

NASA Task Load Index

Name Sophie Pymm(Noah)	Task Workout Progress and AI recommendation	Date March 11, 2025
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Mental Demand

How mentally demanding was the task?

✓

Very High

Very Low

Physical Demand

How physically demanding was the task?

✓

Very High

Very Low

Temporal Demand

How hurried or rushed was the pace of the task?

✓

Very High

Very Low

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 High

Very Low

Frustration

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

✓

Very High

Very Low