



TIMER APP

The "Critical Sandwich" Scorecard: A Blank Evaluation Template

A Strategic Framework for High-Value Speech Evaluations

By Jel Salamanca | Unofficial Guide



Speaker Profile

- Speaker Name: _____
- Speech Title: _____
- Pathway/Level: _____
- Target Time: _____ Actual Time: _____



Section 1: The Connection (The Top Bun)

Don't just say "Good Job." identifying specific strengths builds trust.

The Hook: How did they grab attention in the first 30 seconds?

The Strengths (Check all that apply & Circle the strongest):

Clarity: Was the message easy to follow?

Humor: Did they make the audience laugh?

Vulnerability: Did they share a personal truth?

Confidence: Did they own the stage?

Specific Praise (The "I Loved" Moment):



Section 2: The Construction (The Critical Meat)

Focus on Observation + Impact. Avoid "You should have..." Use "I felt..."

Area for Improvement 1: Delivery (e.g., Eye contact, hand gestures, stage movement, vocal variety)



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- I Saw/Heard: _____
- The Impact was: _____
- I Suggest: _____

Area for Improvement 2: Content/Structure (e.g., confusing transition, weak conclusion, too much data)

- I Saw/Heard: _____
- The Impact was: _____
- I Suggest: _____

● **Section 3: The Conclusion (The Bottom Bun)**

Summarize and Empower. End on a high note.

The Summary (Recap the main points quickly):

1. Keep doing: _____
2. Work on: _____

The Challenge (Stretch Goal): "To take this to the next level, I challenge you to..."

⌚ **How to Practice Your Evaluation**

An evaluation is a speech in itself (2 to 3 minutes). You need to be concise.

1. Open the [Free Speech Timer](#) on your phone.
2. Set the mode to "Evaluation (2-3 min)".
3. Look at your notes above.
4. Practice delivering your feedback out loud. Ensure you hit the "Construction" (Meat) section before the Yellow Light (2:00) turns on!

Get more free tools at: <https://tm.jelsalamanca.com/resources/>

Disclaimer: This worksheet is a personal resource created by Jel Salamanca. It is not an official publication of, nor is it affiliated with or endorsed by, Toastmasters International.