

## NASA Task Load Index

Name	Task	Date
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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

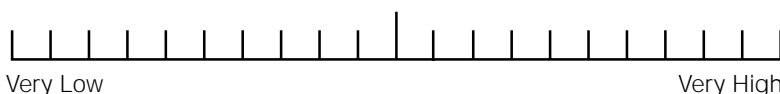
How insecure, discouraged, irritated, stressed, and annoyed were you?

Very Low
Very High

Name	Task	Date
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Mental Demand

How mentally demanding was the task?



## Physical Demand

How physically demanding was the task?



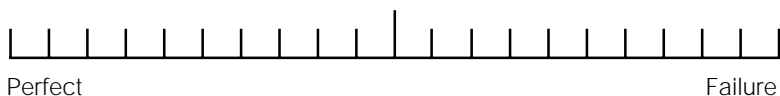
## Temporal Demand

How hurried or rushed was the pace of the task?



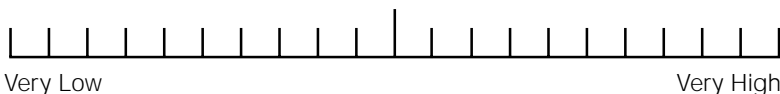
## Performance

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



Effort

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



## Frustration

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

