Figure 8.6

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 Sophie Pymm(Noah)	Task Workout Progress and Al recommendation	Date March 11, 2025
Mental Demand	l How mentally den	l nanding was the task?
Very Low		Very High
Physical Demand	How physically demanding	y was the task?
Very Low		Very High
Temporal Demand	How hurried or rushed was	the pace of the task?
L✓		Very High
Performance How successful were you in accomplishing what you were asked to do?		
Perfect		Failure
	How hard did you have to your level of performance?	
Very Low		Very High
Frustration How insecure, discouraged, irritated, stressed, and annoyed wereyou?		
Very Low		Very High