The Scorecard

From Articulate by Hazel Crowe, Appendix D

You score on Day 1, on every Day B, on Day 29, on Day 30 and on Day 90 (Chapter 16): five measures, one answer, about 2 minutes. The drill says which answer. Write the numbers in the daily log, or on the side-by-side sheet when it's Day 1, Day 30 or Day 90.

The five measures

Measure	How to take it
Fillers per minute	Play back the answer and make a mark for every um, uh, er, basically, obviously, I mean, like or you know that's there as a filler. Trailers at the end of a sentence, like "so, yeah" or "if that makes sense", aren't counted here. Day 9 counts those on their own. For a 2-minute recording, halve the total.
Seconds to the point	Start a stopwatch when your own voice starts on the playback and stop it when you hear your main point. If it never comes, write 60+. When you've answered a clip, a question or a push you played or read out first (Days 17, 18, 24 and 28), start from your first word, not from where the clip stopped.
10-word test	Write the point you made in 10 words or fewer. Yes if you can, no if you can't. On Day 12, score yes only if your first sentence was 10 words or fewer.
Words per minute	Count the words in a transcript of the 60 seconds, if your phone makes one. If it doesn't, count the words in the first 15 seconds of playback and multiply by 4.
Nerves, before and after	Your own rating, 1 to 5, just before you record and again after. 1 is nothing you'd notice. 5 is as bad as it gets for you.

Words per minute has no right number. You're only watching whether it moves when the drill gets harder. The nerves score sits beside the others so you can compare how it felt with how it sounded.

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Day 1, Day 30 and Day 90, side by side

Measure	Day 1	Day 30	Day 90
Fillers per minute			
Seconds to the point			
10-word test			
Words per minute			
Nerves before			
Nerves after			
The point, in 10 words			

Story bank

For Chapter 8. One row for each true story you can tell in 60 seconds.

	Name	The point	The moment	The turn
1				
2				
3				
4				

Daily log, Days 1 to 15

Day A rows take whatever the drill asks you to note, except Day 29, which takes all five. Day B rows take all five. Write nerves as before and after, like 4 then 3.

Day	Fillers a minute	Secs to point	10 words	Words a minute	Nerves	Fix for tomorrow
1						

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Day	Fillers a minute	Secs to point	10 words	Words a minute	Nerves	Fix for tomorrow
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Daily log, Days 16 to 30

Day 29 is the Day A that takes all five.

Day	Fillers a minute	Secs to point	10 words	Words a minute	Nerves	Fix for tomorrow
16						

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Day	Fillers a minute	Secs to point	10 words	Words a minute	Nerves	Fix for tomorrow
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						

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