Pacific Beach Toastmasters - Ah Counter Sheet

Date: ________________

Generic "AH" COUNTER Script: The purpose of the "AH COUNTER" is to note words and sounds that are used as a "crutch" or "pause filler" by anyone who speaks. During the meeting I will listen for words and expressions AND COUNT "ah/um, well, so, you know, literally/basically, xerox words, and lip smacks. A xerox word is when someone repeats themselves, such as "I, I" or "This means, this means." I will click when members say "ah or um", except during prepared speeches. At the end of the meeting, I will report the number of times that each speaker used this language.

Speaker Name	Ah/Um	Well	And	So	Like	You Know	Literally / Basically	Lip Smacks	Xerox Words	Other (explain)