  

**Yanbu University College  
Students Activities  
Toastmasters International  
Rise in Glory**

**Ah counter report**

**Meeting: Date: Time:**

**Name: ID:**

**When you are an Ah counter:**

The purpose of the “ah” counter is to note words and sounds used as a “crutch” or “pause filler” by

anyone who speaks during the meeting. Words may be inappropriate interjections such as “and,”

“well,” “but,” “so,” “you know.” Sounds may be “ah,” “um,” “er.” You should also note when a

speaker repeats a word or phrase such as “I, I” or This means, this means.” Your feedback to the

speakers helps them recognize when they are doing them, and to improve their speaking delivery.

You will probably find that it takes very focused, “active” listening to catch these speaking flaws!

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| **Most Frequent Ahs** | **# of Ahs Used** | **Name** | **Sequence** |
|  |  |  | **Prepared**  **Speaker 1** |
|  |  |  | **Prepared**  **Speaker 2** |
|  |  |  | **Prepared**  **Speaker 3** |
|  |  |  | **Evaluator 1** |
|  |  |  | **Evaluator 2** |
|  |  |  | **Evaluator 3** |
|  |  |  | **Table Topic Toastmaster** |
|  |  |  | **Table Topic**  **Speaker 1** |
|  |  |  | **Table Topic**  **Speaker 2** |
|  |  |  | **Table Topic**  **Speaker 3** |
|  |  |  | **Toastmaster** |
|  |  |  | **Grammarian** |