

AH COUNTER LOG SHEET

Toastmasters and guests: my duties are to keep a record of all 'ahs,' 'um's, 'you knows' long pauses, and other inappropriate verbal habits by speakers, and to report the results at the end of the meeting.

Participant	Interjections					Sounds			Repeats	
	and	well	but	so	you know	ah	um	er	words	phrases