

## NASA Task Load Index

Name	Task	Date
------	------	------

Mental Demand                      How mentally demanding was the task?

Very Low                      Very High

Physical Demand                      How physically demanding was the task?

Very Low                      Very High

Temporal Demand                      How hurried or rushed was the pace of the task?

Very Low                      Very High

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

Perfect                      Failure

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

Very Low                      Very High

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

Very Low                      Very High