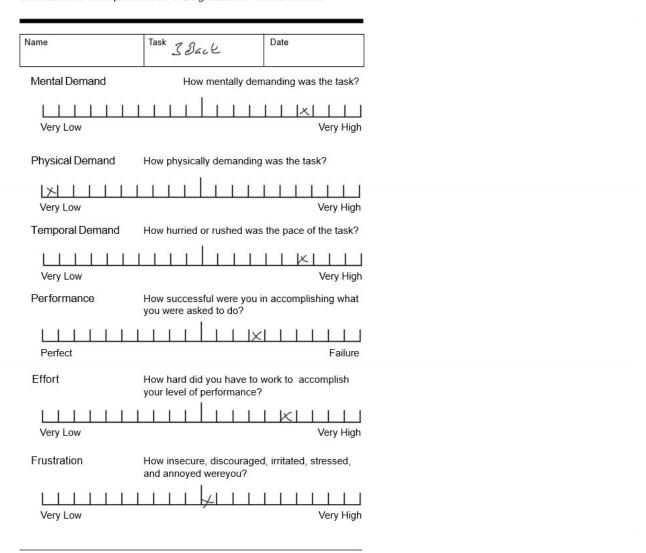
# NASA Task Load Index

7		
Name	Task 2 Bade	Date
Mental Demand	How mentally der	manding was the task?
Very Low		Very High
Physical Demand	How physically demanding	g was the task?
X Very Low		Very High
Temporal Demand	How hurried or rushed was	s the pace of the task?
Very Low		X
Performance	How successful were you you were asked to do?	in accomplishing what
Perfect		Failure
Effort	How hard did you have to your level of performance?	
Very Low		Very High
Frustration	How insecure, discourage and annoyed wereyou?	d, irritated, stressed,
L		Very High

## NASA Task Load Index



# NASA Task Load Index

7		
Name	Task 4 Pack	Date
Mental Demand	How mentally den	nanding 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 i you were asked to do?	in accomplishing what
Perfect		Failure
Effort	How hard did you have to your level of performance?	
Very Low		
Frustration	How insecure, discouraged and annoyed wereyou?	d, irritated, stressed,
Very Low		Very High

## NASA Task Load Index

