

Interval recording sheet

Estimate how much of a session a behavior fills, when it is too frequent or too blurry to count.

- 1. Circle the method: partial (any moment in the box), whole (the entire box) or momentary (the last moment only).
- 2. Set a timer to vibrate at every interval. Ten seconds is common.
- 3. Mark X in a box that scores. Leave it blank if it doesn't.
- 4. Score = X boxes ÷ all boxes × 100. Partial reads high, whole reads low, momentary can miss either way.

Learner (initials or a code) _____ Behavior _____ Date _____ Observer _____

Method (circle): partial · whole · momentary Interval: _____ seconds

Minute	0–10 s	10–20 s	20–30 s	30–40 s	40–50 s	50–60 s	X in row
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Total X: _____ of 60 boxes = _____ %