**Tasks:** Perform a cardiovascular activity for the specified amount of distance indicated with the coordinating point value.

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| **Task:** | **Distance:** | **Point Value:** |
| Cardio 10 | At least 2,000 steps (0.8-0.9 mile) | 10 |
| Cardio 15 | At least 3,000 steps (1.2-1.3 miles) | 15 |
| Cardio 25 | At least 4,000 steps (1.6-1.8 miles) | 25 |
| Cardo 50 | At least 5,000 steps (2-2.2 miles) | 50 |

How will your teacher know you are completing the videos?

* Record yourself using your chromebook/tablet/ phone etc.
* (You can timelapse the video)
* Screen capture (share a picture of your phone pedometer)
* If you use equipment (elliptical, treadmill, etc.) - A picture of your distance on the machine will not be accepted. Video will be required.

Free step app recommendations: (not required to use)

* Step Counter
* Map my Run
* Pedometer for Walking