

## Speech & Hearing Log

Name: \_\_\_\_\_

Start Time

Date: \_\_\_\_\_

End Time

### Who I Talked To

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### How Long I Talked

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

Fold here and put the card in your pocket! →

## Who I Talked To

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Total number of people talked to

Total Logged Time (in minutes)

## How Long I Talked

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

<30 sec  30-60sec  1min-5min  5+ min

Add the number of boxes checked in each group

___ <30 sec	___ 30-60sec	___ 1min-5min	___ 5+ min
x1	x2	x4	x5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Add the # of people talked to the boxes above and then divide by logged minutes to get your ...

**SUPER SPEAKER SCORE** \_\_\_\_\_



The Month of May is Better Hearing and Speech Month

They say 90% of communication is nonverbal. Have you thought about the other 10%?

Track the way you use your hearing and speech during one day of the month to find out how you are using the 10% of communication that is verbal.

For more information visit:  
[www.asha.org/bhsm](http://www.asha.org/bhsm)  
 or  
[www.thought.com/slp](http://www.thought.com/slp)