

NASA Task Load Index

Name	Task	Date
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Mental Demand How mentally demanding was the task?

0

100

Very Low

Very High

50

Physical Demand How physically demanding was the task?

0

100

Very Low

Very High

50

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

0

100

Very Low

Very High

50

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

100

0

Perfect

Failure

50

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

0

100

Very Low

Very High

50

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

0

100

Very Low

Very High

50