## 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.

Name	Task					1	Date					
Mental Demand	VS.	How	men	tally	de	mar	ndir	ıg w	/as	the	tas	k?
Very Low			-				1		ST.	Very	J y Hi	gh
Physical Demand	How ph	ıysica	lly de	mar	ndin	g w	as I	the	tasi	k?		
Very Low	111			I	ſ	ſ	Ĩ	Ĭ	Ī	Very	   Hi	 gh
Temporal Demand	How hu	rried	or rus	hed	wa	s th	e p	ace	of	the	tas	?
Very Low				1	1	1	1	1	1	Ver	J y Hi	igh
Performance	How su					in a	3CC(	omp	olist	ning	wh	at
Perfect			-1	k	4.	1	1	d		F	ailu	re
Effort	How ha						rk to	o a	ccc	mpi	lish	
	FF	13	I	f	Ĩ	Ĩ	Ĩ	Ĩ	Ĭ	Ĩ	Î	1
Very Low										Very	/ Hi	gh
Frustration	How in: and an					ed, i	irrita	ated	, st	ress	sed,	
Very Low					4.	1	1	d	4	Ven	y Hi	gh

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Name	Tasi	k.					D	ate				
Mental Demand	7.6		How	men	tally	der	mar	ndin	g w	as	the	task?
Very Low				1	1			1	1	1	Very	 y High
Physical Demand	How	phy	sicall	y dei	man	din	g w	as t	he i	tas	?	
Very Low	1 [	Ö		ß	ľ	ſ	ſ	Ĭ	Ť	L	Very	   High
Temporal Demand	How	hun	ried o	r rus	hed	wa	s th	e p	ace	of	the	task?
Very Low			П	_		I		1		1	Ver	y High
Performance			cessi aske				in a	CCC	omp	list	ing	what
Perfect	22 22					1	1	4	d		F	ailure
Effort			d did					rk to	a	000	mpi	lish
L L L L L L Very Low		1		ľ	ſ	Ĭ	Ĩ	Ĭ	Ĭ	1	Very	   High
Frustration			ecure, oyed				d, i	rrita	ted	, st	ress	ed,
	L	Į.		L	I	1	Į.	1	4	1	1	

VVr	nat did you like a	about the MAD	-GUI?	
Wł	nat did you <b>not</b> l	ike about the N	//AD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	MAD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	MAD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	MAD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	//AD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	MAD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	MAD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	/AD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	MAD-GUI?	
Wh	nat did you <b>not</b> l	ike about the N	MAD-GUI?	