NASA Task Load Index

Student ID	
Oldaciil ID	

Mental Demand 0 5 10 15 20 25 30 L		v mentally demand 60 55 60 65 70 7	ling was the task? 5 80 85 90 95 100 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 success you were ask	sful were you in ac ked to do?	complishing what		
Perfect			Failure		
Effort How hard did you have to work to accomplish your level of performance?					
Very Low			Very High		
Frustration	How insecure and annoyed	e, discouraged, irr I wereyou?	itated, stressed,		
Very Low			Very High		