

NASA Task Load Index

Name Klaudia	Task Hard	Date 18/04/2024
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Mental Demand

How mentally demanding was the task?

X

X

Very Low
Very High

Physical Demand

How physically demanding was the task?

X

Very Low
Very High

Temporal Demand

How hurried or rushed was the pace of the task?

X

Very Low
Very High

Performance

How successful were you in accomplishing what you were asked to do?

X

Perfect
Failure

Effort

How hard did you have to work to accomplish your level of performance?

X

Very Low
Very High

Frustration

How insecure, discouraged, irritated, stressed, and annoyed were you?

X

Very Low
Very High