# 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 = _____ %

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