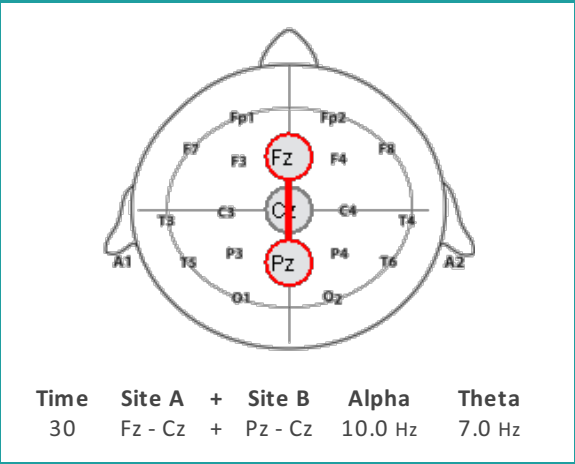


12
Friday - March 22, 2019
08:30 AM
Session 51
2 Channel Alpha Theta
Moir



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



Report
Slept well. Woke up at 4:15. Alertness, focus and relaxed are all quite good.

Observation
Fz - Pz Alpha 10 Theta 7 30 mins. feels good, alert, very relaxed, calm.

Plan
Continue based on integration report.