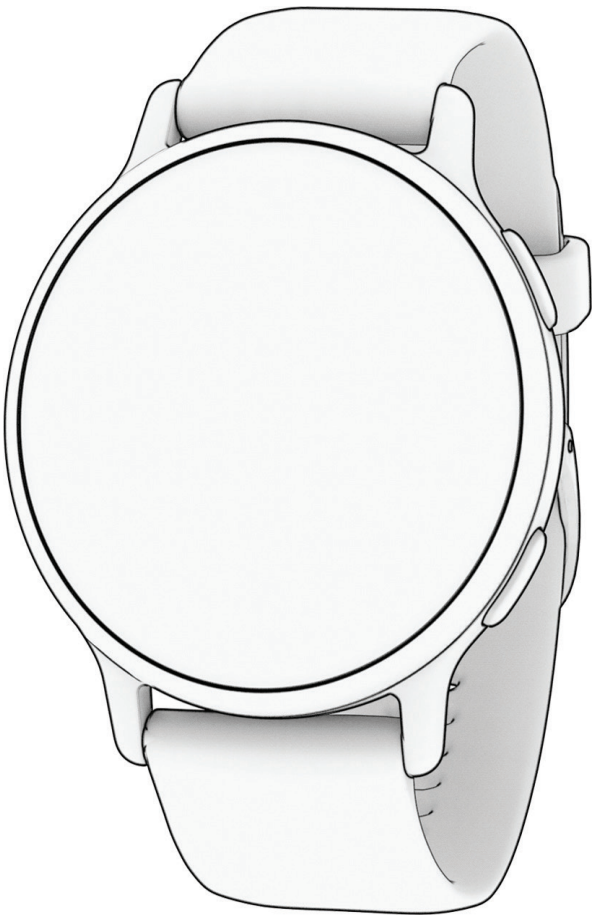


VÍVOACTIVE 5
HEALTH AND FITNESS GPS SMARTWATCH

Owner’s Manual

Rev. A

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M/N: A04724

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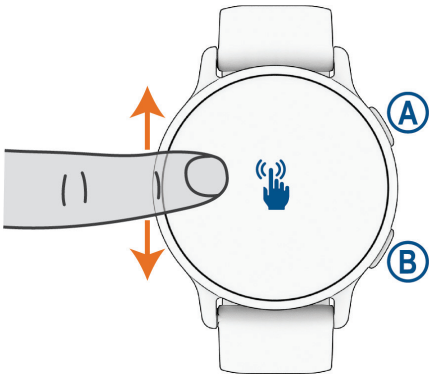
Introduction

⚠ 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.

Overview



Ⓐ **Action button:** Press to turn on the watch.

Press to open the activities and apps menu.

Hold for 2 seconds to view the controls menu, including power.

Hold until the watch vibrates 3 times to request assistance (*Safety and Tracking Features, page 32*).

Ⓑ **Back button:** Press to return to the previous screen, except during an activity.

During an activity, press to mark a new lap, start a new set or pose, or advance to the next stage of a workout.

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

Touchscreen: Swipe up, down, left or right to scroll through glances, features, and menus (*Touchscreen Tips, page 1*).

Touchscreen Tips

- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Tap to select an item.
- Tap to wake the watch.
- From the watch face, swipe up or down to scroll through the glances on the watch.
- Tap a glance to view additional information, if available.
- Swipe right to return to the previous screen.
- Tap and hold an item on the watch face to bring up contextual information, such as glances or menus, 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 glances, and swipe left to return to the activity data fields.
- After selecting an activity, swipe up to view the settings and options for that activity.
- When available, select ^ or swipe up to view additional menu options.
- 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 Ⓐ to view the controls menu.
2. Select 🔒.

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

Icons

A flashing icon means the watch is searching for a signal. A solid icon means the signal was found or Pairing Your Phonehe sensor is connected. A slash through an icon means the feature is turned off.

	Phone connection status
	Heart rate monitor status
	LiveTrack status
	Speed sensor status
	Cadence sensor status
	Varia bike light status
	Varia bike radar status
	tempe sensor status

Setting Up Your Watch

To take full advantage of the vívoactive 5 features, complete these tasks.

- Pair the watch with your phone using the Garmin Connect app (*Pairing Your Phone, page 28*).
- Set up Wi-Fi® networks (*Connecting to a Wi-Fi Network, page 30*).
- Set up music (*Music, page 27*).
- Set up your Garmin Pay wallet (*Setting Up Your Garmin Pay Wallet, page 16*).
- Set up safety features (*Safety and Tracking Features, page 32*).
- Set up your user profile (*User Profile, page 26*).

Apps and Activities

Your watch includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your watch, such as saving your location or using your screen as a flashlight(*Apps, page 7*).

Activities: Your watch comes preloaded with indoor and outdoor activity apps, including running, cycling, strength training, golfing, and more. When you start an activity, the watch 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 app (*Downloading Connect IQ Features, page 31*)

Starting an Activity

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

1. Press Ⓐ.
2. Select an option:
   - Select an activity from your favorites.
   - Select •••, and select an activity from the extended activity list.
3. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

   The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects toyour wireless sensors (if required).
4. Press Ⓐ to start the activity timer.

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

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch, page 34*).
- Swipe up or down to view additional data screens.

Stopping an Activity

1. Press Ⓐ.
2. Select an option:
   - To save the activity, select ✔.
   - To discard the activity, select 🗑.
   - To resume the activity, press Ⓐ.

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities (*Enabling Self Evaluation, page 18*).

1. After you complete an activity, select ✔ (*Stopping an Activity, page 2*).
2. Select how you felt during the activity.
3. Select a number that corresponds with your perceived effort.

   NOTE: You can select **Skip** to skip the self evaluation.

You can view evaluations in the Garmin Connect app.

Indoor Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities (*Activities and App Settings, page 8*).

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

TIP: Holding the handrails of the treadmill reduces accuracy.

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

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

1. Press Ⓐ.
2. Select **Strength**.
3. Press Ⓐ to start the activity timer.
4. Start your first set.

   By default, the watch counts your reps. Your rep count appears when you complete at least four reps. You can disable rep counting in the activity settings (*Activities and App Settings, page 8*).

   TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.
5. Press Ⓑ to finish the set.

   The watch displays the total reps for the set. After several seconds, the rest timer appears.
6. If necessary, edit the number of reps, and select ✎ to add the weight used for the set.
7. When you are done resting, press Ⓑ to start your next set.
8. Repeat for each strength training set until your activity is complete.
9. After you complete your activity, press Ⓐ, and select ✔.

Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.

  You should interact with the watch at the beginning and end of each set, and during rests.

- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.

  Each rep is counted when the arm wearing the watch returns to the starting position.

  NOTE: Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect account.

  You can use the tools in your Garmin Connect account to view and edit activity details.

Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

1. Press Ⓐ.
2. Select **HIIT**.
3. Select an option:
   - Select **Free** to record an open, unstructured HIIT activity.
   - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
   - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
   - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
   - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
   - Select **Workouts** to follow a saved workout.
4. If necessary, follow the on-screen instructions.
5. Press Ⓐ to start your first round.

   The watch displays a countdown timer and your current heart rate.
6. If necessary, press Ⓑ to manually move to the next round or rest.
7. After you finish the activity, press Ⓐ to stop the activity timer.
8. Select ✔.

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, can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Starting an Activity, page 2*).
2. Run on the treadmill until your vívoactive 5 watch records at least 1.5 km (1 mi.).
3. After you complete your run, press Ⓐ.
4. Check the treadmill display for the distance traveled.
5. Select an option:
   - To calibrate the first time, enter the treadmill distance on your watch.
   - To manually calibrate after the first-time calibration, swipe up, select **Calibrate & Save**, and enter the treadmill distance on your watch.

Gaming

Using the Garmin GameOn App

When you pair your watch with your computer, you can record a gaming activity on your watch and view real-time performance metrics on your computer.

1. On your computer, go to *www.overwolf.com/app/Garmin-Garmin_GameOn* and download the Garmin GameOn app.
2. Follow the on-screen instructions to complete the installation.
3. Launch the Garmin GameOn app.
4. When the Garmin GameOn app prompts you to pair your watch, press Ⓐ, and select **Gaming** on your watch.

   NOTE: While your watch is connected to the Garmin GameOn app, notifications and other Bluetooth® features are disabled on the watch.
5. Select **Pair Now**.
6. Select your watch from the list, and follow the on-screen instructions.

   TIP: You can click ☰ > **Settings** to customize your settings, reread the tutorial, or remove a watch. The Garmin GameOn app remembers your watch and settings the next time you open the app. If necessary, you can pair your watch to another computer (*Pairing Your Wireless Sensors, page 25*).
7. Select an option:
   - On your computer, start a supported game to automatically start the gaming activity.
   - On your watch, start a manual gaming activity (*Recording a Manual Gaming Activity, page 3*).

   The Garmin GameOn app shows your real-time performance metrics. When you complete your activity, the Garmin GameOn app displays your gaming activity summary and match information.

Recording a Manual Gaming Activity

You can record a gaming activity on your watch and manually enter stats for each match.

1. Press Ⓐ.
2. Select Gaming.
3. Select Skip.
4. Select a game type.
5. Press Ⓐ to start the activity timer.
6. Press Ⓑ at the end of the match to record your

match result or placement.

7. Press Ⓑ to start a new match.
8. After you complete your activity, press Ⓐ, and select ✔.

Going for a Pool Swim

NOTE: The touchscreen is not available during swim activities.

1. Press Ⓐ.
2. Select Pool Swim.
3. Select your pool size, or enter a custom size.
4. Press Ⓐ to start the activity timer.
5. Start your activity.

   The watch automatically records swim intervals and lengths.
6. Press Ⓑ when you rest.

   The rest screen appears.
7. Press Ⓑ to restart the interval timer.
8. After you complete your activity, press Ⓐ to stop the activity timer.
9. Select an option:
   - To save the activity, hold Ⓐ.
   - To discard the activity, hold Ⓑ.

Setting the Pool Size

1. Press Ⓐ.
2. Select Pool Swim.
3. Swipe up.
4. Select **Settings** > **Pool Size**.
5. Select your pool size, or enter a custom size.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the watch completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length.

For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Outdoor Activities

The vívoactive 5 watch comes preloaded with outdoor activities, such as running and biking. GPS is turned on for outdoor activities.

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your watch (*Pairing Your Wireless Sensors, page 25*).

1. Put on your wireless sensors, such as a heart rate monitor (optional).
2. Press Ⓐ.
3. Select **Run**.
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press Ⓐ to start the activity timer.

   The watch 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 Ⓐ, and select ✔.

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch (*Pairing Your Wireless Sensors, page 25*).

1. Pair your wireless sensors, such as a heart rate monitor, speed sensor, or cadence sensor (optional).
2. Press Ⓐ.
3. Select **Bike**.
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press Ⓐ to start the activity timer.

   The watch 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 Ⓐ, and select ✔.

Swimming in Open Water

You can record swim data including distance, pace, and stroke rate.

NOTE: The touchscreen is not available during swim activities.

1. Press Ⓐ.
2. Select **Open Water**.
3. Go outside and wait while the watch locates satellites.
4. Press Ⓐ to start the activity timer.
5. Start swimming.
6. After you complete your activity, hold Ⓐ.

Golfing

Report a Golf Course Issue

NOTE: If you found a golf course with data that's

inaccurate or outdated, please send us a report at *Report a Golf Course Issue.*

Playing Golf

Before you play golf for the first time, you must download the Garmin Golf app from the app store on your phone (*Garmin Golf App, page 31*).

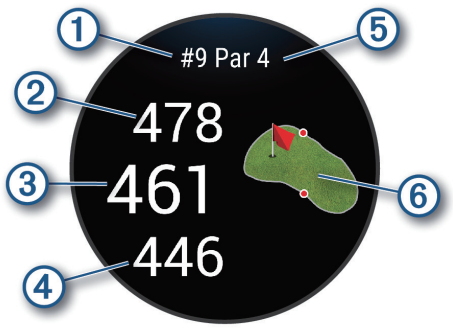
Before you play golf, you should charge the watch (*Charging the Watch, page 34*).

1. Press Ⓐ.
2. Select **Golf**.

   The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
3. If the course list appears, select a course from the list.

   Courses are updated automatically.
4. Press Ⓐ.
5. Select ✔ to keep score.
6. Select a tee box.

   The hole information screen appears.



①	Current hole number
②	Distance to the back of the green
③	Distance to the middle of the green
④	Distance to the front of the green
⑤	Par for the hole
⑥	Map of the green

   NOTE: Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.
7. Select an option:
   - Tap the map to view more detail or change the pin location (*Changing the Pin Location, page 5*).
   - Press Ⓐ to open the golf menu (*Golf Menu, page 5*).
   - Hold Ⓑ to open the golf settings (*Golf Settings, page 7*).

When you move to the next hole, the watch automatically transitions to display the new hole information.

Golf Menu

During a round, you can press Ⓐ to view additional features in the golf menu.

Hazards: Shows the bunkers and water hazards for the current hole.

Layups: Shows the layup and distance options for the current hole (par 4 and par 5 holes only).

Change Hole: Allows you to manually change the hole.

Scorecard: Opens the scorecard for the round (*Keeping Score, page 6*).

Pin Pointer: The PinPointer feature is a compass that points to the pin location when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

Round Summary: During a round, view your score, statistics, and step information.

Last Shot: View information for your last shot.

NOTE: You can view distances for all shots detected during the current round. If needed, you can manually add a shot (*Adding a Shot Manually, page 6*).

End Round: Ends the current round.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1. Press Ⓐ.
2. Select Ⓑ.

   The arrow points to the pin location.

Changing the Pin Location

While playing a game, you can take a closer look at the green and move the pin location.

1. Select the map.

   A larger view of the green appears.
2. Touch and drag the pin to the correct location.

   indicates the selected pin location.
3. Press Ⓑ to accept the pin location.

   The distances on the hole information screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes.

1. Press Ⓐ.

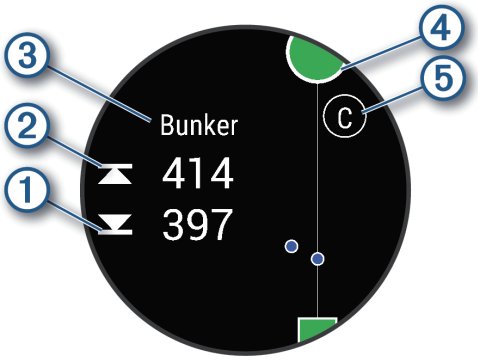
2 Select **Layups**.

NOTE: Distances and locations are removed from the list as you pass them.

Viewing Hazards

You can view distances to hazards along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

1 Press Ⓐ.
2 Select **Hazards**.



- The distances to the front ① and back ② of the nearest hazard appear on the screen.
- The hazard type ③ is listed at the top of the screen.
- The green is represented as a half circle ④ at the top of the screen. The line below the green represents the center of the fairway.
- Hazards ⑤ are indicated by a letter signifying the order of the hazards on the hole, and are shown below the green in approximate locations relative to the fairway.

Measuring a Shot with Garmin AutoShot

Each time you take a shot along the fairway, the watch records your shot distance so you can view it later (*Viewing Your Shot History, page 7*). Putts are not detected.

1 While playing golf, wear the watch on your leading wrist for better shot detection.

When the watch detects a shot, your distance from the shot location appears in the banner ① at the top of the screen.



TIP: You can tap the banner to hide it for 10 seconds.

2 Hit your next shot.

The watch records the distance of your last shot.

Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

1 Press Ⓐ.
2 Select **Last Shot** > ^ > **Add Shot**.
3 Select ✓ to start a new shot from your current location.

Keeping Score

1 While playing golf, press Ⓐ.
2 Select **Scorecard**.
3 Select a hole.
4 Select — or + to set the score.
5 Select ✓.

Setting the Scoring Method

You can change the method the watch uses to keep score.

1 During a round, hold Ⓑ.
2 Select **Golf Settings** > **Scoring** > **Scoring Method**.
3 Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method, page 6*), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Tracking Golf Statistics

When you enable statistics tracking on the watch, you can view your statistics for the current round (*Viewing Your Round Summary, page 7*). You can compare rounds and track improvements using the Garmin Golf app.

1 Press Ⓐ.
2 Select **Golf**.

The device locates satellites, calculates your location, and selects a course if there is only one course nearby.

3. If the course list appears, select a course from the list.

   Courses are updated automatically.
4. Select ^ > **Settings** > **Scoring** > **Stat Tracking**.

Recording Golf Statistics

Before you can record statistics, you must enable statistics tracking (*Tracking Golf Statistics, page 6*).

1. From the scorecard, select a hole.
2. Set the number of strokes taken, including putts, and select ✓.
3. Set the number of putts taken, and select ✓.

   NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4. Select an option:
   - If your ball hit the fairway, select ↑.
   - If your ball missed the fairway, select ↰ or ↱.
5. Select ✓.

Viewing Your Shot History

1. After playing a hole, press Ⓐ.
2. Select **Last Shot** to view information for your last shot.

Viewing Your Round Summary

During a round, you can view your score, statistics, and step information.

1. Press Ⓐ.
2. Select **Round Summary**.
3. Swipe up or down to view more information.

Ending a Round

1. Press Ⓐ.
2. Select **End Round**.
3. Swipe up.
4. Select an option:
   - To save the round and return to watch mode, select **Save**.
   - To edit your scorecard, select **Edit Score**.
   - To discard the round and return to watch mode, select **Discard**.
   - To pause the round and resume it at a later time, select **Pause**.

Customizing Your Golf Club List

After you pair your compatible golf device with your smartphone using the Garmin Golf app, you can use the app to customize the default golf club list.

1. Open the Garmin Golf app on your smartphone.
2. From the ••• or ☰ menu, select **My Bag**.
3. Select an option to add, edit, remove, or retire a club.
4. Sync your compatible Garmin® golf device with the Garmin Golf app.

   The updated golf club list appears on your golf device.

Golf Settings

Press Ⓐ, select Golf, select your golf course, and select ^ > **Settings** to customize golf settings and features.

Broadcast Heart Rate: Allows you to begin broadcasting your heart rate data to a paired device.

Scoring: Allows you to set your scoring preferences and turn on statistics tracking.

Driver Distance: Sets the average distance the ball travels from the tee box on your drive.

Tournament Mode: Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

Club Prompt: Displays a prompt that enables you to enter which club you used after each detected shot.

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for the Garmin Connect app.

Health Snapshot

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps (*Customizing the Activities and Apps List, page 8*).

Adding a Custom Activity

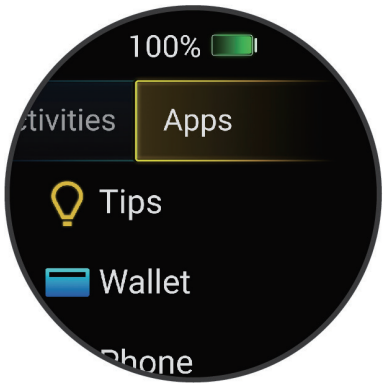
You can create a custom activity and add it to the activity list.

1. Press Ⓐ.
2. Select ✎ > ✚ > ⧉.
3. Select an activity type to copy.
4. Select an activity name.
5. If necessary, edit the activity app settings (*Activities and App Settings, page 8*).
6. When you are finished editing, select **Done**.

Apps

You can customize your watch using the apps menu, which lets you quickly access watch features and options. Some apps require a Bluetooth connection to a compatible phone. Many apps can also be found in the glances (*Glances, page 11*).

Press Ⓐ, and select **Apps**.



Icon	Name	More Information
	Alarms	*Setting an Alarm, page 33*
	Body Battery	*Body Battery, page 12*
	Calendar	Select to view upcoming events from your phone calendar.
	Calories	Select to view your active and resting calorie information for the current day.
	Challenges	Select to view your current leaderboard ranking if you participate in a Garmin Connect challenge.
	Garmin Coach	*Adaptive Training Plans, page 19*
	Health Snapshot	*Health Snapshot, page 7*
	Heart Rate	*Viewing the Heart Rate Glance, page 21*
	HRV Status	*Heart Rate Variability Status, page 13*
	Hydration	*Hydration Tracking, page 14*
	Intensity Minutes	*Intensity Minutes, page 17*
	Last Activity	Select to view a brief summary of your last recorded activity.
	Last Golf	Select to view a brief summary of your last recorded golf activity and golf history.
	Last Push	Select to view a brief summary of your last recorded wheelchair push activity and push history.
	Last Ride	Select to view a brief summary of your last recorded cycling activity and cycling history.
	Last Run	Select to view a brief summary of your last recorded run activity and run history.
	Last Strength	Select to view a brief summary of your last recorded strength activity and strength history.
	Last Swim	Select to view a brief summary of your last recorded swim activity and swim history.
	Lights	*Using the Varia Camera Controls, page 14*
	Music	*Music, page 27*
	Notifications	*Enabling Bluetooth Notifications, page 29*
	Pulse Ox	*Pulse Oximeter, page 23*
	Respiration	Select to view your respiration rate history, and do a breathing activity to help you relax.
	Sleep Coach	Select to view your recommended sleep need based on sleep history, activity history, HRV status, and naps.
	Sleep Score	Select to view your sleep score based on the quality and duration of the previous night's sleep.
	Stopwatch	*Using the Stopwatch, page 33*
	Stress	*Using the Stress Level Glance, page 13*
	Timer	*Starting the Countdown Timer, page 33*
	Tips	Select to view interactive watch tips and scan a direct link to support.garmin.com to access the owner's manual for your watch.
	Wallet	Select to open your Garmin Pay wallet (*Garmin Pay, page 16*).
	Weather	Select to view the current weather forecast and conditions.
	Women's Health	*Menstrual Cycle Tracking, page 13*

Customizing the Activities and Apps List

1. Press Ⓐ.
2. Select **Activities** or **Apps**.
3. Select ✎.
4. Select an option:
   - To add an activity or app, select ✚.
   - To remove an activity or app, select the activity or app, and select ✕.
   - To reorder the list, select an activity or app, hold ⇕, and drag it to the desired location on the screen.

Activities and App Settings

These settings allow you to customize each preloaded

activity app based on your needs. For example, you can customize data screens and enable alerts and training features. Not all settings are available for all activity types.

Press Ⓐ, select an activity, and select ^ > **Settings**.

2 Players: Sets the scorecard to keep score for two players.

NOTE: This setting is only available during a round. You must enable this setting each time you begin a round.

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

Alerts: Sets the training alerts for the activity (*Activity Alerts, page 9*).

Auto Lap: Sets the options for the Auto Lap feature (*Auto Lap, page 10*).

Auto Pause: Sets the watch to stop recording data when you stop moving or when you drop below a specified speed (*Using Auto Pause®, page 10*).

Auto Rest: Enables the watch to automatically detect when you are resting during a pool swim and create a rest interval.

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running (*Using Auto Scroll, page 10*).

Auto Set: Enables the watch to start and stop exercise sets automatically during a strength training activity.

Broadcast Heart Rate: Enables automatic heart rate data broadcasting when you start the activity (*Broadcasting Heart Rate to Garmin Devices, page 21*).

Broadcast to GameOn: Enables automatic biometrics data broadcasting to the Garmin GameOn app when you start a gaming activity (*Using the Garmin GameOn App, page 3*).

Club Prompt: Displays a prompt to enter which golf club you used after each detected shot.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens, page 9*).

Driver Distance: Sets the average distance the golf ball travels on your drive.

Edit Weight: Allows you to add the weight used for an exercise set during a strength training or cardio activity.

Ending Alerts: Sets an alert to notify you when your meditation session is ending.

GPS: Sets the mode for the GPS antenna (*Changing the GPS Setting, page 10*).

Pool Size: Sets the pool length for pool swimming.

Rename: Sets the activity name.

Rep Counting: Enables or disables rep counting during a strength training activity.

Scoring: Enables or disables scorekeeping automatically when you start a round of golf. The Always Ask option prompts you when you begin a round.

Scoring Method: Sets the scoring method to stroke play or Stableford scoring while playing golf.

Self Evaluation: Sets how often you evaluate your perceived effort for the activity (*Evaluating an Activity, page 2*).

Stat Tracking: Enables statistics tracking while playing golf.

Status: Enables or disables scorekeeping automatically when you start a round of golf. The Always Ask option prompts you when you begin a round.

Tournament Mode: Disables features that are not allowed during sanctioned golf tournaments.

Vibration Alerts: Enables alerts that notify you to inhale or exhale during a breathwork activity.

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 (*Data Fields, page 38*).

1. Press Ⓐ.
2. Select an activity.
3. Select ^.
4. Select the activity settings.
5. Select **Data Screens**.
6. Select a data screen to customize.
7. Select one or more options:

   NOTE: Not all options are available for all activities.
   - 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**.

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals or increase your awareness of your environment. 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 watch to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert

when your heart rate is below 60 beats per minute (bpm) andover 210 bpm.

Recurring alert: A recurring alert notifies you each time the watch records a specified value or interval. For example,you can set the watch 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	Event, 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 (*Heart Rate Zone Calculations, page 22*).
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 Ⓐ.
2. Select an activity.

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

For event and recurring alerts, a message appears each time you reach the alert value (*Activity Alerts, page 9*). 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 watch 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 Ⓐ.
2. Select an activity.

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

Each time you complete a lap, a message appears that displays the time for that lap. The watch also vibrates if vibration is turned on (*System Settings, page 33*).

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 watch does not record activity data while the timer is stopped or paused.

1. Press Ⓐ.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Select ^ > **Settings** > **Auto Pause**.
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 activity data screens automatically while the timer is running.

1. Press Ⓐ.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Select ^ > **Settings** > **Auto Scroll**.
4. Select a display speed.

Changing the GPS Setting

For more information about GPS, go to *Garmin.com.sg/about-gps*.

1. Press Ⓐ.

2. Select an activity.
3. Select ^ > **Settings** > **GPS**.
4. Select an option:
   - Select **Off** to disable GPS for the activity.
   - Select **GPS Only** to enable the GPS satellite system.
   - Select **All Systems** to enable multiple satellite systems.

   NOTE: Using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

Appearance

You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

Watch Face Settings

You can customize the appearance of the watch face by selecting the layout, colors, and additional data. You can also download custom watch faces from the Connect IQ store.

Changing the Watch Face

You can choose from several preloaded watch faces or use a Connect IQ watch face that is downloaded to your watch (*Downloading Connect IQ Features, page 31*). You can also edit an existing watch face (*Editing a Watch Face, page 11*) or create a new one (*Creating a Custom Watch Face, page 11*).

1. From the watch face, hold Ⓑ.
2. Select **Watch Face**.
3. Swipe right or left to scroll through the available watch faces.
4. Tap the touchscreen to select the watch face.

Creating a Custom Watch Face

You can create a new watch face by selecting the layout, colors, and additional data.

1. From the watch face, hold Ⓑ.
2. Select **Watch Face**.
3. Swipe left, and select +.
4. Select the type of watch face.
5. Select the type of background.
6. Swipe up or down to scroll through the background options, and tap the screen to select the displayed background.
7. Swipe up or down to scroll through the analog and digital dials, and tap the screen to select the displayed dial.
8. Select each data field you want to customize, and select the data to display in it.

   A white border indicates the customizable data fields for this dial.
9. Swipe left to customize the time markers.
10. Swipe up or down to scroll through the time markers, and tap the screen to select a time marker.
11. Swipe up or down to scroll through the accent colors, and tap the screen to select the displayed color.
12. Press Ⓐ.

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

Editing a Watch Face

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

NOTE: You cannot edit some watch faces.

1. From the watch face, hold Ⓑ.
2. Select **Watch Face**.
3. Swipe right or left to scroll through the available watch faces.
4. Select ✎ to edit a watch face.
5. Select an option to edit.
6. Swipe up or down to scroll through the options.
7. Press Ⓐ to select the option.
8. Tap the touchscreen to select the watch face.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing Glances, page 12*). Some glances require a Bluetooth connection to a compatible phone.

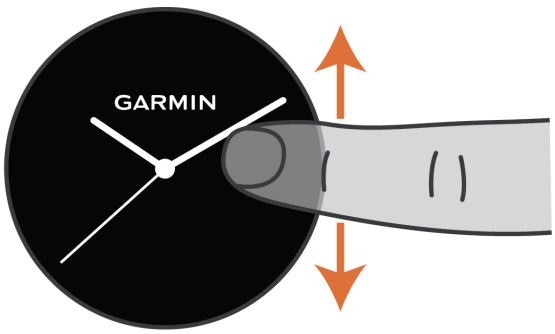
Some glances are not visible by default. You can add them to the glance loop manually (*Customizing the Glance Loop, page 12*).

Name	Description
Body Battery	With all-day wear, displays your current Body Battery level and a graph of your level for the last several hours (*Body Battery, page 12*).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Challenges	Displays your current leaderboard ranking if you participate in a Garmin Connect challenge.
Device usage	Displays the current software version and device usage statistics.
Floors climbed	Tracks your floors climbed and progress toward your goal.
Garmin coach	Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date.

Name	Description
Health Snapshot	Displays summaries of your saved Health Snapshot sessions (*Health Snapshot, page 7*).
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
HRV Status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Variability Status, page 13*).
Hydration	Allows you to track the amount of water you consume and the progress toward your daily goal.
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Last activity	Displays a brief summary of your last recorded activity.
Last golf Last ride Last run Last strength Last swim	Displays a brief summary of your last recorded activity and history of the specified sport.
Lights	Provides bike light controls when you have a Varia light paired with your vívoactive 5 watch.
Music controls	Provides music player controls for your phone or watch music.
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications, page 29*).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings, page 23*). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
Pushes	In wheelchair mode, tracks your daily wheelchair push count, push goal, and data for previous days.
Respiration	Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.
Sleep	Displays total sleep time, a sleep score, and sleep stage information for the previous night.
Steps	Tracks your daily step count, step goal, and data for previous days.
Stress	Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded (*Using the Stress Level Glance, page 13*).
Weather	Displays the current temperature and weather forecast.
Women's health	Displays your current cycle or pregnancy tracking status. You can view and log your daily symptoms.

Viewing Glances

- From the watch face, swipe up or down.



The watch scrolls through the glance loop.

- Select a glance to view additional information.
- Hold Ⓑ to view additional options and functions for a glance.

Customizing the Glance Loop

1. From the watch face, swipe up or down.
   The watch scrolls through the glance loop.
2. Select ✎.
3. Select a glance.
4. Select an option:
   - To remove a glance from the loop, select ✕.
   - To change the location of a glance in the loop, select and hold ≡, and drag the glance to the desired location on the screen.
5. If necessary, select ✚ to add a glance to the loop.

Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 0 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for*

Improved Body Battery Data, page 13).

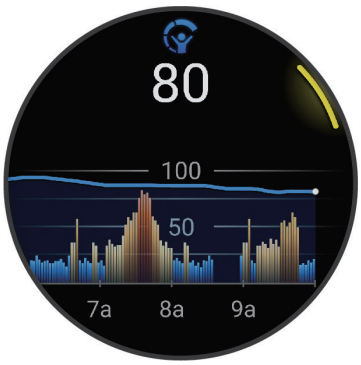
Viewing the Body Battery Glance

The Body Battery glance displays your current Body Battery level.

1. Swipe up or down to view the Body Battery glance.

   NOTE: You may need to add the glance to your glance loop (*Customizing the Glance Loop, page 12*).

2. Select the glance to view a graph of your Body Battery data since midnight.



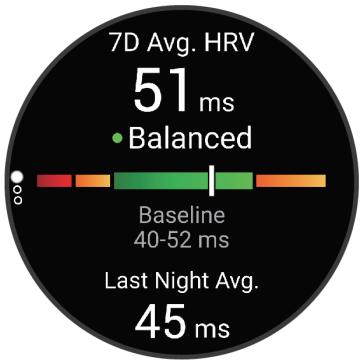
3. Swipe up to view a combined graph of your Body Battery and stress level.

Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.



Status	Description
Balanced	Your seven-day average HRV is within your baseline range.
Unbalanced	Your seven-day average HRV is above or below your baseline range.
Low	Your seven-day average HRV is well below your baseline range.
Poor	Your HRV values are averaging well below the normal range for your age.
No status	No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

Using the Stress Level Glance

The stress level glance displays your current stress level and a graph of your stress level since midnight. It can also guide you through a breathing activity to help you relax.

1. While you are sitting or inactive, swipe up or down to view the stress level glance.

   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 glance to view a graph of your stress level since midnight.

   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, and select ✔.

Women's Health

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information, page 14*). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

- Menstrual cycle tracking and details

- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

NOTE: You can use the Garmin Connect app to add and remove glances.

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your vívoactive 5 watch, you must set up menstrual cycle tracking in the Garmin Connect app.

1. Swipe to view the women's health tracking glance.
2. Tap the touchscreen.
3. Select +.
4. If today is a period day, select **Period Day** > ✓.
5. Select an option:
   - To rate your flow from light to heavy, select **Flow**.
   - To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
   - To log your mood, select **Mood**.
   - To log your discharge, select **Discharge**.
   - To designate the current date as an ovulation day, select **Ovulation Day**.
   - To log your sexual activity, select **Sexual Activity**.
   - To rate your sex drive from low to high, select **Sex Drive**.
   - To designate the current date as a period day, select **Period Day**.

Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information, page 14*). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app.

1. Swipe to view the women's health tracking glance.



2. Tap the touchscreen.
3. Select an option:
   - Select **Symptoms** to log your physical symptoms, mood, and more.
   - Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
   - Select **Movement** to use a stopwatch or timer to log the baby's movements.
4. Follow the on-screen instructions.

Hydration Tracking

You can track your daily fluid intake, turn on goals and alerts, and enter the container sizes you use most often. If you enable automatic goals, your goal increases on the days when you record an activity. When you exercise, you need more fluid to replace the sweat lost.

NOTE: You can use the Connect IQ app to add and remove glances.

Using the Hydration Tracking Glance

The hydration tracking glance displays your fluid intake and your daily hydration goal.

1. Swipe up or down to view the hydration glance.
2. Select the glance to add your fluid intake.



3. Select + for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).
4. Select a container to increase your fluid intake by the volume of the container.
5. Hold Ⓑ to customize the glance.
6. Select an option:
   - To change the units of measure, select **Units**.
   - To enable dynamic daily goals that increase after recording an activity, select **Auto Increase Goal**.
   - To turn on hydration reminders, select **Alerts**.
   - To customize your container sizes, select **Containers**, select a container, select the units of measure, and enter the container size.

Using the Varia Camera Controls

NOTICE

Some jurisdictions may prohibit or regulate the recording of video, audio, or photographs, or may require that all parties have knowledge of the recording and provide consent. It is your responsibility to know and follow all laws, regulations, and any other restrictions in jurisdictions where you plan to use this device.

Before you can use the Varia camera controls, you

must pair the accessory with your watch (*Pairing Your Wireless Sensors, page 25*).

1. Add the **Lights** glance to your watch (*Glances, page 11*).

   When the watch detects the Varia camera, the glance title changes to Camera Control.
2. From the **Lights** glance, select an option:
   - Select to change the recording mode.
   - Select to take a photo.
   - Select to save a clip.

Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu, page 15*).

From any screen, hold Ⓐ.



Icon	Name	More Information
	Assistance	Select to send an assistance request (*Requesting Assistance, page 32*).
	Battery Saver	Select to enable or disable the battery saver feature (*Battery Manager Settings, page 34*).
	Brightness	Select to adjust the screen brightness (*Customizing the Display Settings, page 34*).
	Broadcast Heart Rate	Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate to Garmin Devices, page 21*).
	Do Not Disturb	Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.
	Find My Phone	Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the vívoactive 5 watch screen, and it increases as you move closer to your phone.
	Lock Screen	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
	Phone Connection	Select to enable or disable Bluetooth technology and your connection to your paired phone.
	Power Off	Select to turn off the watch.
	Sleep Mode	Select to enable or disable Sleep Mode, set a nap timer, and manually track your naps.
	Sync	Select to sync your watch with your paired phone.
	Time Sync	Select to sync your watch with the time on your phone or using satellites.

Customizing the Controls Menu

You can add, remove, and change the order of the options in the controls menu (*Controls, page 15*).

1. Hold Ⓐ.

   The controls menu appears.
2. Select **Edit**.
3. Select the shortcut you want to customize.
4. Select an option:
   - To change the location of the shortcut in the controls menu, select and hold , and drag the shortcut to the desired location on the screen.
   - To remove the shortcut from the controls menu, select .
5. If necessary, select to add a shortcut to the controls menu.

Body Battery

Morning Report

Your watch displays a morning report based on your normal wake time. Press to view the report, which includes weather, sleep, overnight heart rate variability status, and more (*Customizing Your Morning Report, page 15*).

Customizing Your Morning Report

NOTE: You can customize these settings on your watch or in your Garmin Connect account.

1. Hold Ⓑ.
2. Select **Settings** > **Notifications & Alerts** > **Morning Report**.
3. Select an option:
   - Select **Show Report** to enable or disable the morning report.
   - Select **Edit Report** to customize the order and type of data that appears in your morning report.
   - Select **Your Name** to customize your display name.

Setting Up a Shortcut

You can set up a shortcut to your favorite app, glance, or control, such as your Garmin Pay wallet or the music controls.

1. Hold Ⓑ.
2. Select **Settings** > **Shortcut**.
3. Select an option:
   - Select a shortcut.
   - Select **Disable** to turn off the button or swipe function.

Garmin Pay

NOTICE

This feature is not available for/in all regions.

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations using credit or debit cards from a participating financial institution.

Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to *Garmin.com/garminpay/banks* to find participating financial institutions.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Pay** > **Get Started**.
3. Follow the on-screen instructions.

Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating location.

1. Press Ⓐ.
2. Select **Apps** > **Wallet**.
3. Enter your four-digit passcode.

   NOTE: If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

   Your most recently used payment card appears.



4. If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).
5. Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

   The watch vibrates and displays a check mark when it is finished communicating with the reader.
6. If necessary, follow the instructions on the card reader to complete the transaction.

TIP: After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Pay** > ⋮ > **Add Card**.
3. Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

NOTE: In some countries, participating financial institutions may restrict the Garmin Pay features.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Pay**.
3. Select a card.
4. Select an option:
   - To temporarily suspend or unsuspend the card, select **Suspend Card**.
     The card must be active to make purchases using your vívoactive 5 watch.
   - To delete the card, select 🗑.

Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your vívoactive 5 watch, create a new passcode, and reenter your card information.

1. From the vívoactive 5 device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.
2. Follow the on-screen instructions.

The next time you pay using your vívoactive 5 watch, you must enter the new passcode.

Training

Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app menu, select **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your vívoactive 5 watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and recovery time on your vívoactive 5 watch.

Sync your vívoactive 5 watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status, page 16*).

Recent activities and performance measurements from your other Garmin devices appear on your vívoactive 5 watch.

Activity Tracking

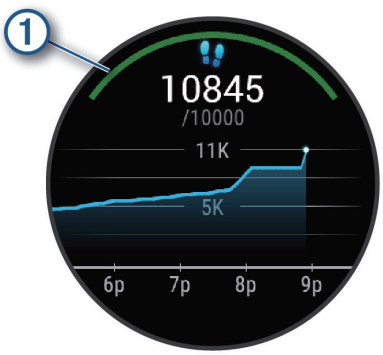
The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

The number of steps taken during the day appears on the steps glance. 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 watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch shows your progress toward your daily goal ①.



When wheelchair mode is enabled, the watch tracks pushes instead of steps and creates a daily push goal (*Wheelchair Mode, page 26*).

If you choose not to use the auto goal feature, you can set personalized goals 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, a message appears. The watch also vibrates, if vibration is turned on (*System Settings, page 33*).

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

Turning on the Move Alert

1. Hold Ⓑ.
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Move Alert** > **On**.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app or in the user profile settings of your watch. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, HRV status, and naps (*Glances, page 11*). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

NOTE: You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode, page 30*).

Using Automated Sleep Tracking

1. Wear your watch while sleeping.
2. Upload your sleep tracking data to the Garmin Connect site (*Manually Syncing Data with Garmin Connect, page 31*).

   You can view your sleep statistics on your Garmin Connect account.

   You can view sleep information from the previous night on your vívoactive 5 watch (*Glances, page 11*).

Intensity Minutes

To improve your health, organizations such as 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 watch 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). The watch 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 5 watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch 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 app or the watch activity settings. These activities are added to your activities list.

Enabling Self Evaluation

When you save an activity, you can evaluate your perceived effort and how you felt during the activity. Your self evaluation information can be viewed in your Garmin Connect account.

1. Press Ⓐ.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Select ^ > **Settings** > **Self Evaluation**.
4. Select an option:
   - To complete self evaluation only after workouts, select **Workouts Only**.
   - To complete self evaluation after every activity, select **Always**.

Activity Tracking Settings

Hold Ⓑ, and select **Settings** > **Activity Tracking**.

Status: Turns off the activity tracking features.

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

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

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 select Auto to use the default algorithm.

Turning Off Activity Tracking

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

1. From the watch face, hold Ⓑ.
2. Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Workouts

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

If your watch is in wheelchair mode, your watch includes workouts for push activities, handcycling, and more (*User Profile, page 26*).

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

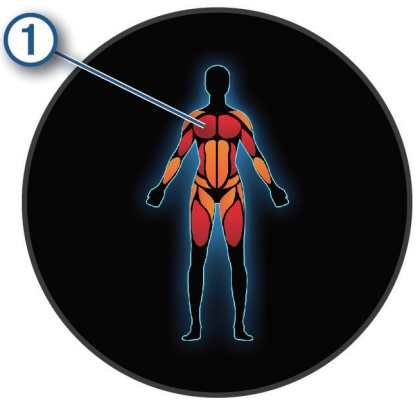
Starting a Workout

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

1. Press Ⓐ.
2. Select an activity.
3. Select ^ > **Workouts**.
4. Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.

   TIP: If available, tap the muscle map ① to view the targeted muscle groups.



5. Swipe up to view the workout steps (optional).
6. Press Ⓐ to start the activity timer.

After you begin a workout, the watch displays each step of the workout, step notes (optional), the target (optional), and the current workout data.

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 30*).

1. Select an option:

- Open the Garmin Connect app.
- Go to *connect.Garmin.com*.

2. Select **Training & Planning** > **Workouts**.
3. Find a workout, or create and save a new workout.
4. Select or **Send to Device**.
5. Follow the on-screen instructions.

Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account (*Garmin Connect, page 30*), and you must pair the vívoactive 5 watch with a compatible phone.

1. From the Garmin Connect app, select or •••.
2. Select **Training & Planning** > **Training Plans**.
3. Select and schedule a training plan.
4. Follow the on-screen instructions.
5. Review the training plan in your calendar.

Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glance loop on your vívoactive 5 watch.

Starting Today's Workout

After you send a training plan to your watch, the Garmin coach glance appears in your glance loop.

1. From the watch face, swipe to view the Garmin coach glance.
2. Select the glance.

   If a workout for this activity is scheduled for today, the watch shows the workout name and prompts you to start it.
3. Select a workout.
4. Select **View** to view the workout steps, and swipe right when you are finished viewing the steps (optional).
5. Select **Do Workout**.
6. Follow the on-screen instructions.

Viewing Scheduled Workouts

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

1. Press Ⓐ.
2. Select an activity.
3. Swipe up.
4. Select **Training Calendar**.

   Your scheduled workouts appear, sorted by date.
5. Select a workout.
6. Scroll to view the steps for the workout.
7. Press Ⓐ to start the workout.

Health and Wellness Settings and Alerts

Hold Ⓑ, and select **Settings** > **Notifications & Alerts** > Health & Wellness.

Heart Rate: See *Setting an Abnormal Heart Rate Alert, page 21*.

Move Alert: Enables the Move Alert feature (*Using the Move Alert, page 17*).

Stress Alerts: Notifies you when periods of stress have drained your Body Battery (*Using the Stress Level Glance, page 13*).

Daily Summary: Enables the Body Battery daily summary that appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery (*Viewing the Body Battery Glance, page 13*).

Goals: Allows you to turn on and off goal alerts, or turn them on during general use while not in an activity. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Weight Shift Alert: While in wheelchair mode, allows you to set a timer to remind you to shift your weight in the chair (*Wheelchair Mode, page 26*).

History

Your watch stores up to 200 hours of activity data. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Using the Garmin Connect App, page 31*) (*Using Garmin Connect on Your Computer, page 31*).

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

Using History

1. Press Ⓐ.
2. Select **Apps** > **History**.

   NOTE: You may need to add the app to your home screen (*Customizing the Activities and Apps List, page 8*).

   The watch displays your total activity time in hours.
3. Select •••, and select an option.
   - Swipe up to view a previous activity.
   - Select the activity and swipe up to view additional information about each activity.
4. Hold Ⓑ, and select an option:
   - Select **Graph View** to set the range of data displayed in the history graph.
   - Select **Records** to view your personal record for a specific sport.
   - Select **Totals** to view your weekly and monthly totals for a specific sport.
   - Select **Options** to delete activities or reset totals.

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. Press Ⓐ.
2. Select **Apps** > **History**.

   NOTE: You may need to add the app to your home screen (*Customizing the Activities and Apps List, page 8*).
3. Select •••.
4. Swipe up, and select an activity.
5. Swipe up to view the heart rate zone information.

Personal Records

When you complete an activity, the watch displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances, highest strength activity weight for major movements, and longest run, ride, or swim.

Viewing Your Personal Records

1. Press Ⓐ.
2. Select **Apps** > **History**.

   NOTE: You may need to add the app to your home screen (*Customizing the Activities and Apps List, page 8*).
3. Hold Ⓑ.
4. Select **Records**.
5. Select a sport.

Clearing Personal Records

1. Press Ⓐ.
2. Select **Apps** > **History**.

   NOTE: You may need to add the app to your home screen (*Customizing the Activities and Apps List, page 8*).
3. Hold Ⓑ.
4. Select **Records**.
5. Select a sport.
6. Select an option:
   - Select a record, and select **Clear Record**.
   - Select **Clear All Records**.
7. Select ✓.

Viewing Data Totals

1. Press Ⓐ.
2. Select **Apps** > **History**.

   NOTE: You may need to add the app to your home screen (*Customizing the Activities and Apps List, page 8*).
3. Hold Ⓑ.
4. Select **Totals**.
5. Select a sport.
6. Select **Weekly** or **Monthly**.

Deleting History

1. Press Ⓐ.
2. Select **Apps** > **History**.

   NOTE: You may need to add the app to your home screen (*Customizing the Activities and Apps List, page 8*).
3. Hold Ⓑ.
4. Select **Options**.
5. Select an option:
   - Select **Delete All Activities** to delete all activities from the history.
   - Select **Reset Totals** to reset all distance and time totals.

     NOTE: This does not delete any saved activities.
6. Select ✓.

Heart Rate Features

The vívoactive 5 watch 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 glance. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

Wrist-based Heart Rate

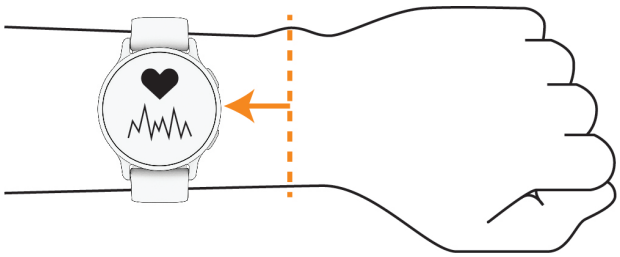
Wearing the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to *Garmin.com.sg/legal/fit-and-care*.

- Wear the watch above your wrist bone.

  NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



NOTE: The optical sensor is located on the back of the watch.

- See *Tips for Erratic Heart Rate Data, page 21* for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data, page 24* for more information about the pulse oximeter sensor.
- For more information about accuracy, go to *Garmin.com.sg/legal/fit-and-care*.
- For more information about watch wear and care, go to *Garmin.com/fitandcare*.

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 watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch 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.

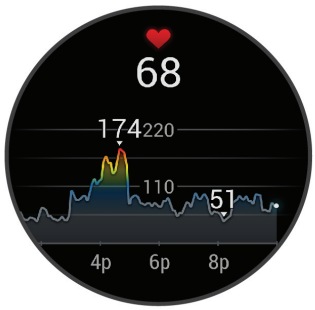
  NOTE: In cold environments, warm up indoors.
- Rinse the watch with fresh water after each workout.

Viewing the Heart Rate Glance

The heart rate glance displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

1. From the watch face, swipe up or down to view the heart rate glance.

   NOTE: You may need to add the glance to your glance loop (*Customizing the Glance Loop, page 12*).
2. Select the glance to view your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.



3. Tap the graph, and swipe left or right to pan the graph.
4. Swipe up to view your average resting heart rate values for the last 7 days.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

1. Hold Ⓑ.
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Heart Rate**.
3. Select **High Alert** or **Low Alert** to turn on the alert.
4. Select a heart rate threshold value.

Each time you exceed or drop below the custom value, a message appears and the watch vibrates.

Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your watch and view it on paired devices. Broadcasting heart rate data decreases battery life.

TIP: You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity (*Activities and App Settings, page 8*). For example, you can broadcast your heart rate data to an Edge device while cycling.

1. Press Ⓑ.
2. Select **Settings** > **Sensors & Accessories** > **Wrist Heart Rate** > **Broadcast Heart Rate**.
3. Press Ⓐ.

   The watch starts broadcasting your heart rate data.
4. Pair your watch with your compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
5. Press Ⓐ to stop broadcasting your heart rate data.

Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist Heart Rate setting is Auto. The watch automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the watch. Chest heart rate data is only available during an activity.

NOTE: Disabling the wrist-based heart rate monitor also disables features such as your VO2 max. estimate, sleep tracking, intensity minutes, the all-day stress feature, and the wrist-based pulse oximeter sensor.

NOTE: Disabling the wrist-based heart rate monitor also disables the on-wrist detection feature for Garmin Pay payments, and you must enter a passcode before making each payment (*Garmin Pay, page 16*).

1. Hold Ⓑ.
2. Select **Settings** > **Sensors & Accessories** > **Wrist Heart Rate** > **Status** > **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 watch uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running and cycling. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect account.

1. Hold Ⓑ.
2. Select **Settings** > **User Profile** > **Heart Rate**.
3. Select **Max. HR**, and enter your maximum heart rate.
4. Select ✔.
5. Select **Resting HR**.
6. Select an option:
   - Select **Use Average** to use your average resting heart rate from the watch.
   - Select **Set Custom** to set a custom resting heart rate.
7. Select a zone, and enter a value for each zone.
8. Select a sport profile to add separate heart rate zones (optional).
9. Repeat the steps to add sport heart rate zones (optional).

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.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations, page 22*) 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.

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. The vívoactive 5 device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

On the device, your VO2 max. estimate appears as a number, description, and position on the color gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, such as where it ranks for your age and sex.

NOTE: VO2 max. is not available when the watch is in wheelchair mode.



Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Poor

VO2 max. data is provided by Firstbeat Analytics. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings, page 40*), and go to *www.CooperInstitute.org*.

Getting Your VO2 Max. Estimate

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your watch (*Pairing Your Wireless Sensors, page 25*).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile, page 26*), and set your maximum heart rate (*Setting Your Heart Rate Zones, page 22*). The estimate may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

1. Hold Ⓑ.
2. Select **Settings** > **User Profile** > **VO2 Max**.

   If you have already recorded a brisk walk or run outdoors, your VO2 max. estimate may appear. The watch displays the date your VO2 max. estimate was last updated. The watch 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, tap the screen.
4. Follow the on-screen instructions to get your VO2 max. estimate.

   A message appears when the test is complete.

Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have a Garmin Index scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

NOTE: For the most accurate fitness age, complete the user profile setup (*Setting Up Your User Profile, page 26*).

1. Hold Ⓑ.
2. Select **Settings** > **User Profile** > **Fitness Age**.

Pulse Oximeter

The vívoactive 5 watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO2.

On the watch, your pulse oximeter readings appear as an SpO2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Changing the Pulse Oximeter Tracking Mode, page 23*). For more information on pulse oximeter accuracy, go to *Garmin.com.sg/legal/atdisclaimer*.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading from the pulse oximeter glance. The accuracy of the pulse oximeter reading can vary based on your blood flow, the watch placement on your wrist, and your stillness.

NOTE: You may need to add the pulse oximeter glance to the glance loop (*Customizing the Glance Loop, page 12*).

1. While you are sitting or inactive, swipe up or down to view the pulse oximeter glance.
2. Select the glance to begin the reading.
3. Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
4. Keep still.

   The watch displays your oxygen saturation as a percentage, and a graph of your pulse oximeter readings and heart rate values for the last 24 hours.

Changing the Pulse Oximeter Tracking Mode

1. Hold Ⓑ.

2. Select **Settings** > **Sensors & Accessories** > **Pulse Ox**> **Tracking Mode**.
3. Select an option:
   - To turn on measurements while you are inactive during the day, select **All Day**.
     NOTE: Turning on pulse oximeter tracking decreases battery life.
   - To turn on continuous measurements while you sleep, select **During Sleep**.
     NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
   - To turn off automatic measurements, select **On Demand**.

Tips for Erratic Pulse Oximeter Data

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

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

Navigation

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

Saving Your Location

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

A location is a point that you record and store in the watch. 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 Ⓐ.
3. Select **Navigate** > **Save Location**.

   TIP: To quickly mark a location, you can select from the apps menu (*Customizing the Activities and Apps List, page 8*).

   After the watch acquires GPS signals, the location information appears.
4. Select ✓.
5. Select an icon.

Deleting a Location

Press Ⓐ.

Select **Navigate** > **Saved Locations**.

Select a location.

Select **Delete** > ✓.

Navigating to a Saved Location

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

1. Press Ⓐ.
2. Select **Navigate** > **Saved Locations**.
3. Select a location, and select **Go To**.
4. Press Ⓐ to start the activity timer.
5. Swipe up to view the compass data screen.

   NOTE: The compass arrow points toward the saved location.
6. Move forward.

   TIP: For more accurate navigation, orient the top of the screen toward the direction in which you are moving.

Navigating Back to Start

Before you can navigate back to start, you must locate satellites, start the timer, and start your activity.

At any time during your activity, you can return to your starting location. For example, if you are running in a new city, and you are unsure how to get back to the trail head or hotel, you can navigate back to your starting location. This feature is not available for all activities.

1. Hold Ⓑ.
2. Select **Navigation** > **Back to Start**.

   The compass appears.
3. Move forward.

   The compass arrow points toward your starting point.

   TIP: For more accurate navigation, orient your watch toward the direction in which you are navigating.

Stopping Navigation

- To stop navigation and continue your activity, hold Ⓑ, and select **Stop Navigation**.
- To stop navigation and save your activity, press Ⓐ, and select ✓.

Compass

The watch 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 watch was already calibrated at the factory, and the watch 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 Ⓑ.
2. Select **Settings** > **Sensors & Accessories** > **Compass** > **Start Calibration**.
3. Follow the on-screen instructions.

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

Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+® or Bluetooth technology (*Pairing Your Wireless Sensors, page 25*). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens, page 9*). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to *Garmin.com.sg/buy* for that sensor.

Sensor Type	Description
Club Sensors	You can use Approach® CT10 golf club sensors to automatically track your golf shots, including location, distance, and club type.
tempe	You can attach the tempe temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.

Pairing Your Wireless Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

The first time you connect a wireless sensor using ANT+ or Bluetooth technology, you must pair the watch and sensor. If the sensor has both ANT+ and Bluetooth technology, Garmin recommends that you pair using ANT+ technology. After they are paired, the watch 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 watch automatically when you start an activity with the sensor turned on and near the watch.

1. Bring the watch within 3 m(10 ft.) of the sensor.

   NOTE: Stay 10 m(33 ft.) away from other wireless sensors while pairing.
2. Hold Ⓑ.
3. Select **Settings** > **Accessories** > **Add New**.
4. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields (*Customizing the Data Screens, page 9*).

HRM-Pro Running Pace and Distance

The HRM-Pro series accessory calculates your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible vívoactive 5 watch when connected using ANT+ technology. You can also view it on compatible third-party training apps when connected using Bluetooth technology.

The pace and distance accuracy improves with calibration.

Automatic calibration: The default setting for your watch is Auto Calibrate. The HRM-Pro series accessory calibrates each time you run outside with it connected to your compatible vívoactive 5 watch.

NOTE: Automatic calibration does not work for indoor, trail, or ultra run activity profiles (*Tips for Recording Running Pace and Distance, page 25*).

Manual calibration: You can select **Calibrate & Save** after a treadmill run with your connected HRM-Pro series accessory (*Calibrating the Treadmill Distance, page 3*).

Tips for Recording Running Pace and Distance

- Update your vívoactive 5 watch software (*Product Updates, page 35*).
- Complete several outdoor runs with GPS and your connected HRM-Pro series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+ technology, set the foot pod status to Off, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration (*Calibrating the Treadmill Distance, page 3*).

- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance** > **Reset Calibration Data**.

  NOTE: You can try turning off **Auto Calibrate**, and then manually calibrate again (*Calibrating the Treadmill Distance, page 3*).

Using an Optional Bike Speed or Cadence Sensor

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

- Pair the sensor with your watch (*Pairing Your Wireless Sensors, page 25*).
- Set your wheel size (*Calibrating Your Speed Sensor, page 26*).
- Go for a ride (*Going for a Ride, page 4*).

Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your watch with a compatible speed sensor (*Pairing Your Wireless Sensors, page 25*).

Manual calibration is optional and can improve accuracy.

1. Hold Ⓑ.
2. Select **Settings** > **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 40*).

Situational Awareness

⚠ WARNING

The Varia line of cycling awareness products can improve situational awareness. They are not a replacement for cyclist attentiveness and good judgment. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.

Your vívoactive 5 watch can be used with the Varia line of cycling awareness products (*Wireless Sensors, page 25*). See the owner's manual for your accessory for more information.

tempe

Your device is compatible with the tempe temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. You must pair the tempe sensor with your device to display temperature data. See the instructions for your tempe sensor for more information.

User Profile

You can update your user profile on your watch or on the Garmin Connect app.

Setting Up Your User Profile

You can update your sex, birth year, height, weight, wrist, and heart rate zones (*Setting Your Heart Rate Zones, page 22*) settings. The watch uses this information to calculate accurate training data.

1. Hold Ⓑ.
2. Select **Settings** > **User Profile**.
3. For more options, you can download the Connect IQ app on your phone (*Downloading Connect IQ Features, page 31*).

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Wheelchair Mode

Wheelchair mode updates your glances, apps, and available activities. For example, wheelchair mode has indoor and outdoor push and handcycling activities, such as Push-Run Speed and Push-Walk Speed, instead of running and walking activities. When wheelchair mode is turned on, your vívoactive 5 watch tracks your movements as pushes rather than steps. Icons are also updated to represent a wheelchair user. The watch does not update your VO2 max. estimate while in wheelchair mode. Incident detection is also disabled.

The first time you enable wheelchair mode on your watch, you can select your exercise frequency in order to set your activity level to the correct algorithm. While wheelchair mode is turned on, you must pair a cadence sensor for all activities. For indoor activities, you will be prompted to pair a speed sensor for speed data. For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to *Garmin.com.sg/buy* for that sensor.

You can turn wheelchair mode on or off in your user profile settings (*Setting Up Your User Profile, page 26*).

Music

NOTICE

The copyright of music provided by third-party music services are owned by the record companies. The record companies license the music tracks or albums to third-party music services with a time limit, and the music license must be periodically updated and renewed. If you often listen to downloaded music offline, you will need to reconnect your watch to the internet every 7 days (via Wi-Fi or Garmin Connect) so that you can continue to make use of third-party offline music services.

NOTE: There are three different music playback options for your vívoactive 5 watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a vívoactive 5 watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth headphones.

Downloading Personal Audio Content

Before you can send your personal music to your watch, you must install the Garmin Express application on your computer (*Garmin.com.sg/express*).

You can load your personal audio files, such as .mp3 and .m4a files, to a vívoactive 5 watch from your computer. For more information, go to *support.Garmin.com/en-SG/*.

1. Connect the watch to your computer using the included USB cable.
2. On your computer, open the Garmin Express application, select your watch, and select **Music**.

   TIP: For Windows® computers, you can select and browse to the folder with your audio files. For Apple®computers, the Garmin Express application uses your iTunes® library.
3. In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
4. Select the checkboxes for the audio files, and select **Send to Device**.
5. If necessary, in the vívoactive 5 list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

Connecting to a Third-Party Provider

Before you can download music or other audio files to your watch from a supported third-party provider, you must connect the provider to your watch.

Some third-party music provider options are already installed on your watch.

For more options, you can download the Connect IQ app on your phone (*Downloading Connect IQ Features, page 31*).

1. Press Ⓐ.
2. Select **Apps** > **Connect IQ Store**.
3. Follow the on-screen instructions to install a third-party music provider.
4. From the apps menu on the watch, select **Music**.
5. Select the music provider.

   NOTE: If you want to select another provider, hold Ⓑ, select **Settings** > **Music** > **Music Providers**, and follow the on-screen instructions.

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network (*Connecting to a Wi-Fi Network, page 30*).

1. From the apps menu on the watch, select **Music**.
2. Hold Ⓑ.
3. Select **Music Providers**.
4. Select a connected provider, or select **Add Music Apps** to add a music provider from the Connect IQ store.
5. Select a playlist or other item to download to the watch.
6. If necessary, press Ⓑ until you are prompted to sync with the service.

NOTE: Downloading audio content can drain the battery. You may be required to connect the watch to an external power source if the battery is low.

Disconnecting from a Third-Party Provider

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Devices**, and select your watch.
3. Select **Music**.
4. Select an installed third-party provider, and follow the on-screen instructions to disconnect the third-party provider from your watch.

Connecting Bluetooth Headphones

To listen to music loaded onto your vívoactive 5 watch, you must connect Bluetooth headphones.

1. Bring the headphones within 2 m (6.6 ft.) of your watch.
2. Enable pairing mode on the headphones.
3. Hold Ⓑ.
4. Select **Settings** > **Music** > **Headphones** > **Add New**.
5. Select your headphones to complete the pairing process.

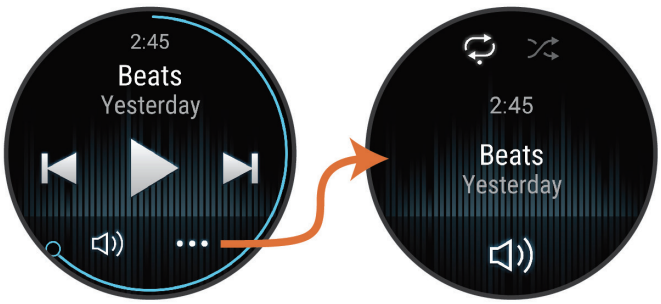
Listening to Music

1. From the apps menu on the watch, select **Music**.
2. Hold Ⓑ.

3 Select an option:
   - If this is your first time listening to music, select **Settings** > **Music** > **Music Providers**.
   - If this is not your first time listening to music, select **Music Providers**.
4 Select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music**, and select an option (*Downloading Personal Audio Content, page 27*).
   - To listen to music from a third-party provider, select the name of the provider, and select a playlist.
   - To control music playback on your phone, select **Phone**.
5 If necessary, connect your Bluetooth headphones (*Connecting Bluetooth Headphones, page 27*).
6 Select ▶.

Music Playback Controls

NOTE: Music playback controls may look different, depending on the selected music source.



⋮	Select to view more music playback controls.
🔊	Select to adjust the volume.
▶	Select to play and pause the current audio file.
⏭	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
⏮	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.
🔁	Select to change the repeat mode.
🔀	Select to change the shuffle mode.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone, page 28*). Additional features are available when you connect your watch to a Wi-Fi network (*Connecting to a Wi-Fi Network, page 30*).

Phone Connectivity Features

Phone connectivity features are available for your vívoactive 5 watch when you pair it using the Garmin Connect app (*Pairing Your Phone, page 28*).

- App features from the Garmin Connect app, the Connect IQ app, and more (*Phone Apps and Computer Applications, page 30*)
- Glances (*Glances, page 11*)
- Controls menu features (*Controls, page 15*)
- Safety and tracking features (*Safety and Tracking Features, page 32*)
- Phone interactions, such as notifications (*Enabling Bluetooth Notifications, page 29*)

Pairing Your Phone

To set up the vívoactive 5 watch, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

1 During the initial setup on your watch, select ✔ when you are prompted to pair with your phone.

   NOTE: If you previously skipped the pairing process, you can hold Ⓑ, and select **Settings** > **System** > **Connectivity** > **Phone** > **Pair Phone** to manually enter pairing mode.
2 Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Viewing Notifications

1 From the watch face, swipe up or down to view the notifications glance.
2 Select the glance.
3 Select a notification to read the full notification.
4 Swipe up to view the notification options.
5 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. When you dismiss a notification on your phone or the vívoactive 5 watch, it no longer appears in the glance.
   - To return to the notification list, swipe right.

Replying with a Customized Text Message

NOTE: This feature is available only if your watch is connected to an Android phone using Bluetooth technology.

When you receive a text message notification on your

vívoactive 5 watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

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 up or down to view the notifications glance.
2. Select the glance.
3. Select a text message notification.
4. Swipe up to view the notification options.
5. Select **Reply**.
6. 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 phone, the vívoactive 5 watch displays the name or phone number of the caller.

- To accept the call, select .

  NOTE: To talk to the caller, you must use your connected phone.
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

  NOTE: To send a text message reply, you must be connected to a compatible Android phone using Bluetooth technology.

Playing Audio Prompts During an Activity

You can enable your vívoactive 5 watch to play motivational status announcements during a run or other activity. Audio prompts play on your connected Bluetooth headphones, if available. Otherwise, audio prompts play on your phone paired through the Garmin Connect app. During an audio prompt, the watch or phone mutes the primary audio to play the announcement.

NOTE: This feature is not available for all activities.

1. Hold Ⓑ.
2. Select **Settings** > **Audio Prompts**.
3. Select an option:
   - To hear a prompt for each lap, select **Lap Alert**.
   - To customize prompts with your pace and speed information, select **Pace/Speed Alert**.
   - To customize prompts with your heart rate information, select **Heart Rate Alert**.
   - To hear prompts when you start and stop the activity timer, including the Auto Pause feature, select **Timer Events**.
   - To hear workout alerts play as an audio prompt, select **Workout Alerts**.
   - To hear activity alerts play as an audio prompt, select **Activity Alerts** (*Activity Alerts, page 9*).
   - To change the language or the dialect of the voice prompts, select **Dialect**.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your vívoactive 5 watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings to select the items to show on the watch.
- If you are using an Android phone, from the Garmin Connect app, select **Settings** > **Notifications**.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the vívoactive 5 watch with a compatible phone (*Pairing Your Phone, page 28*).

1. Hold Ⓑ.
2. Select **Settings** > **Notifications & Alerts** > **Smart Notifications**.
3. Select an option:
   - Select **General Use** to set preferences for notifications that appear when in watch mode.
   - Select **During Activity** to set preferences for notifications that appear when recording an activity.
   - Select **During Sleep** to turn Do Not Disturb on or off.
   - Select **Privacy** to set a privacy preference.

Turning Off the Bluetooth Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 15*).

1. Hold Ⓐ to view the controls menu.
2. Select to turn off the Bluetooth phone connection on your vívoactive 5 watch.

   Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

Turning On and Off Phone Connection Alerts

You can set the vívoactive 5 watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

NOTE: Phone connection alerts are turned off by default.

1. Hold Ⓑ.
2. Select **Settings** > **System** > **Connectivity** > **Phone** > **Connected Alerts**.

Finding Your Phone

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

1. Hold Ⓐ.
2. Select .

Signal strength bars appear on the vívoactive 5 screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.

3 Press Ⓑ to stop searching.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications. This mode disables the gesture setting (*Customizing the Display Settings, page 34*). For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold Ⓐ, and select ⛔.
- To automatically turn on do not disturb mode during your sleep hours, open the device settings in the Garmin Connect app, and select **Sounds & Alerts** > **Do Not Disturb During Sleep**.

Wi-Fi Connectivity Features

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

Software updates: You can download and install the latest software.

Workouts and training plans: You can browse for and select workouts and training plans on the Garmin Connect site. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

Connecting to a Wi-Fi Network

You can connect to a Wi-Fi network from your watch, through the Garmin Connect app on your phone, or through the Garmin Express application on your computer (*Using Garmin Connect on Your Computer, page 31*).

To sync your watch with a third-party music provider, you must connect to a Wi-Fi network. Connecting the watch to a Wi-Fi network also helps to increase the transfer speed of larger files.

1 Move within range of a Wi-Fi network.

2 To connect from the Garmin Connect app, select ☰ or •••.

3 Select **Garmin Devices**, and select your watch.

4 Select **System** > **Connectivity** > **Wi-Fi** > **My Networks** > **Add a Network**.

5 Select an available Wi-Fi network, and enter the login details.

Phone and Bluetooth Settings

Hold Ⓑ, and select **Settings** > **System** > **Connectivity** > **Phone**.

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

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

Pair Phone: Connects your device with a compatible phone equipped with Bluetooth technology.

Sync: Allows you to transfer the data between your device and the Garmin Connect app.

Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

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, swims, hikes, golf games, and more.

You can create your free Garmin Connect account when you pair your watch with your phone using the Garmin Connect app. You can also create an account when you set up the Garmin Express application (*Garmin.com.sg/express*).

Store your activities: After you complete and save a timed activity with your watch, 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. You can view more detailed information about your golf games, including scorecards, statistics, and course information. You can also view customizable reports.

NOTE: To view some data, you must pair an optional wireless sensor with your watch (*Pairing Your Wireless Sensors, page 25*).



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 share links to your activities.

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

Using the Garmin Connect App

After you pair your watch with your phone (*Pairing Your Phone, page 28*), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

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

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

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Pairing Your Phone, page 28*).

Sync your watch with the Garmin Connect app (*Using the Garmin Connect App, page 31*).

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

Using Garmin Connect on Your Computer

The Garmin Express application connects your watch 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 the Garmin Connect website to your watch. You can also add music to your watch (*Downloading Personal Audio Content, page 27*). You can also install software updates and manage your Connect IQ apps.

1. Connect the watch 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.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

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

   When new software is available, Garmin Express sends it to your device.
2. Follow the on-screen instructions.
3. Do not disconnect your device from the computer during the update process.

   NOTE: If you have already set up your device with Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

Manually Syncing Data with Garmin Connect

NOTE: You can add options to the controls menu (*Customizing the Controls Menu, page 15*).

1. Hold Ⓐ to view the controls menu.
2. Select **Sync**.

Connect IQ Features

You can add Connect IQ apps, glances, music providers, watch faces, and more to your watch using the Connect IQ store on your watch or phone (*Garmin.com.sg/products/apps/connect-iq/*).

Watch Faces: Customize the appearance of the clock.

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

Data Fields: 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.

Music: Add music providers to your watch.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your vívoactive 5 watch with your phone (*Pairing Your Phone, page 28*).

1. From the app store on your phone, install and open the Connect IQ app.
2. If necessary, select your watch.
3. Select a Connect IQ feature.
4. Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

1. Connect the watch to your computer using a USB cable.
2. Go to *Garmin.com.sg/products/apps*, and sign in.
3. Select a Connect IQ feature, and download it.
4. Follow the on-screen instructions.

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your vívoactive 5 device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 courses have leaderboards that anyone can join. You can set up a tournament event

and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone (*Garmin.com.sg/products/apps/garmin-golf/*).

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

Incident detection is not available when the watch is in wheelchair mode.

NOTICE

To use the safety and tracking features, the vívoactive 5 watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to *Garmin.com/safety*.

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

Incident Detection: When the vívoactive 5 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

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 web page.

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.
3. Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

Incident Detection

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.

Incident detection is not available when the watch is in wheelchair mode.

NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts, page 32*). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

Turning Incident Detection On and Off

1. From the watch face, hold Ⓑ.
2. Select **Settings** > **Safety & Tracking** > **Incident Detection**.
3. Select an activity.

   NOTE: Incident detection is available only for certain outdoor activities.

When an incident is detected by your vívoactive 5 watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your watch and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Requesting Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts, page 32*). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. Hold Ⓐ.
2. When you feel three vibrations, release the button to activate the assistance feature.

The countdown screen appears.

3. If necessary, select an option before the countdown is complete:
   - To send a customized message with your request, select .
   - To cancel the message, select .

Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app (*Adding Emergency Contacts, page 32*).

1. Hold Ⓑ.
2. Select **Settings** > **Safety & Tracking** > **LiveTrack**.
3. Select **Auto Start** > **On** to start a LiveTrack session each time you start an outdoor activity.

Adding Contacts

1. From the Garmin Connect app, select or •••.
2. Select **Contacts**.
3. Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your vívoactive 5 watch (*Using the Garmin Connect App, page 31*).

Clocks

Setting an Alarm

You can set multiple alarms. You can set each alarm to occur once or to repeat regularly.

1. Hold Ⓑ.
2. Select **Clocks** > **Alarms** > **Add Alarm**.
3. Enter a time.
4. Select the alarm.
5. Select **Repeat**, and select an option.
6. Select **Label**, and select a description for the alarm.

Deleting an Alarm

1. Hold Ⓑ.
2. Select **Clocks** > **Alarms**.
3. Select an alarm, and select **Delete**.

Using the Stopwatch

1. Hold Ⓑ.
2. Select **Clocks** > **Stopwatch**.
3. Press Ⓐ to start the timer.
4. Press Ⓑ to restart the lap timer.

   The total stopwatch time continues running.
5. Press Ⓐ to stop the timer.
6. Select an option:
   - To reset the timer, swipe down.
   - To save the stopwatch time as an activity, swipe up, and select **Save**.
   - To review the lap timers, swipe up, and select **Review Laps**.
   - To exit the stopwatch, swipe up, and select **Done**.

Starting the Countdown Timer

1. Hold Ⓑ.
2. Select **Clocks** > **Timer**.
3. Enter the time, and select .
4. Press Ⓐ.

Syncing the Time with GPS

Each time you turn on the watch and acquire satellites, the watch automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones and to update for daylight saving time.

1. Hold Ⓑ.
2. Select **Clocks** > **Time** > **Time Sync**.
3. Wait while the watch locates satellites (*Acquiring Satellite Signals, page 37*).

Setting the Time Manually

By default, the time is set automatically when the vívoactive 5 watch is paired with a phone.

1. Hold Ⓑ.
2. Select **Clocks** > **Time** > **Time Source** > **Manual**.
3. Select Time, and enter the time of day.

Customizing the Watch

System Settings

Hold Ⓑ, and select **Settings** > **System**.

Display: Sets the display timeout and brightness (*Customizing the Display Settings, page 34*).

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

Battery Manager: Allows you to monitor battery usage and enable Battery Saver to extend battery life (*Battery Manager Settings, page 34*).

Connectivity: Allows you to pair your phone and manage phone and Wi-Fi settings (*Phone and Bluetooth Settings, page 30*).

Format: Sets the measurement units used to display data (*Changing the Units of Measure, page 34*).

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.

Auto Lock: Allows you to lock the buttons and touchscreen automatically to prevent accidental

button presses and touchscreen swipes. Use the During Activity option to lock the buttons and touchscreen during a timed activity. You can hold any button to unlock the touchscreen.

Language: Sets the language displayed on the watch.

Reset: Allows you to reset the default settings or delete personal data and reset the settings (*Resetting All Default Settings, page 37*).

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.

Customizing the Display Settings

1. Hold Ⓑ.
2. Select **Settings** > **System** > **Display**.
3. Turn Large Fonts on to increase the size of the text on the screen.
4. Select **Brightness** to set the brightness level of the screen.
5. Select **General Use** or **During Activity**.
6. Select an option:
   - Select **Timeout** to set the length of time before the screen turns off.
   - Select **Always On** to keep the watch face data visible and turn down the brightness and background. This option impacts the battery and display life (*About the AMOLED Display, page 34*).
   - Select **Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
   - Select **Sensitivity** to adjust the gesture sensitivity to turn on the display more or less often.
7. Select **During Sleep** > **Watch Face** to choose a sleep watch face with minimal, dim settings or to keep the default watch face on during your defined sleep window.

Battery Manager Settings

NOTICE

The shown estimation is an average value calculated based on the battery consumption of each function, the actual battery life will largely depend on actual usage.

Hold Ⓑ, and select **Settings** > **System** > **Battery Manager**.

Battery Saver: Turns off certain features to maximize battery life.

Battery %: Displays the battery life as a remaining percentage.

Battery Est.: Displays the battery life as a remaining time estimate.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, and more.

1. Hold Ⓑ.
2. Select **Settings** > **System** > **Format**.
3. Select an option.
   - Select **Units** to set the primary units of measure for the watch.
   - Select **Pace/Speed** to display your pace or speed in miles or kilometers during a timed activity.

Time Zones

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

Garmin Connect Settings

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

- From the Garmin Connect app, select ☰ or •••, select **Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, sync your data to apply the changes to your watch (*Using the Garmin Connect App, page 31*, *Using Garmin Connect on Your Computer, page 31*).

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Maximizing Battery Life, page 37*).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the vívoactive 5 display turns off after the selected timeout (*Customizing the Display Settings, page 34*). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

Charging the Watch

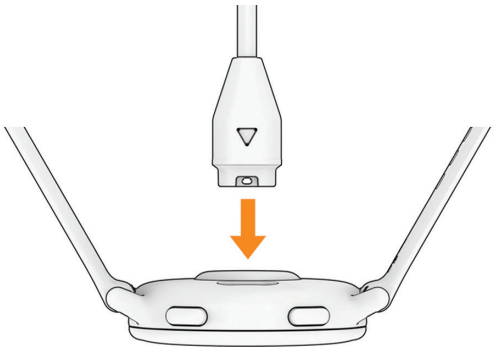
⚠ WARNING

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 (*Device Care, page 35*).

1. Plug the cable (▲ end) into the charging port on your watch.



2. Plug the other end of the cable into a USB charging port.

   The watch displays the current battery charge level.

Changing the Bands

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



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

Viewing Device Information

You can view device information, such as the E-label, unit ID, software version, regulatory information, and license agreement.

1. Hold Ⓑ.
2. Select **Settings** > **System** > **About**.

Device Care

NOTICE

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

Avoid pressing the buttons 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 Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

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.

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

1. Rinse with water, or use a damp lint-free cloth.
2. Allow the watch to dry completely.

Cleaning the Leather Bands

1. Wipe the leather bands with a dry cloth.
2. Use a leather conditioner to clean the leather bands.

Product Updates

Your device automatically checks for updates when connected to Bluetooth or Wi-Fi. You can manually check for updates from the system settings (*System Settings, page 33*). On your computer, install Garmin Express (*Garmin.com.sg/express*). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Data uploads to Garmin Connect
- Product registration

Setting Up Garmin Express

1. Connect the device to your computer using a USB cable.
2. Go to *Garmin.com.sg/express*.
3. Follow the on-screen instructions.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 11 days in smartwatch mode
Operating temperature range	From -20º to 55ºC (from -4º to 131ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Water rating	Swim, 5 ATM [1]

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

Battery Life Information

NOTICE

The actual battery life depends on the features enabled on your watch, such as activity tracking, wrist-based heart rate, phone notifications, GPS, and connected sensors

Mode	Battery Life
Smartwatch mode with activity tracking and continuous wrist-based heart rate	Up to 11 days
Smartwatch mode with battery saver	Up to 21 days
GPS Only mode	Up to 21 hr.
All Systems GPS mode	Up to 17 hr.
All Systems GPS mode with music playback	Up to 8 hr.
Always On display mode	Up to 5 days

Troubleshooting

Is my phone compatible with my watch?

The vívoactive 5 watch is compatible with phones using Bluetooth technology.

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

My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Connect app to the latest version.
- Remove your watch from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- From the watch face, hold Ⓑ, and select **Settings** > **System** > **Connectivity** > **Phone** > **Pair Phone**.

My headphones will not connect to the watch

If your Bluetooth headphones were previously connected to your phone, they may connect to your phone automatically instead of connecting to your watch. You can try these tips.

- Turn off Bluetooth technology on your phone.

  Refer to the owner's manual for your phone for more information.
- Stay 10 m (33 ft.) away from your phone while connecting headphones to watch.
- Pair your headphones with your watch (*Connecting Bluetooth Headphones, page 27*).

My music cuts out or my headphones won't stay connected

When using a vívoactive 5 watch connected to Bluetooth headphones, the signal is strongest when there is a direct line of sight between the watch and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- If you wear your vívoactive 5 watch on your left wrist, you should make sure the headphone's Bluetooth antenna is on your left ear.
- Since headphones vary by model, you can try wearing the watch on your other wrist.
- If you are using metal or leather watch bands, you can switch to silicone watch bands to improve signal strength.

My watch is in the wrong language

You can change the language selection if you have

accidently selected the wrong language on the watch.

1. Hold Ⓑ.
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 eighth item in the list, and select it.
5. Select your language.

My watch does not display the correct time

The watch updates the time and date when it syncs with your phone or when the watch acquires GPS signals. You should sync your watch to receive the correct time when you change time zones and to update for daylight saving time.

1. Hold Ⓑ, and select **Clocks** > **Time**.
2. Verify the Auto option for Time Source is enabled.
3. Select an option:
   - To sync the time with your phone, select **Time Sync** and wait while your watch automatically starts syncing with your phone.
   - To sync time using satellite signals, select **Time Sync** > **Use GPS**, go outdoors to an open area with a clear view of the sky, and wait while the watch acquires satellite signals.

The activity 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.

Maximizing Battery Life

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

- Turn on Battery Saver (*Battery Manager Settings, page 34*).
- Stop using the Always On display timeout option, and select a shorter display timeout (*Customizing the Display Settings, page 34*).
- Reduce the display brightness (*Customizing the Display Settings, page 34*).
- Switch from a live watch face to a watch face with a static background (*Changing the Watch Face, page 11*).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Phone Connection, page 29*).
- Turn off activity tracking (*Activity Tracking Settings, page 18*).
- Limit the type of phone notifications (*Managing Notifications, page 29*).
- Turn off automatic pulse oximeter readings (*Changing the Pulse Oximeter Tracking Mode, page 23*).

Restarting the Watch

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

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

1. Hold Ⓐ for 15 seconds.

   The watch turns off.
2. Hold Ⓐ for one second to turn on the watch.

Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect app to upload your activity data.

You can reset all of the watch settings to the factory default values.

1. Hold Ⓑ.
2. Select **Settings** > **System** > **Reset**.
3. Select an option:
   - To reset all of the watch settings to the factory default values, including user profile data, but save activity history and downloaded apps and files, select **Reset Default Settings**.
   - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data** and **Reset Settings**.
     NOTE: If you have set up a Garmin Pay wallet, this option deletes the wallet from your watch.

Acquiring Satellite Signals

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

1. Go outdoors to an open area.

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

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

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect app using your Bluetooth enabled phone.
  - Connect your device to your Garmin account using a Wi-Fi wireless network.

  While connected to your Garmin 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 step count does not seem accurate

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

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

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

Getting More Information

- Go to *support.Garmin.com/en-SG* for additional manuals, articles, and software updates.
- 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 from a compatible sensor.

24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible sensor.

500M Pace: The current rowing pace per 500 meters.

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 Move Time: The average move time during the current activity.

Average Speed: The average speed for the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology, page 4*).

Avg. 500M Pace: The average rowing pace per 500 meters for the current activity.

Avg. Dist./Stk.: The average distance traveled per stroke during the current activity.

Avg. Pace: The average pace for the current activity.

Avg. Stks./Len.: The average number of strokes per length during the current activity.

Avg. Stroke Rate: The average number of strokes per minute (spm) during the current activity.

Body Battery: Gaming. The amount of energy reserves you have remaining for the rest of the day.

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.

Dist. Per Stroke: The distance traveled per stroke.

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

eBike Battery: The remaining battery power of an eBike.

eBike Range: The estimated distance you can travel based on the current eBike settings and remaining battery power.

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.

Game Power: Gaming. The estimated power remaining during the current activity.

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).

Int. Dist./Stk.: The average distance traveled per stroke during the current interval.

Int. Stks./Len.: The average number of strokes per length during the current interval.

Int. Stroke Rate: The average number of strokes per minute (spm) during the current interval.

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Pace: The average pace for the current interval.

Interval Swolf: The average swolf score for the current

interval.

Interval Time: The stopwatch time for the current interval.

Int Strk Type: The current stroke type for the interval.

L. Int. Dist./Stk.: The average distance traveled per stroke during the last completed interval.

L. Int. Stk. Type: The stroke type used during the last completed interval.

L. Len. Stk. Rate: The average number of strokes per minute (spm) during the last completed pool length.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

L. Move HR %Max.: The average percentage of maximum heart rate of the last move during the current activity.

Lap 500M Pace: The average rowing pace per 500 meters for the current lap.

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.

Lap Pushes: The number of wheelchair pushes in 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.

Lap Time: The stopwatch time for the current lap.

Last Int. Swolf: The average swolf score for the last completed interval.

Last Lap 500M Pace: The average rowing pace per 500 meters for the last 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 Dist.: The distance traveled for the last completed lap.

Last Lap HR: The average heart rate for the last completed lap.

Last Lap HR %Max.: The average percentage of maximum heart rate 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.

Last Len. Swolf: The swolf score for the last completed pool length.

Last Length Pace: The average pace for your last completed pool length.

Last Move Dist.: The total distance in the previous move during the current activity.

Last Move HR: The average heart rate of the last move during the current activity.

Last Move Pace: The average pace of the last move during the current activity.

Last Move Speed: The average speed of the last move during the current activity.

Last Move Time: The amount of time to complete the last full move during the current activity.

Lengths: The number of pool lengths completed during the current activity.

Main: Gaming. The primary training data screen.

Maximum Speed: The top speed for the current activity.

Moderate Minutes: The number of moderate intensity minutes.

Move Distance: The total distance in the current move.

Move HR: The average heart rate in the current move.

Move HR %Max.: The average percentage of maximum heart rate for the current move.

Move Pace: The average pace of the current move.

Moves: The total number of moves completed during the current activity.

Move Speed: The average speed of the current move.

Move Time: The amount of time in the current move.

Pace: The current pace.

Pushes: The number of wheelchair pushes in the current activity.

Reps: During a strength training activity, the number of repetitions in a workout set.

Respiration Rate: Your respiration rate in breaths per minute (brpm).

Set Timer: During a strength training activity, the amount of time spent in the current workout set.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Stress: Your current stress level.

Stroke Rate: The number of strokes per minute (spm).

Strokes: The total number of strokes for the current activity.

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

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

Swim Time: The swimming time for the current activity, not including rest time.

Temperature: The temperature of the air. Your body

temperature affects the temperature sensor. Your device must be connected to a tempe sensor for this data to appear.

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.

Total Minutes: The total number of intensity minutes.

Vigorous Minutes: The number of vigorous intensity minutes.

VO2 Max. Standard Ratings

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

NOTE: VO2 max. is not available when the watch is in wheelchair mode.

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

When used for cycling, our speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.

September 2023