

## ■ Voice Health Report

Confidence Level: Needs Improvement (37.0%)

Pitch Mean: 245.6 Hz, Pitch STD: 121.97

Energy Mean: 0.04166, Energy STD: 0.04716

Pauses Detected: 8, Fillers Estimated: 6

### Suggestions to Improve:

- Practice reducing filler words like 'um' and 'uh'.
- Minimize long pauses for smoother delivery.