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.

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Name	Task					Date								
Alan Wei	Task 2						06/12/2017							
Mental Demand	How mentally dem							nanding was the task?						
Very Low						<u></u>		L	L	V	егу	 Hig	ļh	
Physical Demand How physically demanding was the task?														
	Ш									L	L	L	1	
Very Low										Ve	егу	Hig	h	
Temporal Demand	How hu	urried	or n	ushe	ed v	vas	the	pa	ce o	of th	ie ta	ask	?	
										<u>L</u>			Ţ	
Very Low										V	ery	Hig	ļħ	
Performance How successful were you in accomplishing what you were asked to do?														
	1 1	1			l	l	I	ı	ı	ı	ı	ı	ı	
Perfect								_			Fa	ilur	9	
	How hard did you have to work to accomplish your level of performance?													
	1 1	1				l	I	I	ı	I	I	ı	ı	
Very Low								_	_	Ve	ery	Hig	h	
	Frustration How insecure, discouraged, irritated, stressed, and annoyed wereyou?													
		1				l	I	ı	ı	ı	ı	ı	ı	
Very Low								_		V	егу	Hig	h	