**[Ah Counter CHEAT SHEET](http://www.toastmasters.org/Members/MemberExperience/MeetingRoles/AhCounter.aspx)**

Main Duty: note any word or sound used as a crutch by anyone who speaks.

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| Before the meeting:   * Ask someone without a role to give you an evaluation in Project 1 of your Competent Leader (CL) Manual. |

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| Sample Introduction script:  *The purpose of the AH COUNTER is to note words and sounds that are used as a “crutch” or “pause filler” by anyone who speaks. During the meeting I will listen for words and count what may be inappropriate expressions such as “well, so, you know.” Sounds may be “ah, um, er.” I will also note when a speaker repeats a word or phrase, such as “I, I” or “This means, this means.” At the end of the meeting, I will report the number of times that each speaker used these expressions.* |

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| General Notes about your Report (given at the end of the meeting):   * Your report should be under 1 minute. * Stand by your chair when giving your report. * Only comment on inappropriate sounds and words. The grammarian will comment on language usage and grammar. * Remember, members can be sensitive about their areas of improvement, making your presentation light and fun will ensure that the constructive criticism is well received! |

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| **NAME** | **Inappropriate Sounds**  **Ah, Um, Er, Tsk** | **Filler Words: so, well, but, like, you know** | **Repeating words or phrases** | **Other** |
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