

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