Ah Counter

Explanation of Role

The role of the Ah Counter is to listen for filler words that we all use. These can include ah, um, you know. Filler words can detract from our message. The first step to eliminating filler words is to become aware of what words you use and how often you use them.

Record for Ah Counter

Name	Ah	Um	You Know	Unnecessary Ands*	Other (specify)	Other (specify)

* Unnecessary Ands – this is when sentences, rather than phrases, are strung together by and.

Note – You can report on the use of filler words by each member or you can just give totals.