

### Camperdown Program Speaking Cycles Form

Date	Cycle	PLAN			DO	REFLECT				
		Amount of technique? WHY?	What task? WHY?	Duration? WHY?	Record my speech?	Did I use as much technique as I planned?	Did I use my technique consistently during the task?	Was I mostly or completely in control of my stuttering?	Would I be comfortable sounding like this in the real world?	What would I do differently next time? Time for full technique practice yet?
	1									
	2									
	3									
	4									
	5									Time for full technique practice yet?
	6									
	7									
	8									
	9									
	10									Time for full technique practice yet?
	11									
	12									
	13									
	14									
	15									Time for full technique practice yet?
	16									
	17									
	18									
	19									
	20									Time for full technique practice yet?
	21									
	22									
	23									
	24									Time for full technique practice yet?