**Albany City School District**

**Momentary Time Sampling (20 minutes; 2 minute intervals)**

**Student Name:** **Grade:**

**Teacher:       School:**

**Target Behavior (Define behavior is specific, observable, and measurable terms):**

**Instructions:**

* Define the target behavior you will be measuring-
* Have your timing instrument ready to begin the observation
* When the timing instrument “alarms,” record if the student is engaging in the target behavior at that moment.
* If the behavior is occurring at that moment, put a “✓” in the appropriate interval. If the behavior is not occurring at that moment, put an “X” in the appropriate interval.
* When you have completed the entire 20-minute observation, count how many instances you have marked an “✓” Divide this number by 10. The number that you will get is the percentage of time that the target behavior occurred during the 20 minutes.
* Use a graph to display your results

**Date:            Observer:**

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