Ah-Counter Script and Log

When introduced by the Toastmaster, please state the following:

"Greetings Mr./Madam Toastmaster, fellow Toastmasters, and guests. 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 overused words, including *and, well, but, so,* and *you know.* I will also listen for filler sounds, including *ah, um,* and *er.* I will also note when a speaker repeats a word or phrase, such as "I, I" or "This means, this means." At the end of the meeting, I will report the number of times that each speaker used these expressions.

Thank you, Mr./Madam Toastmaster."

Ah-Counter Log

During the meeting, use the following table to mark down the filler words and sounds used by each speaker and then reference it when giving your report.

Name	Ah	Um	Er	Well	So	Like	But	Repeats	Other