

Orion session frequencies.

Session 1

- * Segment 1 : Start @ 8 Hz
- * Segment 2 : Focus mode for 1 minute @ 16 Hz
- * Segment 3 : Focus mode for 1 minute @ 24 Hz
- * Segment 4 : Expand mode for 2 minutes @ 24 Hz
- * Segment 5 : Focus mode for 30 seconds @ 20 Hz
- * Segment 6 : Focus mode for 30 seconds @ 24 Hz
- * Segment 7 : Expand mode for 3 minutes @ 24 Hz
- * Segment 8 : Focus mode for 30 seconds @ 28 Hz
- * Segment 9 : Focus mode for 30 seconds @ 24 Hz
- * Segment 10 : Focus mode for 3 minutes @ 24 Hz
- * Segment 11 : Expand mode for 30 seconds @ 16 Hz
- * Segment 12 : Expand mode for 1 minute and 30 seconds @ 28 Hz
- * Segment 13 : Expand mode for 30 seconds @ 24 Hz
- * Segment 14 : Expand mode for 3 minutes and 30 seconds @ 24 Hz
- * Segment 15 : Jump to 23 Hz
- * Segment 16 : Focus mode for 30 seconds @ 23 Hz
- * Segment 17 : Jump to 22 Hz
- * Segment 18 : Focus mode for 30 seconds @ 22 Hz
- * Segment 19 : Jump to 21 Hz
- * Segment 20 : Focus mode for 30 seconds @ 21 Hz
- * Segment 21 : Jump to 20 Hz
- * Segment 22 : Focus mode for 30 seconds @ 20 Hz
- * Segment 23 : Finish

Session 2

- * Segment 1 : Start @ 16 Hz
- * Segment 2 : Focus mode for 2 minutes @ 16 Hz
- * Segment 3 : Focus mode for 1 minute @ 25 Hz
- * Segment 4 : Focus mode for 1 minute @ 20 Hz
- * Segment 5 : Focus mode for 1 minute @ 25 Hz
- * Segment 6 : Focus mode for 1 minute @ 20 Hz
- * Segment 7 : Expand mode for 1 minute @ 25 Hz
- * Segment 8 : Expand mode for 3 minutes @ 25 Hz
- * Segment 9 : Focus mode for 1 minute @ 16 Hz
- * Segment 10 : Focus mode for 4 minutes @ 30 Hz
- * Segment 11 : Expand mode for 2 minutes @ 16 Hz
- * Segment 12 : Focus mode for 1 minute @ 8 Hz
- * Segment 13 : Finish

Session 3

- * Segment 1 : Start @ 8 Hz
- * Segment 2 : Focus mode for 2 minutes @ 8 Hz
- * Segment 3 : Focus mode for 2 minutes @ 20 Hz
- * Segment 4 : Expand mode for 1 minute @ 20 Hz
- * Segment 5 : Focus mode for 2 minutes @ 30 Hz
- * Segment 6 : Expand mode for 2 minutes @ 24 Hz
- * Segment 7 : Focus mode for 1 minute @ 16 Hz

- * Segment 8 : Focus mode for 30 seconds @ 24 Hz
- * Segment 9 : Expand mode for 1 minute and 30 seconds @ 25.2 Hz
- * Segment 10 : Focus mode for 1 minute @ 26 Hz
- * Segment 11 : Focus mode for 1 minute and 30 seconds @ 28 Hz
- * Segment 12 : Focus mode for 1 minute @ 8 Hz
- * Segment 13 : Finish

Session 4

- * Segment 1 : Start @ 8 Hz
- * Segment 2 : Focus mode for 2 minutes @ 16 Hz
- * Segment 3 : Focus mode for 1 minute @ 25 Hz
- * Segment 4 : Expand mode for 1 minute @ 25 Hz
- * Segment 5 : Expand mode for 1 minute @ 20 Hz
- * Segment 6 : Focus mode for 1 minute @ 28 Hz
- * Segment 7 : Focus mode for 1 minute @ 20 Hz
- * Segment 8 : Expand mode for 1 minute @ 28 Hz
- * Segment 9 : Expand mode for 1 minute @ 20 Hz
- * Segment 10 : Expand mode for 1 minute @ 28 Hz
- * Segment 11 : Expand mode for 1 minute @ 20 Hz
- * Segment 12 : Focus mode for 1 minute @ 28 Hz
- * Segment 13 : Focus mode for 1 minute @ 20 Hz
- * Segment 14 : Focus mode for 1 minute @ 8 Hz
- * Segment 15 : Focus mode for 1 minute @ 28 Hz
- * Segment 16 : Finish

Session 5

- * Segment 1 : Start @ 16 Hz
- * Segment 2 : Focus mode for 1 minute @ 16 Hz
- * Segment 3 : Jump to 17 Hz
- * Segment 4 : Expand mode for 30 seconds @ 17 Hz
- * Segment 5 : Jump to 18 Hz
- * Segment 6 : Expand mode for 30 seconds @ 18 Hz
- * Segment 7 : Jump to 19 Hz
- * Segment 8 : Expand mode for 30 seconds @ 19 Hz
- * Segment 9 : Jump to 20 Hz
- * Segment 10 : Expand mode for 30 seconds @ 20 Hz
- * Segment 11 : Jump to 21 Hz
- * Segment 12 : Expand mode for 30 seconds @ 21 Hz
- * Segment 13 : Jump to 22 Hz
- * Segment 14 : Focus mode for 1 minute @ 22 Hz
- * Segment 15 : Focus mode for 4 minutes @ 8 Hz
- * Segment 16 : Expand mode for 6 minutes and 30 seconds @ 8 Hz
- * Segment 17 : Finish

Session 6

- * Segment 1 : Start @ 10 Hz
- * Segment 2 : Focus mode for 5 minutes @ 10 Hz
- * Segment 3 : Expand mode for 30 seconds @ 20 Hz
- * Segment 4 : Expand mode for 1 minute and 30 seconds @ 2 Hz

: Note maximum allowable segment time is 10 minutes 35 seconds
need to make two segments of 10 and 8 minutes

- * Segment 5a: Expand mode for 10 minutes @ 2 Hz
- * Segment 5b : Expand mode for 8 minutes @ 2 Hz
- * Segment 6 : Expand mode for 2 minutes @ 16 Hz
- * Segment 7 : Expand mode for 1 minute @ 16 Hz
- * Segment 8 : Expand mode for 1 minute @ 23 Hz
- * Segment 9 : Focus mode for 1 minute @ 23 Hz
- * Segment 10 : Finish

Session 7

- * Segment 1 : Start @ 4 Hz
- * Segment 2 : Focus mode for 30 seconds @ 4 Hz
- * Segment 3 : Focus mode for 30 seconds @ 20 Hz
- * Segment 4 : Expand mode for 30 seconds @ 10 Hz
- * Segment 5 : Expand mode for 6 minutes @ 10 Hz
- * Segment 6 : Expand mode for 1 minute and 30 seconds @ 16 Hz
- * Segment 7 : Expand mode for 2 minutes and 30 seconds @ 16 Hz
- * Segment 8 : Jump to 17 Hz
- * Segment 9 : Expand mode for 30 seconds @ 17 Hz
- * Segment 10 : Jump to 18 Hz
- * Segment 11 : Expand mode for 30 seconds @ 18 Hz
- * Segment 12 : Jump to 19 Hz
- * Segment 13 : Expand mode for 30 seconds @ 19 Hz
- * Segment 14 : Jump to 20 Hz
- * Segment 15 : Expand mode for 30 seconds @ 20 Hz
- * Segment 16 : Focus mode for 30 seconds @ 2 Hz
- * Segment 17 : Focus mode for 30 seconds @ 25 Hz
- * Segment 18 : Focus mode for 30 seconds @ 25 Hz
- * Segment 19 : Finish

Session 8

- * Segment 1 : Start @ 10 Hz
- * Segment 2 : Focus mode for 1 minute @ 10 Hz
- * Segment 3 : Focus mode for 1 minute @ 20 Hz
- * Segment 4 : Focus mode for 2 minutes @ 24 Hz
- * Segment 5 : Focus mode for 2 minutes @ 18 Hz
- * Segment 6 : Focus mode for 30 seconds @ 10 Hz
- * Segment 7 : Expand mode for 3 minutes and 30 seconds @ 10 Hz
- * Segment 8 : Focus mode for 30 seconds @ 4 Hz
- * Segment 9 : Focus mode for 30 seconds @ 8 Hz
- * Segment 10 : Jump to 7 Hz
- * Segment 11 : Focus mode for 30 seconds @ 7 Hz
- * Segment 12 : Jump to 6 Hz
- * Segment 13 : Focus mode for 30 seconds @ 6 Hz
- * Segment 14 : Jump to 5 Hz
- * Segment 15 : Focus mode for 30 seconds @ 5 Hz
- * Segment 16 : Jump to 4 Hz

- * Segment 17 : Focus mode for 30 seconds @ 4 Hz
- * Segment 18 : Expand mode for 7 minutes @ 2 Hz
- * Segment 19 : Expand mode for 2 minutes @ 4 Hz
- * Segment 20 : Focus mode for 2 minutes @ 16 Hz
- * Segment 21 : Jump to 20 Hz
- * Segment 22 : Focus mode for 1 minute @ 20 Hz
- * Segment 23 : Finish

Session 9

- * Segment 1 : Start @ 8 Hz
- * Segment 2 : Focus mode for 1 minute @ 8 Hz
- * Segment 3 : Focus mode for 1 minute @ 16 Hz
- * Segment 4 : Focus mode for 1 minute @ 12 Hz
- * Segment 5 : Expand mode for 2 minutes @ 4 Hz
- * Segment 6 : Focus mode for 30 seconds @ 8 Hz
- * Segment 7 : Focus mode for 30 seconds @ 4 Hz
- * Segment 8 : Expand mode for 7 minutes @ 4 Hz
- * Segment 9 : Focus mode for 2 minutes @ 10 Hz
- * Segment 10 : Focus mode for 1 minute @ 16 Hz
- * Segment 11 : Finish

Session 10

- * Segment 1 : Start @ 16 Hz
- * Segment 2 : Focus mode for 1 minute @ 16 Hz
- * Segment 3 : Focus mode for 4 minutes @ 4 Hz
- * Segment 4 : Focus mode for 1 minute @ 4 Hz
- * Segment 5 : Expand mode for 5 minutes @ 4 Hz
- * Segment 6 : Expand mode for 2 minutes @ 2 Hz
- : Note maximum allowable segment time is 10 minutes 35 seconds need to make two segments of 10 and 8 minutes
- * Segment 7a : Expand mode for 10 minutes @ 2 Hz
- * Segment 7b : Expand mode for 8 minutes @ 2 Hz
- * Segment 8 : Focus mode for 1 minute @ 8 Hz
- * Segment 9 : Focus mode for 1 minute @ 24 Hz
- * Segment 10 : Focus mode for 2 minutes @ 24 Hz
- * Segment 11 : Finish

Session 11

- * Segment 1 : Start @ 10 Hz
- * Segment 2 : Focus mode for 1 minute @ 10 Hz
- * Segment 3 : Focus mode for 1 minute @ 20 Hz
- * Segment 4 : Focus mode for 1 minute @ 10 Hz
- * Segment 5 : Expand mode for 7 minutes @ 4 Hz
- * Segment 6 : Focus mode for 5 minutes @ 4 Hz
- * Segment 7 : Focus mode for 5 minutes @ 2 Hz
- : Note maximum allowable segment time is 10 minutes 35 seconds need to make two segments of 10 and 5 minutes
- * Segment 8a : Focus mode for 10 minutes @ 2 Hz
- * Segment 8b : Focus mode for 5 minutes @ 2 Hz
- * Segment 9 : Focus mode for 5 minutes @ 4 Hz
- * Segment 10 : Focus mode for 5 minutes @ 2 Hz
- * Segment 11 : Focus mode for 5 minutes @ 8 Hz

- * Segment 12 : Focus mode for 2 minutes @ 24 Hz
- * Segment 13 : Expand mode for 3 minutes @ 24 Hz
- * Segment 14 : Finish

Session 12

- * Segment 1 : Start @ 10 Hz
- * Segment 2 : Focus mode for 1 minute @ 10 Hz
- * Segment 3 : Focus mode for 1 minute and 30 seconds @ 24 Hz
- * Segment 4 : Focus mode for 1 minute @ 8 Hz
- * Segment 5 : Expand mode for 4 minutes @ 8 Hz
- * Segment 6 : Focus mode for 1 minute @ 10 Hz
- * Segment 7 : Focus mode for 30 seconds @ 2 Hz
- * Segment 8 : Focus mode for 1 minute @ 16 Hz
- * Segment 9 : Finish

Session 13

- * Segment 1 : Start @ 16 Hz
- * Segment 2 : Focus mode for 1 minute @ 16 Hz
- * Segment 3 : Expand mode for 2 minutes @ 8 Hz
- * Segment 4 : Focus mode for 7 minutes @ 8 Hz
- * Segment 5 : Expand mode for 5 minutes @ 8 Hz
- * Segment 6 : Focus mode for 5 minutes @ 8 Hz
- * Segment 7 : Expand mode for 5 minutes @ 8 Hz
- * Segment 8 : Focus mode for 7 minutes @ 8 Hz
- * Segment 9 : Expand mode for 1 minute @ 20 Hz
- * Segment 10 : Expand mode for 1 minute @ 24 Hz
- * Segment 11 : Focus mode for 1 minute @ 24 Hz
- * Segment 12 : Finish

Session 14

- * Segment 1 : Start @ 20 Hz
- * Segment 2 : Focus mode for 1 minute @ 20 Hz
- * Segment 3 : Focus mode for 2 minutes and 30 seconds @ 10 Hz
- * Segment 4 : Expand mode for 2 minutes @ 10 Hz
- * Segment 5 : Expand mode for 30 seconds @ 8 Hz
- * Segment 6 : Expand mode for 5 minutes and 40 seconds @ 8 Hz
- * Segment 7 : Expand mode for 30 seconds @ 10 Hz
- * Segment 8 : Focus mode for 2 minutes and 50 seconds @ 10 Hz
- * Segment 9 : Finish

Session 15

- * Segment 1 : Start @ 10 Hz
- * Segment 2 : Focus mode for 1 minute @ 10 Hz
- * Segment 3 : Focus mode for 1 minute @ 24 Hz
- * Segment 4 : Expand mode for 2 minutes @ 24 Hz
- * Segment 5 : Focus mode for 30 seconds @ 28 Hz
- * Segment 6 : Focus mode for 2 minutes and 30 seconds @ 7.8 Hz
- * Segment 7 : Focus mode for 6 minutes @ 7.8 Hz
- * Segment 8 : Expand mode for 30 seconds @ 16 Hz
- * Segment 9 : Focus mode for 30 seconds @ 24 Hz

- * Segment 10 : Focus mode for 1 minute @ 24 Hz
- * Segment 11 : Finish

Session 16

- * Segment 1 : Start @ 16 Hz
- * Segment 2 : Focus mode for 1 minute @ 16 Hz
- * Segment 3 : Focus mode for 2 minutes @ 10 Hz
- * Segment 4 : Expand mode for 5 minutes @ 10 Hz
- * Segment 5 : Focus mode for 7 minutes @ 10 Hz
- * Segment 6 : Focus mode for 1 minute and 30 seconds @ 20 Hz
- * Segment 7 : Focus mode for 1 minute and 30 seconds @ 20 Hz
- * Segment 8 : Focus mode for 1 minute @ 24 Hz
- * Segment 9 : Expand mode for 1 minute @ 24 Hz
- * Segment 10 : Finish

Session 17

- * Segment 1 : Start @ 8 Hz
- * Segment 2 : Focus mode for 1 minute @ 10 Hz
- * Segment 3 : Focus mode for 1 minute @ 16 Hz
- * Segment 4 : Expand mode for 1 minute @ 20 Hz
- * Segment 5 : Jump to 16 Hz
- * Segment 6 : Expand mode for 1 minute @ 24 Hz
- * Segment 7 : Jump to 20 Hz
- * Segment 8 : Focus mode for 2 minutes @ 28 Hz
- * Segment 9 : Focus mode for 1 minute @ 24 Hz
- * Segment 10 : Focus mode for 1 minute @ 30 Hz
- * Segment 11 : Focus mode for 5 minutes @ 24 Hz
- * Segment 12 : Expand mode for 30 seconds @ 12 Hz
- * Segment 13 : Expand mode for 30 seconds @ 24 Hz
- * Segment 14 : Expand mode for 30 seconds @ 16 Hz
- * Segment 15 : Focus mode for 2 minutes @ 30 Hz
- * Segment 16 : Focus mode for 2 minutes and 30 seconds @ 8 Hz
- * Segment 17 : Focus mode for 1 minute @ 8 Hz
- * Segment 18 : Finish

Session 18

- * Segment 1 : Start @ 4 Hz
- * Segment 2 : Focus mode for 1 minute @ 4 Hz
- * Segment 3 : Focus mode for 30 seconds @ 20 Hz
- * Segment 4 : Focus mode for 1 minute @ 4 Hz
- * Segment 5 : Focus mode for 30 seconds @ 10 Hz
- * Segment 6 : Expand mode for 1 minute @ 10 Hz
- * Segment 7 : Expand mode for 30 seconds @ 8 Hz
- * Segment 8 : Expand mode for 30 seconds @ 8 Hz
- * Segment 9 : Focus mode for 2 minutes @ 4 Hz
- * Segment 10 : Focus mode for 1 minute @ 16 Hz
- * Segment 11 : Focus mode for 2 minutes @ 4 Hz
- * Segment 12 : Expand mode for 10 minutes @ 4 Hz
- * Segment 13 : Focus mode for 3 minutes @ 4 Hz
- * Segment 14 : Focus mode for 1 minute @ 16 Hz

- * Segment 15 : Focus mode for 1 minute @ 16 Hz
- * Segment 16 : Finish

Session 19

- * Segment 1 : Start @ 16 Hz
- * Segment 2 : Focus mode for 20 seconds @ 16 Hz
- * Segment 3 : Jump to 15 Hz
- * Segment 4 : Expand mode for 20 seconds @ 15 Hz
- * Segment 5 : Jump to 14 Hz
- * Segment 6 : Expand mode for 20 seconds @ 14 Hz
- * Segment 7 : Jump to 13 Hz
- * Segment 8 : Expand mode for 20 seconds @ 13 Hz
- * Segment 9 : Jump to 12 Hz
- * Segment 10 : Expand mode for 20 seconds @ 12 Hz
- * Segment 11 : Jump to 11 Hz
- * Segment 12 : Expand mode for 20 seconds @ 11 Hz
- * Segment 13 : Jump to 10 Hz
- * Segment 14 : Expand mode for 20 seconds @ 10 Hz
- * Segment 15 : Jump to 9 Hz
- * Segment 16 : Expand mode for 20 seconds @ 9 Hz
- * Segment 17 : Jump to 8 Hz
- * Segment 18 : Expand mode for 20 seconds @ 8 Hz
- * Segment 19 : Expand mode for 1 minute and 40 seconds @ 4 Hz
- * Segment 20 : Focus mode for 5 minutes @ 4 Hz
- * Segment 21 : Jump to 2 Hz
- * Segment 22 : Expand mode for 5 minutes @ 2 Hz
- * Segment 23 : Jump to 4 Hz
- * Segment 24 : Focus mode for 5 minutes @ 4 Hz
- * Segment 25 : Focus mode for 2 minutes @ 20 Hz
- * Segment 26 : Finish

Session 20

- * Segment 1 : Start @ 10 Hz
- * Segment 2 : Expand mode for 2 minutes @ 10 Hz
- * Segment 3 : Jump to 9 Hz
- * Segment 4 : Expand mode for 1 minute @ 9 Hz
- * Segment 5 : Jump to 8 Hz
- * Segment 6 : Focus mode for 4 minutes @ 8 Hz
- * Segment 7 : Jump to 4 Hz
- * Segment 8 : Expand mode for 4 minutes @ 4 Hz
- * Segment 9 : Jump to 8 Hz
- * Segment 10 : Focus mode for 4 minutes @ 8 Hz
- * Segment 11 : Jump to 4 Hz
- * Segment 12 : Expand mode for 4 minutes @ 4 Hz
- * Segment 13 : Jump to 8 Hz
- * Segment 14 : Focus mode for 4 minutes @ 8 Hz
- * Segment 3 : Focus mode for 2 minutes @ 20 Hz
- * Segment 11 : Finish

Session 21

- * Segment 1 : Start @ 16 Hz
- * Segment 2 : Expand mode for 1 minute @ 16 Hz
- * Segment 3 : Focus mode for 4 minutes @ 4 Hz
- * Segment 4 : Focus mode for 7 minutes @ 4 Hz
- * Segment 5 : Focus mode for 2 minutes @ 2 Hz
- * Segment 6 : Focus mode for 4 minutes @ 2 Hz
- * Segment 7 : Finish

Session 22

- * Segment 1 : Start @ 12 Hz
- * Segment 2 : Expand mode for 2 minutes @ 12 Hz
- * Segment 3 : Focus mode for 3 minutes @ 4 Hz
- * Segment 4a : Focus mode for 10 minutes @ 4 Hz
- * Segment 4b : Focus mode for 4 minutes @ 4 Hz
- * Segment 5 : Focus mode for 1 minute @ 8 Hz
- * Segment 6 : Focus mode for 1 minute @ 8 Hz
- * Segment 7 : Focus mode for 1 minute @ 16 Hz
- * Segment 8 : Focus mode for 1 minute @ 24 Hz
- * Segment 9 : Focus mode for 2 minutes @ 24 Hz
- * Segment 10 : Finish