Name					Tas	Task							Date							
	Men	tal D	eman	d																
	How	men	tally	dema	nding	g was	the t	he task? Was the task easy or dema						anding, simple or complex?						
	Very	Low		•		•	•	•		•	•	•	•	•	,	,			Very	High
·-	Physi	Physical Demand																		
	How	phys	ically	dema	andin	ig wa	s the	task?	Was	the t	task e	asy o	r den	nand	ing, s	lack o	or stre	enuoi	us?	
	Very	Low																	Very	High
	T	Temporal Demand																		
3.		Temporal Demand How much time pressure did you feel due to the pace at which the tasks or task elements occurred?															rrod?			
				r rush						•	Jace	at wii	iicii ti	ie ta	3K3 U	lask	CICII	ients	occu	iieu:
					 		- pac 			3K: 	I									
	Verv	low				<u> </u>	<u> </u>	<u> </u>		<u> </u>									Verv	l High
	Very Low														,	6				
4.	Perfo	rma	nce																	
	How	succ	essfu	l were	e you	in pe	erforn	ning t	he ta	ısk? F	low s	atisfi	ed we	ere yo	ou wi	th yo	ur pei	rform	ance	?
	Very	Low	•	•		•	•	•			_			•					Very	High
5.	Effor	t																		
	How	hard	did y	ou ha	eve to	wor	k (me	entall	y and	phys	ically ■) to a	iccom	plish	your	leve	of pe	erforr	manc	e?
	Very	Low																	Very	High
	5			1																
		rustration Level																		
	How irritated, stressed, and annoyed versus content, relaxed, and complacent did you feel of														aurir	ig the				
	task?	l				ĺ	ĺ	ĺ		ĺ	I									
	Verv	Low															1		Very	High
	Very Low														very	8				
7.	Whic	h me	thod	do y	ou lik	e the	most	-? (AF	F CB	For	ΔPF-h	ased	CBE)							
				/	- -	50		,, .,	., 05	. 5. /		2000	,							
	Anytl	hing	else v	/ou'd	like t	o sha	re?													