

## ■ Voice Health Report

Confidence Level: Needs Improvement (44.0%)

Pitch Mean: 181.8 Hz, Pitch STD: 99.88

Energy Mean: 0.08360, Energy STD: 0.08101

Pauses Detected: 3, Fillers Estimated: 7

### Suggestions to Improve:

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