# HEALTHY VOICE TOASTMASTERS
# "AH" COUNTER LOG

**Date of Meeting:** _____

**Ah Counter:** _____

| Speaker | Interjections (and, well, but, so, like, you know) | Fillers (ahs, ums, ers) | Repeated Words / Phrases | Total |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |