



My Speech this Week



Things that Made It Harder to Talk:

Measure how much each behavior has made it harder to speak this week. Choose a number on a scale of 1 to 5, with 1 being very little or no interference and 5 being a lot of interference. Use blank spaces to add other behaviors that are a problem for you.

	Interfered very little			Interfered very much	
	1	2	3	4	5
Talking too fast					
Pushing					
Avoiding					
Stopping my air					
Using too much air					
Turning my voice on too hard					
Not opening my mouth enough					
Running out of air					

Something I am doing better this week: _____

What I will work on next week: _____
