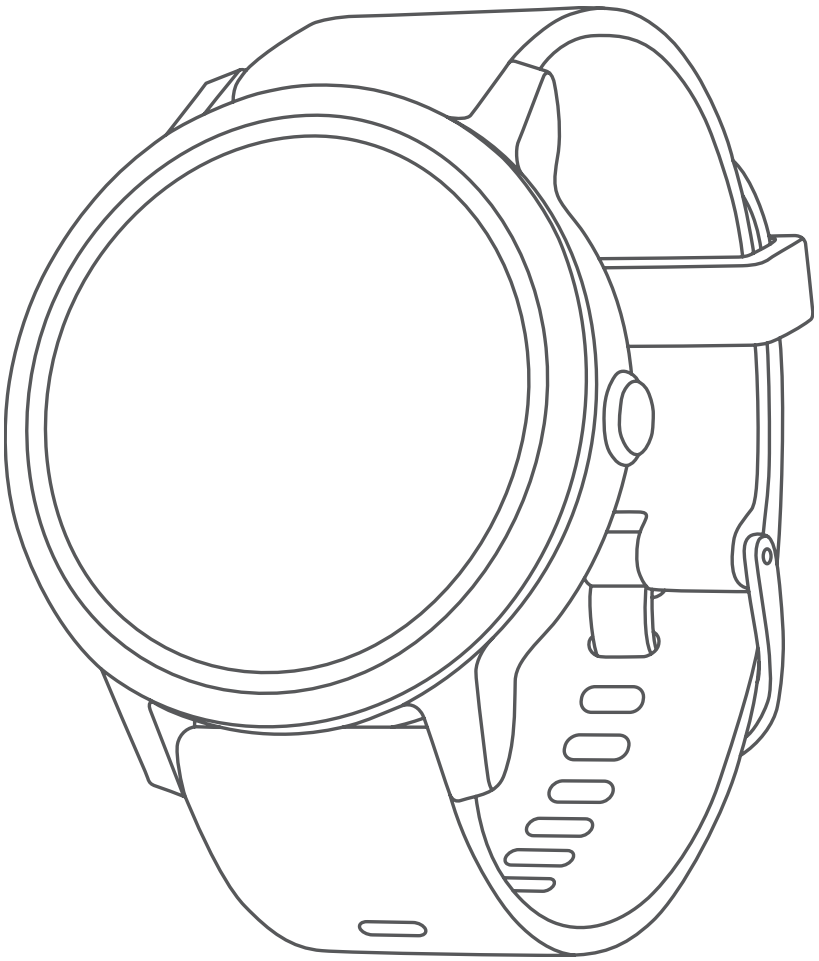
GARMIN



VÍVOACTIVE 3 Element

Owner’s Manual

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M/N: A03190

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Introduction

⚠WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Device Overview



① **Touchscreen:** Swipe up or down to scroll through widgets, features, and menus.

Tap to select.

Swipe right to go back to the previous screen.

During an activity, swipe right to view the watch face and widgets.

Hold to view a menu of device settings and options for the current screen.

② **Key:** Hold to turn on the device.

Hold to view the controls menu, including device power.

Press to return to the watch face from any screen, except during an activity.

During activities, press to pause the activity.

Touchscreen Tips

- Hold your finger on the touchscreen to view an options menu.
- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Tap to select a button, a list item, or a menu item.
- From the watch face, swipe up or down to scroll through the widgets on the device.
- From a widget, tap view additional widget screens, if available.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch face and widgets, and swipe left to return to the activity data fields.
- Perform each menu selection as a separate action.

Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

1. Hold the key.
2. Select 🔒.

   The touchscreen locks and does not respond to touches until you unlock it.
3. Hold the key to unlock the touchscreen.

Using the Controls Menu

The controls menu contains customizable shortcuts, such as turning on do not disturb mode, locking the touchscreen, and turning the device off.

NOTE: You can add, reorder, and remove the shortcuts in the controls menu (*Customizing the Controls Menu, page 13*).

1. From any screen, hold the key.



2. Select an option.

Icons

A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

GPS	GPS status
	Smartphone connection status
	Heart rate monitor status
	Foot pod status
	LiveTrack status
	Speed and cadence sensor status
	Varia bike light status
	Varia bike radar status
	tempe sensor status
VIRB	VIRB camera status
	vívoactive 3 Element alarm status

Smart Features

Pairing Your Smartphone

To use the connected features of the vívoactive 3

Element device, it must be paired directly through the Garmin Connect Mobile app, instead of from the Bluetooth settings on your smartphone.

1. From the app store on your smartphone, install and open the Garmin Connect Mobile app.
2. Select an option to enable pairing mode on your device:
   - If this is the first time you are setting up your device, hold the key to turn on the device.
   - If you previously skipped the pairing process or paired your device with a different smartphone, hold the touchscreen, and select **Settings** > **Phone** > **Pair Phone** to manually enter pairing mode.
3. Select an option to add your device to your Garmin Connect account:
   - If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
   - If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

Connected Features

Connected features are available for your vívoactive 3 Element device when you connect the device to a compatible smartphone using Bluetooth wireless technology. Some features require you to install the Garmin Connect Mobile app on the connected smartphone. Go to *Garmin.com.sg/products/apps* for more information.

Phone notifications: Displays phone notifications and messages on your vívoactive 3 Element device.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

Activity uploads to Garmin Connect: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

Connect IQ: Allows you to extend your device features with new watch faces, widgets, apps, and data fields.

Software Updates: Allows you to update your device software.

Weather: Allows you to view current weather conditions and weather forecasts.

Bluetooth sensors: Allows you to connect Bluetooth compatible sensors, such as a heart rate monitor.

Find my phone: Locates your lost smartphone that is paired with your vívoactive 3 Element device and currently within range.

Find my watch: Locates your lost vívoactive 3 Element device that is paired with your smarphone and currently within range.

Phone Notifications

Phone notifications require a compatible smartphone to be paired with the vívoactive 3 Element device. When your phone receives messages, it sends notifications to your device.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the vívoactive 3 Element device with a compatible mobile device (*Pairing Your Smartphone, page 1*).

1. Hold the touchscreen.
2. Select **Settings** > **Phone** > **Smart Notifications**.
3. Select **During Activity** to set preferences for notifications that appear when recording an activity.
4. Select a notification preference.
5. Select **Not During Activity** to set preferences for notifications that appear when in watch mode.
6. Select a notification preference.
7. Select **Timeout**.
8. Select a timeout duration.

Viewing Notifications

1. From the watch face, swipe to view the notifications widget.
2. Select a notification.
3. Scroll to read the full notification.
4. Select an option:
   - To act on the notification, select an action, such as **Dismiss** or **Reply**.
     The available actions depend on the type of notification and your phone operating system.
   - To return to the notification list, swipe right.

Replying to a Text Message

NOTE: This feature is available only for smartphones with Android.

When you receive a text message notification on your vívoactive 3 Element device, you can send a quick reply by selecting from a list of messages.

NOTE: This feature sends text messages using your phone. Regular text message limits and charges may apply. Contact your mobile carrier for more information.

1. Swipe to view the notifications widget.
2. Select a text message notification.
3. Select **Reply**.
4. Select a message from the list.

   Your phone sends the selected message as a text message.

Receiving an Incoming Phone Call

When you receive a phone call on your connected smartphone, the vívoactive 3 Element device displays

the name or phone number of the caller. You can accept or decline the call. If your device is connected to a smartphone with Android, you can also decline with a text message by selecting from a list of messages on your vívoactive 3 Element device.

- To accept the call, select .
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your vívoactive 3 Element device.

Select an option:

- If you are using an Apple® smartphone, use the notification center settings on your smartphone to select the items to show on the device.
- If you are using a smartphone with Android, from the Garmin Connect Mobile app, select **Settings** > **Smart Notifications**.

Turning Off the Bluetooth Smartphone Connection

1. Hold the key to view the controls menu.
2. Select to turn off the Bluetooth smartphone connection on your vívoactive 3 Element device.

   Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the backlight for alerts and notifications. For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold the key, and select .
- To automatically turn on do not disturb mode during your sleep hours, go to the device settings in the Garmin Connect Mobile app, and select **Notifications and Alerts** > **Do Not Disturb** > **During Sleep**.

Finding Your Phone

You can use this feature to help locate a lost smartphone that is paired using Bluetooth wireless technology and currently within range.

1. Hold the key.
2. Select .

   Signal strength bars appear on the vívoactive 3 Element screen, and an audible alert sounds on your smartphone. The bars increase as you move closer to your smartphone.
3. Press the key to stop searching.

Connect IQ Features

You can add Connect IQ features to your watch from Garmin and other providers using the Garmin Connect Mobile app. You can customize your device with watch faces, data fields, widgets, and apps.

Watch Faces: Allow you to customize the appearance of the clock.

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Widgets: Provide information at a glance, including sensor data and notifications.

Apps: Add interactive features to your watch, such as new outdoor and fitness activity types.

Downloading Connect IQ Features

Before you can download Connect IQ features from the Garmin Connect Mobile app, you must pair your vívoactive 3 Element device with your smartphone. (*Pairing Your Smartphone, page 1*).

1. From the settings in the Garmin Connect Mobile app, select **Connect IQ Store**.
2. If necessary, select your device.
3. Select a Connect IQ feature.
4. Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

1. Connect the device to your computer using a USB cable.
2. Go to *garminconnect.com* and sign in.
3. Select a Connect IQ feature, and download it.
4. Follow the on-screen instructions.

Heart Rate Features

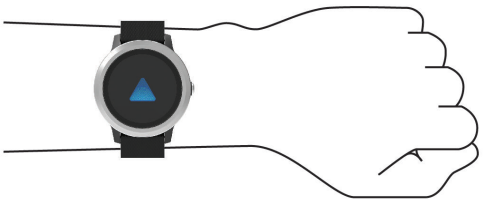
The vívoactive 3 Element device has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate widget. If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.

Wrist-based Heart Rate

Wearing the Device and Heart Rate

- Wear the vívoactive 3 Element device above your wrist bone.

  NOTE: The device should be snug but comfortable, and it should not move while running or exercising.



NOTE: The heart rate sensor is located on the back of the device.

- See *Tips for Erratic Heart Rate Data, page 4* for more information about wrist-based heart rate.
- For more information about the accuracy of wrist-based heart rate, go to *Garmin.com.sg/legal/atdisclaimer*.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

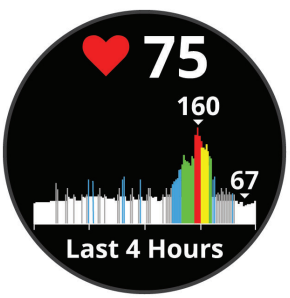
- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate. The graph shows your recent heart rate activity, high and low heart rate, and color-coded bars to indicate the time spent in each heart rate zone (*About Heart Rate Zones, page 4*).

1. From the watch face, swipe to view the heart rate widget.



2. Tap the touchscreen to view your average resting heart rate (RHR) values for the last 7 days.

Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your vívoactive 3 Element device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge device while cycling, or to a VIRB action camera during an activity.

NOTE: Broadcasting heart rate data decreases battery life.

1. Hold the touchscreen.
2. Select **Settings** > **Sensors & Accessories** > **Heart Rate**.
3. Select an option:
   - Select **Broadcast In Activity** to broadcast heart rate data during timed activities (*Starting an Activity, page 8*).
   - Select **Broadcast** to start broadcasting heart rate data now.
4. Pair your vívoactive 3 Element device with your Garmin ANT+ compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

Turning Off the Wrist Heart Rate Monitor

For the vívoactive 3 Element, the default value for the Heart Rate setting is Auto. The device automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the device.

1. Hold the touchscreen.
2. Select **Settings** > **Sensors & Accessories** > **Heart Rate** > **Off**.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your default heart rate zones. The device has separate heart rate zones for running and cycling. For the most accurate calorie data during your activity, you should set your maximum heart rate. You can also set each heart rate zone. You can manually adjust your zones on the device or using your Garmin Connect account.

1. Hold the touchscreen.
2. Select **Settings** > **User Profile** > **Heart Rate Zones**.
3. Select **Default** to view the default values (optional).

   The default values can be applied to running and cycling.

4. Select **Running** or **Cycling**.
5. Select **Preference** > **Set Custom**.
6. Select **Max. HR**, and enter your maximum heart rate.
7. Select a zone, and enter a value for each zone.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves.

On the device, your VO2 max. estimate appears as a number, description, and level on the gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise, your fitness age can decrease over time.

VO2 max. data and analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings, page 22*), and go to *www.CooperInstitute.org*.

Getting Your VO2 Max. Estimate

The device requires heart rate data and a timed 15 minute brisk walk or run to display your VO2 max. estimate.

1. Hold the touchscreen.
2. Select **My Stats** > **VO2 Max**.

   If you have already recorded a 15 minute brisk walk or run outdoors, your VO2 max. estimate may appear. The device displays the date your VO2 max. estimate was last updated. The device updates your VO2 max. estimate each time you complete an outdoor walk or run of 15 minutes or longer. You can manually start a VO2 max. test to get an updated estimate.
3. To start a VO2 max. test, swipe up, and select **Test Now**.
4. Follow the on-screen instructions to get your VO2 max. estimate.

   The VO2 max. test takes about 15 minutes. A message appears when the test is complete.

Activity Tracking

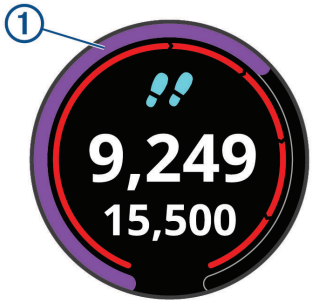
The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

The number of steps taken during the day appears on the steps widget. The step count is updated periodically.

For more information about activity tracking and fitness metric accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.



If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also vibrates if vibration is turned on (*System Settings, page 15*).

Go for a short walk (at least a couple of minutes) to reset the move alert.

Sleep Tracking

While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode, page 3*).

Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your vívoactive 3 Element device calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.
- Wear your device all day and night for the most accurate resting heart rate.

Garmin Move IQ

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect Mobile app. These activities are added to your activities list.

Activity Tracking Settings

Hold **the touchscreen**, and select **Settings** > **Activity Tracking**.

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also vibrates to alert you.

Goal Alerts: Allows you to turn on and off goal alerts, or turn them off only during activities. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Intensity Minutes: Allows you to set a heart rate zone for moderate intensity minutes and a higher heart rate zone for vigorous intensity minutes. You can also use the default algorithm.

Auto Activity Start: Allows you to turn on and off Auto Activity Start to create and save timed activities automatically.

Move IQ: Allows you to turn on and off Move IQ

Turning Off Activity Tracking

When you turn off activity tracking, your steps, floors climbed, intensity minutes, sleep tracking, and Move IQ events are not recorded.

1. Hold the touchscreen.
2. Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Widgets

Your device comes preloaded with widgets that provide at-a- glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Some widgets are not visible by default. You can add them to the widget loop manually.

Calendar: Displays upcoming meetings from your smartphone calendar.

Music controls: Provides music player controls for your smartphone.

Weather: Displays the current temperature and weather forecast.

My day: Displays a dynamic summary of your activity today. The metrics include your last recorded activity, intensity minutes, floors climbed, steps, calories burned, and more.

Steps: Tracks your daily step count, step goal, and distance traveled.

Intensity minutes: Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

Heart rate: Displays your current heart rate in beats per minute (bpm) and a graph of your heart rate.

Last sport: Displays a brief summary of your last recorded sport and your total distance for the week.

VIRB controls: Provides camera controls when you have a VIRB device paired with your vívoactive 3 Element device.

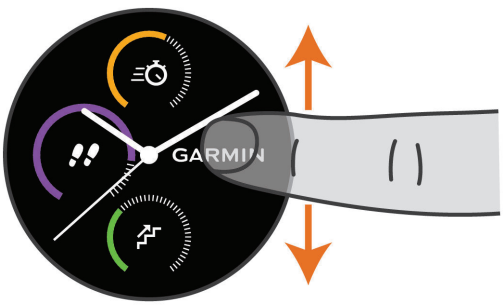
Calories: Displays your calorie information for the current day.

Floors climbed: Tracks your floors climbed and progress toward your goal.

Stress: Displays your stress level and provides a breathing activity to help you relax.

Viewing Widgets

From the watch face, swipe up or down.



Customizing the Widget Loop

1. Hold the touchscreen.
2. Select **Settings** > **Widgets**.
3. Select an option:
   - Select an item to show or hide it from the app list or rearrange the app list.
   - Select **Add** to add an item to the widget loop.

About My Day

The My Day widget is a daily snapshot of your activity. This is a dynamic summary that updates throughout the day. As soon as you climb a flight of stairs or record an activity, it appears in the widget. The metrics include your last recorded sport, intensity minutes for the week, floors climbed, steps, calories burned, and more. You can tap the touchscreen for an option to improve accuracy or to view additional metrics.

Viewing the Weather Widget

1. From the watch face, swipe to view the weather widget.
2. Tap the touchscreen to view hourly and daily weather data.
3. Scroll down to view daily weather data.

Heart Rate Variability and Stress Level

Your device analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the device while sleeping.

You can sync your device with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

Using the Stress Level Widget

The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax.

1. While you are sitting or inactive, swipe to view the stress level widget.

   TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.
2. Tap the touchscreen to view a graph of your stress level for the last four hours.

   Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.
3. To start a breathing activity, swipe up, select **Yes**, and enter a duration for the breathing activity in minutes.

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. Go to *Garmin.com.sg/products/intosports/?cat=cameras* to purchase a VIRB action camera.

Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the VIRB Series Owner's Manual for more information. You must also set the VIRB widget to be shown in the widget loop (*Customizing the Widget Loop, page 7*).

1. Turn on your VIRB camera.
2. On your vívoactive 3 Element device, swipe to view the VIRB widget.

3 Wait while the device connects to your VIRB camera.
4 Select an option:
- To record video, tap the touchscreen. The video counter appears on the vívoactive 3 Element screen.
- To stop recording video, tap the touchscreen.
- To take a photo, swipe right, and tap the touchscreen.

Music Controls

The music control widget allows you to control music on your smartphone using your vívoactive 3 Element device. The widget controls the currently active or most recently active media player app on your smartphone. If no media player is active, the widget does not display track information, and you must start playback from your phone.

Controlling Music Playback

1 On your smartphone, start playing a song or playlist.
2 On your vívoactive 3 Element device, swipe to view the music control widget.

The progress bar ① indicates the progress through the current track.



3 Select an option:
- To skip to the next or previous track, select ▶▶ or ◀◀.
- To pause or resume playback, select ❚❚ or ▶.
- To increase or decrease the volume, select •••, and select ✚ or ▬.
- To shuffle the tracks in your playlist, select ••• > ⤮.
- To change the repeat mode, select ••• > ↺.

Apps and Activities

Your device includes a variety of preloaded apps and activities, and you can add more from the Connect IQ store .

Apps: Apps provide interactive features for your device, such as navigating to saved locations.

Activities: Your device comes preloaded with indoor and outdoor activity apps, including running, cycling, yoga, and more. When you start an activity, the device displays and records sensor data, which you can save and share with the Garmin Connect community.

For more information about activity tracking and fitness metric accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

Connect IQ Apps: You can add features to your watch by installing apps from the Connect IQ store (*Connect IQ Features, page 3*).

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1 Press the key.
2 If this is the first time you have started an activity, select the checkbox next to each activity to add to your favorites, and select **Done**.
3 Select an option:
- Select an activity from your favorites.
- Select , and select an activity from the extended activity list.

4 If the activity requires GPS signals, go outside to an area with a clear view of the sky.

TIP: If GPS appears on a gray background, the activity does not require GPS signals.

5 Wait until **Ready** appears on the screen.

The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).

6 Press the key to start the activity timer.

The device records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device, page 18*).
- Swipe up or down to view additional data pages.

Stopping an Activity

1 Press the key.
2 Select an option:
- For an interval activity, wait for the **Rest** screen to appear, and select **Stop** > **Done**.
- For other activities, select **Done**.

3 Select an option:
- To save the activity, select .
- To discard the activity, select .

Adding a Custom Activity

You can create a custom activity and add it to the activity list.

1 Press the key.
2 Select > ✚ > **Create**.
3 Select an activity type.
4 If necessary, edit the activity app settings

(*Activities and App Settings, page 13*).

5 When you are finished editing, select **Done**.

6 Select an option:
- To add the activity to your favorites list, select ✓.
- To add the activity to the extended list, select ✕.

Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press the key from the watch face, and it provides quick access to the activities you use most. The first time you press the key to start an activity, the device prompts you to select your favorite activities. You can add or remove favorite activities at any time.

1 Hold the touchscreen.

2 Select **Settings** > **Activities & Apps**.

Your favorite activities appear at the top of the list with a white background. Other activities appear with a black background.

3 Select an option:
- To add a favorite activity, select the activity, and select **Add Favorite**.
- To remove a favorite activity, select the activity, and select **Remove Favorite**.

Indoor Activities

The vívoactive 3 Element device can be used for training indoors, such as running on an indoor track or using a stationary bike. GPS is turned off for indoor activities.

When running or walking with GPS turned off, speed, distance, and cadence are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed, distance, and cadence data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy. You can use an optional foot pod to record pace, distance, and cadence.

When cycling with GPS turned off, speed and distance are not available unless you have an optional sensor that sends speed and distance data to the device (such as a speed or cadence sensor).

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1 Start a treadmill activity (*Starting an Activity, page 8*), and run at least 1.5 km (1 mi.) on the treadmill.

2 After you complete your run, press the key, and select **Done**.

3 Select an option:
- To calibrate the treadmill distance the first time, select ☑.
  The device prompts you to complete the treadmill calibration.
- To manually calibrate the treadmill distance after the first- time calibration, select ••• > **Calibrate**.

4 Check the treadmill display for the distance traveled, and enter the distance on your device.

Outdoor Activities

The vívoactive 3 Element device comes preloaded with apps for outdoor activities, such as running and biking. GPS is turned on for outdoor activities. You can add apps using default activities, such as cardio.

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your device (*Pairing Your Wireless Sensors, page 17*).

1 Put on your wireless sensors, such as a foot pod or heart rate monitor (optional).

2 Press the key.

3 Select **Run**.

4 When using optional wireless sensors, wait while the device connects to the sensors.

5 Go outside, and wait while the device locates satellites.

6 Press the key to start the activity timer.

The device records activity data only while the activity timer is running.

7 Start your activity.

8 Swipe up or down to scroll through data screens.

9 After you complete your activity, press the key, and select to save the activity.

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your device (*Pairing Your Wireless Sensors, page 17*).

1 Pair your wireless sensors, such as a heart rate monitor, speed sensor, or cadence sensor (optional).

2 Press the key.

3 Select **Bike**.

4 When using optional wireless sensors, wait while the device connects to the sensors.

5 Go outside, and wait while the device locates satellites.

6 Press the key to start the activity timer.

The device records activity data only while the activity timer is running.

7 Start your activity.

8 Swipe up or down to scroll through data screens.

9 After you complete your activity, press the key, and

select to save the activity.

Training

Setting Up Your User Profile

You can update your gender, birth year, height, weight, wrist, and heart rate zone (*Setting Your Heart Rate Zones, page 4*) settings. The device uses this information to calculate accurate training data.

1. Hold the touchscreen.
2. Select **Settings** > **User Profile**.
3. Select an option.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations, page 5*) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Workouts

Your device can guide you through multiple-step workouts that include goals for each workout step, such as distance, time, reps, or other metrics. Your device includes several preloaded workouts for multiple activities, including cardio, running, and biking. You can create and find more workouts and training plans using Garmin Connect and transfer them to your device.

You can create a scheduled training plan using the calendar in Garmin Connect and send the scheduled workouts to your device.

Following a Workout

Your device can guide you through multiple steps in a workout.

1. Press the key.
2. Select an activity.
3. Select **Workouts**.

   NOTE: This option appears only when you have workouts loaded on your device for the selected activity.
4. Select a workout.
5. Press the key to start the activity timer.

   The device briefly displays the goals for the first step of your workout.
6. After you complete the workout step, press the key.

   A summary of the workout step appears. After several seconds, the rest timer and the goals for the next step appear.
7. While resting, swipe down to view notes and additional details about the next workout step (optional).
8. When you are ready to start the next workout step, press the key.
9. Repeat steps 5 through 8 until you complete all of the steps in the workout.

   TIP: If you want to stop the workout early, you can select Stop from the rest timer.

Using Garmin Connect Training Plans

Before you can download and use a training plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 12*).

You can browse Garmin Connect to find a training plan, schedule workouts and courses, and download the plan to your device.

1. Connect the device to your computer.
2. Go to *www.garminconnect.com*.
3. Select and schedule a training plan.
4. Review the training plan in your calendar.
5. Select , and follow the on-screen instructions.

Starting Today's Workout

After you send a training plan to your device, you can quickly start today's scheduled workout for an activity.

1. Press the key.
2. Select an activity.

   If a workout for this activity is scheduled for today, the device shows the workout name and prompts you to start it.
3. Select ✔.
4. Select **View** to view the workout steps, and swipe right when you are finished viewing the steps (optional).
5. Press the key to start the workout.

Viewing Scheduled Workouts

You can view workouts scheduled in your training calendar and start a workout.

1. Press the key.
2. Select an activity.
3. Select **Workouts** > **Training Calendar**.

   Your scheduled workouts appear, sorted by date.
4. Select a workout.

5 Select an option:
   - To view the steps for the workout, select **View**.
   - To start the workout, select **Do Workout**.

Personal Records

When you complete an activity, the device displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances and longest run or ride.

Viewing Your Personal Records

1 Hold the touchscreen.
2 Select **History** > **Records**.
3 Select a sport.
4 Select a record.
5 Select **View Record**.

Restoring a Personal Record

You can set each personal record back to the one previously recorded.

1 Hold the touchscreen.
2 Select **History** > **Records**.
3 Select a sport.
4 Select a record to restore.
5 Select **Previous** > **Yes**.
   NOTE: This does not delete any saved activities.

Clearing a Personal Record

1 Hold the touchscreen.
2 Select **History** > **Records**.
3 Select a sport.
4 Select a record to delete.
5 Select **Clear Record** > **Yes**.
   NOTE: This does not delete any saved activities.

Clearing All Personal Records

1 Hold the touchscreen.
2 Select **History** > **Records**.
   NOTE: This does not delete any saved activities.
3 Select a sport.
4 Select **Clear All Records** > **Yes**.
   The records are deleted for that sport only.

Navigation

You can use the GPS navigation features on your device to save locations, navigate to locations, and find your way home.

Saving Your Location

A location is a point that you record and store in the device. If you want to remember landmarks or return to a certain spot, you can mark a location.

1 Go to the place where you want to mark a location.
2 Press the key.
3 Select **Navigation** > **Save Location**.
   TIP: To quickly mark a location, you can select from the controls menu (*Using the Controls Menu, page 1*).
   After the device acquires GPS signals, the location information appears.
4 Select **Save**.
5 Select an icon.

Deleting a Location

1 Press the key.
2 Select **Navigation** > **Saved Locations**.
3 Select a location.
4 Select **Delete** > **Yes**.

Navigating to a Saved Location

Before you can navigate to a saved location, your device must locate satellites.

1 Press the key.
2 Select **Navigation** > **Saved Locations**.
3 Select a location, and select **Go To**.
   The compass appears.
4 Move forward.
   The compass arrow points toward the saved location.
   TIP: For more accurate navigation, orient the top of the screen toward the direction in which you are moving.
5 Press the key to start the activity timer.

Stopping Navigation

- To stop navigation and continue your activity, hold the touchscreen, and select **Stop Navigation**.
- To stop navigation and end your activity, press the key, and select **Done**.

Compass

The device has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination.

Calibrating the Compass Manually

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

Your device was already calibrated at the factory, and the device uses automatic calibration by default. If you experience irregular compass behavior, for

example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

1. Hold the touchscreen.
2. Select **Settings** > **Sensors & Accessories** > **Compass** > **Calibrate** > **Start**.
3. Follow the on-screen instructions.

   TIP: Move your wrist in a small figure eight motion until a message appears.

History

Your device stores up to 14 days of activity tracking and heart rate monitoring data, and up to seven timed activities. You can view your last seven timed activities on your device. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Using Garmin Connect Mobile, page 12*) (*Using Garmin Connect on Your Computer, page 12*).

When the device memory is full, your oldest data is overwritten.

Using History

1. Hold the touchscreen.
2. Select **History**.
3. Select **Activities**.
4. Select an option to view additional information about the activity.
   - Select **Sets** to view additional information about each Set (if available).
   - Select **Intervals** to view additional information about each Intervals (if available).
   - Select **HR** zone to view additional information about the each zone (if available).
   - Select **Laps** to view additional information about each lap (if available).
   - Select **Delete** to delete the selected activity.

Viewing Your Time in Each Heart Rate Zone

Before you can view heart rate zone data, you must complete an activity with heart rate and save the activity.

Viewing your time in each heart rate zone can help you adjust your training intensity.

1. Hold the touchscreen.
2. Select **History**.
3. Select an activity.
4. Select **HR Zones**.

Garmin Connect

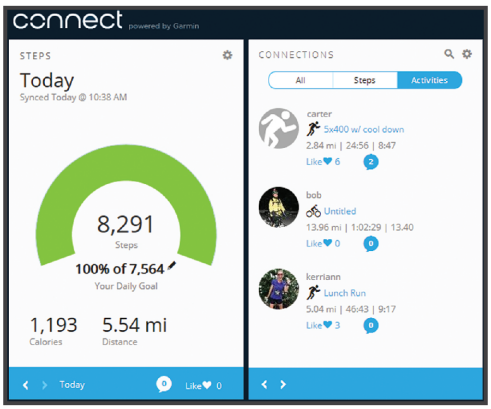
Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, walks, rides and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect Mobile app, or you can go to *garminconnect.com*.

Store your activities: After you complete and save a timed activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your fitness and outdoor activities, including time, distance, heart rate, calories burned, cadence, an overhead map view, and pace and speed charts.

NOTE: To view some data, you mus pair an optional wireless sensor with your device (*Pairing Your Wireless Sensors, page 17*).



Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Manage your settings: You can customize your device and user settings on your Garmin Connect account.

Using Garmin Connect Mobile

After you pair your device with your smartphone (*Pairing Your Smartphone, page 1*), you can use the Garmin Connect Mobile app to upload all of your activity data to your Garmin Connect account.

1. Verify the Garmin Connect Mobile app is running on your smartphone.
2. Bring your device within 10 m (30 ft.) of your smartphone.

   Your device automatically syncs your data with the Garmin Connect Mobile app and your Garmin Connect account.

Using Garmin Connect on Your Computer

The Garmin Express application connects your device to your Garmin Connect account using a computer.

You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from Garmin Connect website to your device. You can also install device software updates and manage your Connect IQ apps.

1. Connect the device to your computer using the USB cable.
2. Go to *Garmin.com.sg/express*.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select **Add Device**.
5. Follow the on-screen instructions.

Customizing Your Device

Changing the Watch Face

You can choose from several preloaded watch faces or use a Connect IQ watch face that is downloaded to your device (*Connect IQ Features, page 3*). You can also customize a preloaded watch face or create a new one (*Creating a Custom Watch Face, page 13*).

1. From the watch face, hold the touchscreen.
2. Select **Watch Face**.
3. Swipe up or down to scroll through the available watch faces.
4. Tap the screen, and select **Apply** to activate the displayed watch face.

Creating a Custom Watch Face

You can customize the style and data fields for the watch face.

1. From the watch face, hold the touchscreen.
2. Select **Watch Face**.
3. Select an option:
   - To customize an existing watch face, select the watch face, and select **Customize**.
   - To create a new watch face, swipe to the bottom of the watch face list, and select **Create New**.
4. Select **Dial**.
5. Swipe up or down to scroll through the analog and digital dials, and tap the screen to select the displayed dial.
6. Swipe left to the **Data** page.

   A green border indicates the customizable data fields for this dial.
7. Select each data field you want to customize, and select the data to display in it.
8. Swipe left, and select **Hands**.

   NOTE: This option is available only for analog dials.
9. Swipe up or down to scroll through the hand styles, and tap the screen to select the displayed hands.
10. Swipe left, and select **Accent**.
11. Select an accent color, and select ✔.
12. Swipe left, and select **Done**.

    The device sets the new watch face as your active watch face.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Using the Controls Menu, page 1*).

1. Hold the key.

   The controls menu appears.
2. Hold the touchscreen.

   The controls menu switches to edit mode.
3. Select the shortcut you want to customize.
4. Select an option:
   - To change the location of the shortcut in the controls menu, select the location where you want it to appear, or drag the shortcut to a new location.
   - To remove the shortcut from the controls menu, select 🗑.
5. If necessary, select ✚ to add a shortcut to the controls menu.

   NOTE: This option is available only after you remove at least one shortcut from the menu.

Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.

Press the key, select an activity, and select Settings.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens, page 14*).

Alerts: Sets the training alerts for the activity (*Alerts, page 14*).

Laps: Sets the options for the Auto Lap® feature (*Marking Laps Using the Auto Lap Feature, page 14*).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed (*Using Auto Pause, page 15*).

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running (*Using Auto Scroll, page 15*).

GPS: Sets the mode for the GPS antenna. Using GLONASS provides increased performance in challenging environments and faster position acquisition. Using the GLONASS option can reduce battery life more than using the GPS option only.

Background: Sets the background color of each

activity to black or white.

Accent Color: Sets the accent color of each activity to help identify which activity is active.

Customizing the Data Screens

You can customize data screens based on your training goals or optional accessories. For example, you can customize one of the data screens to display your lap pace or heart rate zone.

1. Press the key.
2. Select an activity.
3. Select **Settings** > **Data Screens**.
4. Select one or more options:
   - To adjust the style and number of data fields on each data screen, select **Layout**.
   - To customize the fields on a data screen, select the screen, and select **Edit Data Fields**.
   - To show or hide a data screen, select the toggle switch next to the screen.
   - To show or hide the heart rate zone gauge screen, select **HR Zone Gauge**.

Alerts

You can set alerts for each activity, which can help you to train toward specific goals. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you once. The event is a specific value. For example, you can set the device to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the device is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes.
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

Setting an Alert

1. Press the key.

   NOTE: This feature is not available for all activities.
2. Select an activity.
3. Select **Settings** > **Alerts**.
4. Select an option:
   - To add a new alert for the activity, select **Add New**.
   - To edit an existing alert, select the alert name.
5. If necessary, select the type of alert.
6. Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
7. If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value (*Alerts, page 14*). For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Auto Lap

Marking Laps Using the Auto Lap Feature

You can set your device to use the Auto Lap feature to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

1. Press the key.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Select **Settings** > **Laps**.
4. Select an option:
   - To turn the Auto Lap feature on or off, select the toggle switch.
   - To adjust the distance between laps, select **Auto Lap**.

Each time you complete a lap, a message appears that displays the time for that lap. The device also vibrates if vibration is turned on (*System Settings, page 15*).

Turning On the Manual Lap Function

You can mark laps at any time or distance by double tapping the touchscreen during timed activities such as running and biking.

1. Press the key.

2. Select an activity.

   NOTE: This feature is not available for all activities.

3. Select **Settings** > **Laps** > **Manual Lap**.

Each time you mark a lap, a message appears that displays the time for that lap. The device also vibrates if vibration is turned on (*Starting an Activity, page 8*).

The lap function stays on for the selected activity until you turn off the lap function.

Using Auto Pause

You can use the Auto Pause feature to pause the timer automatically when you stop moving or when your pace or speed drops below a specified value. This feature is helpful if your activity includes stop lights or other places where you need to slow down or stop.

NOTE: The device does not record activity data while the timer is stopped or paused.

1. Press the key.
2. Select an activity.
3. Select **Settings** > **Auto Pause**.

   NOTE: This feature is not available for all activities.

4. Select an option:

   NOTE: Not all options are available for all activities.
   - To pause the timer automatically when you stop moving, select **When Stopped**.
   - To pause the timer automatically when your pace drops below a specified value, select **Pace**.
   - To pause the timer automatically when your speed drops below a specified value, select **Speed**.

Using Auto Scroll

You can use the auto scroll feature to cycle through all of the data screens automatically while the timer is running.

1. Press the key.
2. Select an activity.
3. Select **Settings** > **Auto Scroll**.

   NOTE: This feature is not available for all activities.

4. Select a display speed.

Phone and Bluetooth Settings

Hold the touchscreen, and select **Settings** > **Phone**.

Status: Displays the current Bluetooth connection status and allows you to turn Bluetooth wireless technology on or off.

Notifications: The device turns smart notifications on and off automatically based on your selections (*Enabling Bluetooth Notifications, page 2*).

Pair Phone: Connects your device with a compatible smartphone equipped with Bluetooth Smart wireless technology.

Connected Alerts: Alerts you when your paired smartphone connects and disconnects.

Stop LiveTrack: Allows you to stop a LiveTrack session while one is in progress.

Sync: Allows you to transfer to the Garmin Connect Mobile app.

System Settings

Hold the touchscreen, and select **Settings** > **System**.

Auto Lock: Automatically locks the touchscreen to prevent inadvertent screen touches. You can press the key to unlock the touchscreen.

Language: Sets the language of the device interface.

Time: Sets the time format and source for local time (*Time Settings, page 15*).

Orientation: Allows you to change the orientation of the screen. This allows you to wear the watch with the key on either the left or the right.

Backlight: Sets the backlight mode, timeout, and brightness (*Backlight Settings, page 16*).

Vibration: Turns vibration on or off and sets the vibration intensity.

Do Not Disturb: Turns on or off do not disturb mode.

Units: Sets the measurement units used to display data (*Changing the Units of Measure, page 16*).

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may require you to charge the battery more frequently.

USB Mode: Sets the device to use mass storage mode or Garmin mode when connected to a computer.

Restore Defaults: Allows you to restore all of the device settings to the factory default values (*Restoring All Default Settings, page 20*).

NOTE: If you have set up a Garmin Pay wallet, restoring default settings also deletes the wallet from your device.

Software Update: Allows you to check for software updates.

About: Displays the unit ID, software version, regulatory information, and license agreement.

Time Settings

Hold the touchscreen, and select **Settings** > **System** > **Time**.

Time Format: Sets the device to show time in a 12-hour or a 24-hour format.

Time Source: Allows you to set the time manually or automatically based on your paired mobile device.

Time Zones

Each time you turn on the device and acquire satellites or sync with your smartphone, the device automatically detects your time zone and the current time of day.

Setting the Time Manually

By default, the time is set automatically when the vívoactive 3 Element device is paired with a mobile device.

1. Hold the touchscreen.
2. Select **Settings** > **System** > **Time** > **Time Source** > **Manual**.
3. Select **Time**, and enter the time of day.

Setting the Alarm

1. Hold the touchscreen.
2. Select **Clocks** > **Alarms** > **Add New**.
3. Select **Time**, and enter a time.
4. Select **Repeat**, and select an option.

Deleting an Alarm

1. Hold the touchscreen.
2. Select **Clocks** > **Alarms**.
3. Select an alarm, and select **Remove**.

Starting the Countdown Timer

1. Hold the touchscreen.
2. Select **Clocks** > **Timer**.
3. Enter the time.
4. Press the the to start the timer.
5. If necessary, select the touchscreen for more options.

Using the Stopwatch

1. Hold the touchscreen.
2. Select **Clocks** > **Stopwatch**.
3. Press the key.

Backlight Settings

Hold the touchscreen, and select **Settings** > **System** > **Backlight**.

Mode: Sets the backlight to turn on when you interact with the device, which includes receiving a notification or using the key and touchscreen.

Gesture: Sets the backlight to turn on when you rotate your wrist toward your body to view the device. You can use the Only During Activity option to use this feature only during timed activities.

Timeout: Sets the length of time before the backlight turns off.

Brightness: Sets the brightness level of the backlight. During an activity, the backlight uses the brightest setting.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.

1. Hold the touchscreen.
2. Select **Settings** > **System** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

Garmin Connect Settings

You can change your device settings from your Garmin Connect account, using either the Garmin Connect Mobile app or the Garmin Connect website. Some settings are available only using your Garmin Connect account and cannot be changed on your device.

- In the Garmin Connect Mobile app, select the image of your device, and select **Device Settings**.
- On the Garmin Connect website, from the devices widget, select **Device Settings**.

After customizing settings, sync your data to apply the changes to your device (*Using Garmin Connect Mobile, page 12*) (*Using Garmin Connect on Your Computer, page 12*).

Device Settings on Your Garmin Connect Account

From your Garmin Connect account, select **Device Settings**.

NOTE: Some settings appear in a subcategory in the settings menu. App or website updates may change these settings menus.

Activity Tracking: Turns activity tracking features on and off.

Appearance: Allows you to change the watch face, widgets, and shortcuts that appear in the controls menu (*Customizing the Controls Menu, page 13*).

Auto Activity Start: Allows your device to create and save timed activities automatically when the Move IQ feature detects you have been walking or running for a minimum time threshold. You can set the minimum time threshold for running and walking.

Automatic App Updates: Allows your device to receive Connect IQ app updates automatically.

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may require you to charge the battery more frequently.

Date Format: Sets the month and day format.

Distance: Sets the device to display the distance traveled in kilometers or miles.

Goals: Allows you to set a custom goal for daily steps and floors climbed. You can use the Auto Goal setting to allow your device to determine your step goal automatically. You can also set the weekly intensity minutes goal.

Goal Animations: Allows you to turn on and off goal animations, or turn them off only during activities. Goal animations appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Heart Rate Zones: Allows you to estimate your maximum heart rate and determine custom heart

rate zones.

Language: Sets the device language.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also vibrates if vibrations are turned on.

Move IQ: Allows you to turn on and off Move IQ events. The Move IQ feature automatically detects activity patterns, such as walking, running, cycling, and elliptical training.

Orientation: Allows you to change the orientation of the screen. This allows you to wear the watch with the key on either the left or the right.

Preferred Activity Tracker: Sets this device to be your primary activity tracking device when more than one device is connected to the app.

Sounds & Alerts: Allows you to customize alarms and phone notifications. You can also turn on and off the Do Not Disturb During Sleep feature.

Time Format: Sets the device to display time in a 12-hour or 24- hour format.

Wrist Worn On: Allows you to customize which wrist the device is worn on.

NOTE: This setting is used for strength training and gestures.

User Settings on Your Garmin Connect Account

From your Garmin Connect account, select **User Settings** > **User Settings**.

TIP: Some user settings are available in the vívoactive 3 Element device settings menu.

Personal Information: Allows you to enter your personal details, such as birth date, gender, height, and weight.

Sleep: Allows you to enter your normal sleep hours.

Custom Stride Length: Allows your device to more accurately calculate the distance traveled using your custom step length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

Units: Allows you to set statute or metric units of measure.

Wireless Sensors

Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to *Garmin.com.sg/buy*.

Pairing Your Wireless Sensors

The first time you connect a wireless ANT+ or Bluetooth sensor to your Garmin device, you must pair the device and sensor.

After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

TIP: Some ANT+ sensors pair with your device automatically when you start an activity with the sensor turned on and near the device.

1. Move at least 10 m (33 ft.) away from other wireless sensors.
2. If you are pairing a heart rate monitor, put on the heart rate monitor.

   The heart rate monitor does not send or receive data until you put it on.
3. Hold the touchscreen.
4. Select **Settings** > **Sensors & Accessories** > **Add New**.
5. Bring the device within 3 m (10 ft.) of the sensor, and wait while the device pairs with the sensor.

   After the device connects to the sensor, an icon appears at the top of the screen.

Foot Pod

Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).

After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

Calibrating Your Foot Pod

Before you can calibrate your foot pod, you must pair your device with the foot pod (*Pairing Your Wireless Sensors, page 17*).

Manual calibration is recommended if you know your calibration factor. If you have calibrated a foot pod with another Garmin product, you may know your calibration factor.

1. Hold the touchscreen.
2. Select **Settings** > **Sensors & Accessories** > **Foot Pod** > **Calib. Factor**.
3. Adjust the calibration factor.
   - Increase the calibration factor if your distance is too low.
   - Decrease the calibration factor if your distance is too high.

Improving Foot Pod Calibration

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod (*Pairing Your Wireless Sensors, page 17*).

The foot pod is self-calibrating, but you can improve the accuracy of the speed and distance data with a few outdoor runs using GPS.

1. Stand outside for 5 minutes with a clear view of the sky.

2 Start a running activity.
3 Run on a track without stopping for 10 minutes.
4 Stop your activity, and save it.

Based on the recorded data, the foot pod calibration value changes, if necessary. You should not need to calibrate the foot pod again unless your running style changes.

Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your device.

- Pair the sensor with your device (*Pairing Your Wireless Sensors, page 17*).
- Set your wheel size (*Calibrating Your Speed Sensor, page 18v*.
- Go for a ride.

Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your device with a compatible speed sensor (*Pairing Your Wireless Sensors, page 17*).

Manual calibration is optional and can improve accuracy.

1 Hold the touchscreen.
2 Select **Settings** > **Sensors & Accessories** > **Speed/Cadence** > **Wheel Size**.
3 Select an option:
   - Select **Auto** to automatically calculate your wheel size and calibrate your speed sensor.
   - Select **Manual**, and enter your wheel size to manually calibrate your speed sensor (*Wheel Size and Circumference, page 23*).

Situational Awareness

Your vívoactive 3 Element device can be used with the Varia smart bike lights, and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.

NOTE: You may need to update the vívoactive 3 Element software before pairing Varia devices (*Updating the Software Using Garmin Connect Mobile, page 18*).

tempe

The tempe is an ANT+ wireless temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, and therefore, provides a consistent source of accurate temperature data. You must pair the tempe with your device to display temperature data from the tempe.

Device Information

Charging the Device

⚠WARNING

This device contains a lithium-ion battery. See the Important Safety and Product Information guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

1 Plug the small end of the USB cable into the charging port on your device.



2 Plug the large end of the USB cable into a USB port on your computer.
3 Charge the device completely.

Product Updates

On your computer, install Garmin Express (*Garmin.com.sg/express*). On your smartphone, install the Garmin Connect Mobile app.

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

Updating the Software Using Garmin Connect Mobile

Before you can update your device software using the Garmin Connect Mobile app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone, page 1*).

Sync your device with the Garmin Connect Mobile app (*Using Garmin Connect Mobile, page 12*).

When new software is available, the Garmin Connect Mobile app automatically sends the update to your device. The update is applied when you are not actively using the device. When the

update is complete, your device restarts.

Updating the Software Using Garmin Express

Before you can update your device software, you must download and install the Garmin Express application and add your device (*Using Garmin Connect on Your Computer, page 12*).

1. Connect the device to your computer using the USB cable.

   When new software is available, the Garmin Express application sends it to your device.
2. After the Garmin Express application finishes sending the update, disconnect the device from your computer.

   Your device installs the update.

Viewing Device Information

You can view the unit ID, software version, regulatory information, and license agreement.

1. Hold the touchscreen.
2. Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1. Hold the touchscreen.
2. Select **System** > **Settings**

Specifications

Battery type	Rechargeable, built-in lithium-polymer battery
Battery life	Up to 7 days in smartwatch mode (with heart rate) Up to 11 hr. in GPS mode
Operating temperature range	From -20º to 50ºC (from -4º to 122ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequencies/ protocols	ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to *Garmin.com.sg/legal/waterrating*.

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Device

NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger.

Corrosion can prevent charging and data transfer.

1. Wipe the device using a cloth dampened with a mild detergent solution.
2. Wipe it dry.

   After cleaning, allow the device to dry completely.

   TIP: For more information, go to *Garmin.com.sg/legal/fit-and-care*.

Replacing the Bands

The device is compatible with 20 mm wide bands. Go to *Garmin.com.sg/buy*, or contact your Garmin dealer for information about optional accessories.

1. Slide the quick-release pin ① on the spring bar to remove the band.



2. Insert one side of the spring bar for the new band into the device.
3. Slide the quick-release pin, and align the spring bar with the opposite side of the device.
4. Repeat steps 1 through 3 to replace the other band.

Troubleshooting

Is my smartphone compatible with my device?

The vívoactive 3 Element device is compatible with smartphones using Bluetooth Smart wireless technology.

Go to *Garmin.com.sg/ble* for compatibility information.

My phone will not connect to the device

- Enable Bluetooth wireless technology on your smartphone.
- Bring your phone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect Mobile app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- On your device, hold the key, and select ✱ to turn on Bluetooth technology and enter pairing mode.

My device is in the wrong language

You can change the device language selection if you have accidently selected the wrong language on the device.

1. Hold the touchscreen.
2. Scroll down to the last item in the list, and select it.
3. Scroll down to the last item in the list, and select it.
4. Scroll down to the second item in the list, and select it.
5. Select your language.

My device does not display the correct time

The device updates the time and date when you sync your device smartphone or when your device acquires GPS signals. You should sync your device to receive the correct time when you change time zones, and to update for daylight saving time.

1. Hold the touchscreen, and select **Settings** > **System** > **Time**.
2. Verify the **Auto** option is enabled.
3. Select an option:
   - Confirm that your smartphone displays the correct local time, and sync your device to the smartphone (*Using Garmin Connect Mobile, page 12*).
   - Start an outdoor activity, go outdoors to an open area with a clear view of the sky, and wait while the device acquires satellite signals.
   - The time and date are updated automatically.

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Reduce the backlight timeout (*Backlight Settings, page 16*).
- Reduce the backlight brightness (*Backlight Settings, page 16*).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off the Bluetooth Smartphone Connection, page 3*).
- Turn off activity tracking (*Activity Tracking, page 5*).
- Limit the smartphone notifications the device displays (*Managing Notifications, page 3*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate to Garmin Devices, page 4*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist Heart Rate Monitor, page 4*).

Restarting the Device

If the device stops responding, you may need to restart it.

NOTE: Restarting the device may erase your data or settings.

1. Hold the key for 15 seconds.

   The device turns off.
2. Hold the key for one second to turn on the device.

Restoring All Default Settings

NOTE: This deletes all user-entered information and activity history. If you have set up a Garmin Pay wallet, restoring default settings also deletes the wallet from your device.

You can reset all settings back to the factory default values.

1. Hold the touchscreen.
2. Select **Settings** > **System** > **Restore Defaults** > **Yes**.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals.

1. Go outdoors to an open area.

   The front of the device should be oriented toward the sky.
2. Wait while the device locates satellites.

   It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

  While connected to your Garmin Connect account, the device downloads several days of satellite

data, allowing it to quickly locate satellite signals.

- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Activity Tracking

For more information about activity tracking accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the device on your non-dominant wrist.
- Carry the device in your pocket when pushing a stroller or lawn mower.
- Carry the device in your pocket when actively using your hands or arms only.

  NOTE: The device may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The floors climbed amount does not seem accurate

Your device uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).

Avoid holding handrails or skipping steps while climbing stairs.

Improving the Accuracy of Intensity Minutes and Calories

You can improve the accuracy of these estimates by walking or running outside for 20 minutes.

1. From the watch face, swipe to view the **My Day** widget.
2. Select ⓘ.
3. Follow the on-screen instructions.

The temperature reading is not accurate

Your body temperature affects the temperature reading for the internal temperature sensor. To get the most accurate temperature reading, you should remove the watch from your wrist and wait 20 to 30 minutes.

You can also use an optional tempe external temperature sensor to view accurate ambient temperature readings while wearing the watch.

Getting More Information

- Go to *support.Garmin.com/en-SG* for additional manuals, articles, and software updates.
- Go to *Garmin.com.sg/products/intosports/?cat=activity_tracking*.
- Go to *Garmin.com/learningcenter*.
- Go to *Garmin.com.sg/buy*, or contact your Garmin dealer for information about optional accessories and replacement parts.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

24-Hour Max.: The maximum temperature recorded in the last 24 hours.

24-Hour Min.: The minimum temperature recorded in the last 24 hours.

30s Avg. Vertical Speed: The 30-second moving average of vertical speed.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average HR: The average heart rate for the current activity.

Average HR %Max.: The average percentage of maximum heart rate for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Pace: The average pace for the current activity.

Average Speed: The average speed for the current activity.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

Calories: The amount of total calories burned.

Distance: The distance traveled for the current track or activity.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Elevation: The altitude of your current location above or below sea level.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

HR %Max.: The percentage of maximum heart rate.

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Interval Distance: The distance traveled for the current interval.

Interval Time: The stopwatch time for the current interval.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap HR: The average heart rate for the current lap.

Lap HR %Max.: The average percentage of maximum heart rate for the current lap.

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Lap Steps: The number of steps during the current lap.

Time: The stopwatch time for the current lap.

Last Lap Cadence: Cycling. The average cadence for the last completed lap.

Last Lap Cadence: Running. The average cadence for the last completed lap.

Last Lap Distance: The distance traveled for the last completed lap.

Last Lap Pace: The average pace for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Maximum Speed: The top speed for the current activity.

Nautical Distance: The distance traveled in nautical meters or nautical feet.

Nautical Speed: The current speed in knots.

Pace: The current pace.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor.

Time in Zone: The time elapsed in each heart rate or power zone.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

Vertical Speed: The rate of ascent or descent over time.

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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Wheel Size and Circumference

The wheel size is marked on both sides of the tire. This is not a comprehensive list. You can also use one of the calculators available on the Internet.

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
650 × 35A	2090
650 × 38A	2125
650 × 38B	2105
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

Symbol Definitions

These symbols may appear on the device or accessory labels.

	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

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