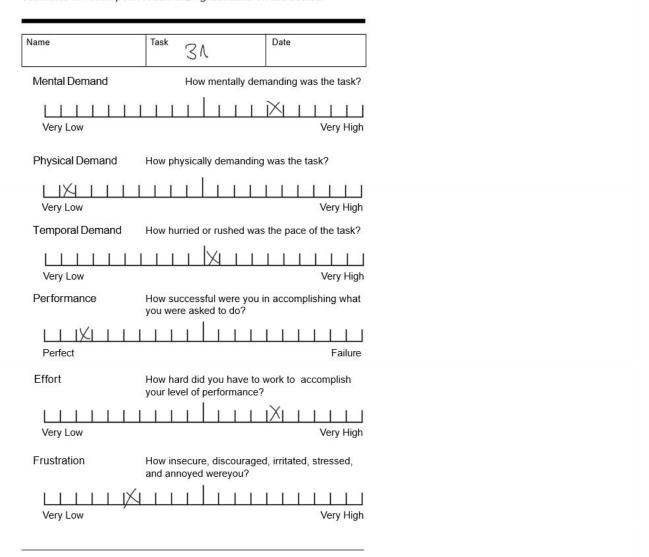
NASA Task Load Index

| Name | Task 20 | Date |
|-----------------|---|-------------------------|
| Mental Demand | How mentally dem | 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 in you were asked to do? | n accomplishing what |
| Perfect | | Failure |
| Effort | How hard did you have to v your level of performance? | work to accomplish |
| Very Low | | Very High |
| Frustration | How insecure, discouraged and annoyed wereyou? | d, irritated, stressed, |
| Very Low | KII III | Very High |

NASA Task Load Index



NASA Task Load Index

| Name | Task Byck | Date |
|-----------------|--|-------------------------|
| Mental Demand | How mentally dem | 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 | <u> </u> | Very High |
| Performance | How successful were you in you were asked to do? | n accomplishing what |
| Perfect | | Failure |
| Effort | How hard did you have to vyour level of performance? | |
| Very Low | | Very High |
| Frustration | How insecure, discouraged and annoyed wereyou? | d, irritated, stressed, |
| Very Low | | Very High |

NASA Task Load Index

