# Interval Recording

Interval Recording involves observing whether a behavior occurs or does not occur during specified time periods (intervals).  Once the length of an observation session is determined, the session is broken down into smaller time intervals that are all equal in length.  Following the observation session, the observer calculates the percentage of intervals in which the behavior occurred.

Number of _____ behaviors out of _____ intervals = _____ % of intervals.

Interval Recording has unique advantages and disadvantages.

**Advantages:**
- Useful for high-rate behaviors that are difficult to count
- Useful for behaviors with no clear beginning or end
- Observations sessions can vary in time as needed
- Behaviors can be translated to a percentage

**Disadvantages:**
- Provides an estimate of problem behavior occurrence
- Requires continual observation
- Requires a time keeping device

There are three distinct interval recording methods defined below:

**Whole Interval:**
- Useful for ongoing behaviors that continue across intervals
- When interval ends, mark if behavior exhibited for the **entire interval**
- Underestimates behaviors

**Partial Interval:**
- Useful when behavior happens so quickly it's hard to catch
- Mark if behavior exhibited at **any time during the interval**
- May overestimate behaviors

**Momentary Time Sampling**
- Useful for very frequent/multiple behaviors
- Mark if the behavior is exhibited at the **precise moment** at the end of the interval
- May underestimate behaviors

# Time Sampling Recording Form
## 10 Minute Intervals

Student's Name: _____ Teacher: _____ Date: _____

Procedures: Highlight the "type" of interval time sampling method to be used (whole, partial or momentary) and mark (+) if the problem behavior is exhibited within the corresponding time interval. At the end of the day, calculate the percentage of intervals in which the problem behavior occurred.

Description of Problem Behavior (specific, observable, measurable): _____

_____

| Type of Time Interval Sampling | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **Whole + Behavior is continuous** | | | **Partial + Behavior occurs even once** | | | **Momentary + Behavior occurs at end** | | |
| Interval | + = Behavior | Comment | Interval | + = Behavior | Comment | Interval | + = Behavior | Comment |
| 7:50 | | | 10:30 | | | 1:10 | | |
| 8:00 | | | 10:40 | | | 1:20 | | |
| 8:10 | | | 10:50 | | | 1:30 | | |
| 8:20 | | | 11:00 | | | 1:40 | | |
| 8:30 | | | 11:10 | | | 1:50 | | |
| 8:40 | | | 11:20 | | | 2:00 | | |
| 8:50 | | | 11:30 | | | 2:10 | | |
| 9:00 | | | 11:40 | | | 2:20 | | |
| 9:10 | | | 11:50 | | | 2:30 | | |
| 9:20 | | | 12:00 | | | 2:40 | | |
| 9:30 | | | 12:10 | | | 2:50 | | |
| 9:40 | | | 12:20 | | | 3:00 | | |
| 9:50 | | | 12:30 | | | 3:10 | | |
| 10:00 | | | 12:40 | | | 3:20 | | |
| 10:10 | | | 12:50 | | | 3:30 | | |
| 10:20 | | | 1:00 | | | 3:40 | | |

Number of + _____ out of _____ intervals = _____ % of intervals.

# Time Sampling Recording Form
## 30 Minute Intervals Over a Month

Student's Name: _____ Teacher: _____ Date: _____

Procedures: Highlight the "type" of interval time sampling method to be used (whole, partial or momentary) and mark (+) if the problem behavior is exhibited within the corresponding time interval.  At the end of each day, calculate the percentage of intervals in which the problem behavior occurred.

Description of Problem Behavior (specific, observable, measurable): _____

_____

| Type of Time Interval Sampling | | |
|---|---|---|
| **Whole + = Behavior is  continuous** | **Partial + = Behavior occurs even once** | **Momentary + = Behavior occurs at end** |

| Interval | | W1 | W1 | W1 | W1 | W1 | W2 | W2 | W2 | W2 | W2 | W3 | W3 | W3 | W3 | W3 | W4 | W4 | W4 | W4 | W4 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Date> | | | | | | | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | | | | | | | | | | | |
| 1:30 | | | | | | | | | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | | | | | | | | | |
| Total Intervals | | | | | | | | | | | | | | | | | | | | | |
| % | | | | | | | | | | | | | | | | | | | | | |

Number of + _____ out of _____ intervals = _____ % of intervals.