NASA Task Load Index

Hart and Staveland's NASA Task Load Index (TLX) method assesses work load on five 7-point scales. Increments of high, medium and low estimates for each point result in 21 gradations on the scales.

Name	Task		Date	
Brandon Pun	Task 1		06/12/2017	
Mental Demand How mentally demanding was the task?				
Very Low			Ve	ry High
Physical Demand How physically demanding was the task?				
	111	1 1 1		1 1
Very Low			Ve	ry High
Temporal Demand	How burried	or nishod was	the page of the	n task?
Temporal Demand How hurried or rushed was the pace of the task?				
Very Low			Ve	ery High
Performance How successful were you in accomplishing what you were asked to do?				
	111	1 1 1		
Perfect				Failure
Effort How hard did you have to work to accomplish your level of performance?				
Very Low			Ve	ry High
Frustration How insecure, discouraged, irritated, stressed, and annoyed wereyou?				
	111			
Very Low			Ve	ry High