Momentary Interval Recording

Time Sampling Data Collection

Student: Observer:

Location:

Describe the target behavior.

Note the date and time of each observation.

Determine the total projected observation time (e.g., 20 minutes), and divide the time into equal intervals (e.g., 30 seconds). In this case there would be 40 intervals.

* All intervals need to be of equal length and can be anywhere from a few seconds to a few minutes long.
* Be prepared with a watch/clock with a second hand, timer, or other signal for timing each interval.

IMPORTANT: Total observation time and length of intervals need to be consistent each time an observation is conducted.

Glance at the student precisely at the end of each interval. If the behavior is observed **exactly at the end of the interval**, place a ✓, if not, place an O.

At the end of the observation, divide the number of intervals when the behavior occurred by the total number of possible intervals to get a percentage of the behavior. For example, if the student performed the behavior 26 or 40 intervals, record 65%.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Intervals – Mark with ✓ or O | | | | | | | | | | Total times behavior occurred |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Time |  |  |  |  |  |  |  |  |  |  |  |
|  | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  |  |  |  |  |  |  |  |  | % |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |  |
|  |  |  |  |  |  |  |  |  |  |

*Adapted from Kansas Institute for Positive Behavior Support. (2012)*