

# RCHS Physical Education

## Map My Run App Makeup Assignment

### Safety Tips:

- Do not complete this assignment when it's dark outside
- Stay on sidewalks
- Use crosswalks
- Stay hydrated
- Don't talk to strangers

1. Download App "Map My Run" (FREE)
2. Sign-up with Facebook OR Sign-up as new user
3. Start Workout
4. Pause Workout after ***at least 30 minutes***
5. Slide to finish
6. Save workout
7. Show Mr. Hotaling your saved workout to receive credit