



"Greetings Mr./Madam Toastmaster, fellow Toastmasters, and guests. 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 overused words, including *and*, *well*, *but*, *so*, and *you know*. I will also listen for filler sounds, including *ah*, *um*, and *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.