

### AH COUNTER LOG SHEET

Toastmasters and guests: my duties are to keep a record of all 'ah's, 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 |  | phrases |
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|             | and           | well | but | so | you know | ah | um | er | words   |  |         |
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