

## Ah-Counter

Date:

Name:

### If you are the Ah-Counter

- The purpose of the Ah-counter is to write down words and sounds that have been used as crutches or pause fillers by anyone speaking during the session. Words can be unnecessary uses of "and", "so", "but", "...". Sounds can be "ah", "huh", "...".
- You should also note when a speaker repeats a word or phrase, such as "well, well" or "that means, that means."
- Becoming aware of the use of "Ehm" by simply counting is a proven and safe way to break the habit of this annoying weakness.

### Your tasks tonight are

- Before the meeting begins, transfer the names from the agenda to the minutes and fill in any missing names during the evening.
- When called upon by the moderator, please stand and explain your task tonight. In particular, our guests and new members should understand the purpose.
- To count the "Ahs" and "Hms" of all attendees by tally sheet. During the meeting (including guests), listen for incorrect words and long pauses used as filler by everyone and not a necessary part of the sentence structure.
- Write down how many wrong words or sounds each person uses during the meeting.
- Ring the first three "ahs" of the experienced Toastmasters (not the guests and not the "icebreakers").
- When called by the general evaluator at the conclusion of the meeting, please stand and report the number of "Ahm", read out the number without comments or scoring.
- Please give this form to the secretary at the end of the session.

Name of the participant	Ahs/ Hms/ Word repetitions


Space for comments: