Momentary Sample Recording Form

Target Person's Name: _____

Person completing this form: _____

Location: _____ **Date(s):** _____

Procedures:

* Write down the behavior that you will be looking for and its definition
* Write down how long you will be observing every time that you observe: Total Observation Time
* Divide the total observation time into same length intervals (here we included 10 intervals); write down the length of each interval
  - All intervals need to be the same length: Intervals can be from a few seconds long to a few minutes long

  Note: Total observation time and length of intervals need to be the same each time that you observe
* Enter the date and time of your observation
* Make sure that you have your timing instrument available prior to beginning your observation
* Keep an eye on your timing instrument to keep track of the time intervals
* **At the end of each time interval**:
  - Look and see if the behavior is occurring at that particular moment – Not before, not after
  - If the behavior is occurring at that moment, place checkmark (√) for that interval
  - If the behavior is not occurring at that moment, place an X for that interval
* At the end of your observation time, total the number of checkmarks **(This is what you graph)**

Behavior Definition (in specific, observable, measurable terms):

_____

_____

Total Observation Time: _____ **Length of each interval:** _____

Date: / Time:	Interval #										Total times behavior occurred (√)
	1	2	3	4	5	6	7	8	9	10	
√ or X											

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	1	2	3	4	5	6	7	8	9	10	
√ or X											

Date: / Time:	Interval #										Total times behavior occurred (√)
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