

Duration Recording Sheet

Measure how long a behavior lasts each time it occurs

classroompulse.io

Student & Observation Details

Student: _____

Observer: _____

Date: _____

Setting/Activity: _____

Target Behavior Definition

Recording Directions

How to Use This Sheet

Start your timer when the behavior begins. Stop timing only when the behavior fully ends. Record each occurrence separately, then calculate total and average duration for the session.

Duration Log

Occurrence	Start	End	Duration	Context / Notes
1				
2				
3				
4				
5				
6				
7				
8				

Summary

Total duration: _____

Average duration: _____

Longest occurrence: _____

Shortest occurrence: _____

What changed when duration was longest?

Spot Escalation Earlier

Classroom Pulse makes duration tracking fast on mobile and highlights whether episodes are getting longer, shorter, or more predictable.

classroompulse.io/signup