GARMIN.

vívoactive™

Owner's Manual

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Introduction

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.

Pairing Your Smartphone

To get the most out of the vívoactive device, you should pair it with your smartphone and complete the setup using the Garmin Connect™ Mobile app. This allows you to share and analyze data, download software updates, and download additional Connect IQ™ features from Garmin® and other providers. You can also view notifications and calendar events from your paired smartphone.

NOTE: Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your mobile device, your vívoactive device must be paired directly through the Garmin Connect Mobile app.

1 Go to www.garminconnect.com/vivoactive on your mobile browser.
2 Follow the on-screen instructions to get the app.
3 Install and open the Garmin Connect Mobile app.
4 Select an option:
   • During the initial setup, follow the on-screen instructions to pair your device with your smartphone.
   • If you did not pair your device with your smartphone during the initial setup, select the action key on the vívoactive device, and select **System** > **Bluetooth**.
5 Select an option to add your device to your Garmin Connect account:
   • If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
   • If you have already paired another device with the Garmin Connect Mobile app, select ☰ > **Devices** > ➕ in the Garmin Connect Mobile app, and follow the on-screen instructions.

Charging the Device

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.

The charging cradle contains a magnet. Under certain circumstances, magnets may cause interference with some medical devices, including pacemakers and insulin pumps. Keep the charging cradle away from such medical devices.

The charging cradle contains a magnet. Under certain circumstances, magnets may cause damage to some electronic devices, including hard drives in laptop computers. Use caution when the charging cradle is near electronic devices.

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

1 Plug the USB cable into a USB port on your computer.
2 Align the charger ① with the back of the device, and press the charger into place.

3 Charge the device completely.

Device Overview

①	⏻	Select to turn the backlight on or off. Hold to turn the device on or off.
②	Action key	Select to start or stop activities or apps.
③	☰	Select to open the menu from an activity or app.
④	⬅	Select to return to the previous screen. Select to mark a new lap.
⑤	Touchscreen	Swipe left or right to scroll through menus, options, and settings. Touch to select.

Icons

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

GPS	GPS status
♥	Heart rate monitor status
👟	Foot pod status
👁	LiveTrack status
🚴⚙	Speed and cadence sensor status

Touchscreen Tips

• From the watch face, swipe left or right to scroll through the widgets on the device.
• Select the action key, and swipe left or right to scroll through the apps on the device.
• During an activity, hold the touchscreen to view widgets.
• During an activity, swipe or tap the touchscreen to view the next data screen.
• Perform each touchscreen selection as a separate action.

Unlocking the Device

After a period of inactivity, the device goes into watch mode and the screen is locked.

Select an option:
- Select the action key.
- Swipe the touchscreen.

Starting an Activity

When you start an activity, GPS turns on automatically (if required). When you stop the activity, the device returns to watch mode.

1. Select the action key.
2. Select an activity.
3. If necessary, follow the on-screen instructions to enter additional information.
4. If necessary, wait while the device connects to your ANT+® sensors.
5. If the activity requires GPS, go outside, and wait while the device locates satellites.
6. Select the action key to start the timer.
   NOTE: The device does not record your activity data until you start the timer.

Viewing the Data Screens

Customizable data screens allow you to quickly access real-time data from internal and connected sensors. When you start an activity, additional data screens appear.

Swipe or tap the screen to cycle through the data screens.

Stopping an Activity

1. Select the action key.
2. Select an option:
   - To save the activity and return to watch mode, select **Save**.
   - To discard the activity and return to watch mode, select ⊠.

Connect IQ Features

You can add Connect IQ features to your watch from Garmin and other providers using the Garmin Connect Mobile app.

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

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

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

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

Downloading Connect IQ Features

Before you can download Connect IQ features from the Garmin Connect Mobile app, you must pair your vívoactive device with your smartphone running the Garmin Connect Mobile app.

1. From the Garmin Connect Mobile app, select ☰ > **Connect IQ Store**.
2. Select your vívoactive device.

Downloading Connect IQ Features Using Your Computer

1. Connect the device to your computer using a USB cable.
2. Go to www.garminconnect.com.
3. From your devices widget, select **Connect IQ Store**.
4. Select a Connect IQ feature.
5. Select **Send to Device**, and follow the on-screen instructions.

Widgets

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

Notifications: Alerts you to incoming calls and texts according to your smartphone notification settings.

Calendar: Displays upcoming meetings from your smartphone calendar.

Music controls: Music player controls for your smartphone.

Weather: Displays the current temperature and weather forecast.

Activity Tracking: Tracks your daily step count, step goal, distance traveled, calories burned, and sleep statistics.

Viewing Widgets

From the watch face, swipe left or right.

Activity Tracking

Auto Goal

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

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

Using the Move Alert

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

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

Sleep Tracking

During sleep mode, the device monitors your rest. Sleep statistics include total hours of sleep, periods of movement, and periods of restful sleep.

Using Sleep Mode

Before you can use sleep tracking, you must be wearing the device.

1. From the watch face, swipe left or right to view the activity tracking widget.
2. Select ☰ > **Start Sleep**.
3. When you wake, hold the action key to exit sleep mode.
   NOTE: If you forget to put the device into sleep mode, you can enter your sleep and wake times manually into your Garmin Connect account to view your sleep statistics.

VIRB™ Remote

The VIRB remote function allows you to control your VIRB action camera from a distance. Go to www.garmin.com/VIRB to purchase a VIRB action camera.

Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information.

1 Turn on your VIRB camera.
2 On your vívoactive device, swipe left or right from the watch face to view the VIRB widget.
3 Wait while the device connects to your VIRB camera.
4 Select an option:
   * To record video, select ●.
     The video counter appears on the vívoactive screen.
   * To stop recording video, select ■.
   * To take a photo, select 📷.

Apps

You can select the action key to view the apps on your device. Some apps require a Bluetooth connection to a compatible smartphone.

Activity Apps: Your device comes preloaded with fitness and outdoor activity apps including running, cycling, swimming, and golfing.

Find My Phone: You can use this preloaded app to help locate a lost phone that is connected to your device using Bluetooth wireless technology.

Activities

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

You can also add Connect IQ activity apps to your device using the Garmin Connect Mobile app (Downloading Connect IQ Features).

Running

Going for a Run

Before you go for a run, you should charge the device (Charging the Device). Before you can use an ANT+ sensor for your run, you must pair the sensor with your device (Pairing ANT+ Sensors).

1 Put on your ANT+ sensors, such as a foot pod or heart rate monitor (optional).
2 Select the action key.
3 Select **Run**.
4 When using optional ANT+ sensors, wait while the device connects to the sensors.
5 Go outside, and wait while the device locates satellites.
6 Select the action key to start the timer.
   History is recorded only while the timer is running.
7 Start your activity.
8 Select ⇌ to record laps (optional) (Marking Laps).
9 Swipe or tap the screen to view additional data screens (optional).
10 After you complete your activity, select the action key, and select **Save**.

Biking

Going for a Ride

Before you go for a ride, you should charge the device (Charging the Device). Before you can use an ANT+ sensor for your ride, you must pair the sensor with your device (Pairing ANT+ Sensors).

1 Pair your ANT+ sensors, such as a heart rate monitor, speed sensor, or cadence sensor (optional).
2 Select the action key.
3 Select **Bike**.
4 When using optional ANT+ sensors, wait while the device connects to the sensors.
5 Go outside, and wait while the device locates satellites.
6 Select the action key to start the timer.
   History is recorded only while the timer is running.
7 Start your activity.
8 Swipe or tap the screen to view additional data screens (optional).
9 After you complete your activity, select the action key, and select **Save**.

Walking

Going for a Walk

Before you go for a walk, you should charge the device (Charging the Device). Before you can use an ANT+ sensor for your walk, you must pair the sensor with your device (Pairing ANT+ Sensors).

1 Put on your ANT+ sensors, such as a foot pod or heart rate monitor (optional).
2 Select the action key.
3 Select **Walk**.
4 When using optional ANT+ sensors, wait while the device connects to the sensors.
5 Go outside, and wait while the device locates satellites.
6 Select the action key to start the timer.
   History is recorded only while the timer is running.
7 Start your activity.
8 Swipe or tap the screen to view additional data screens (optional).
9 After you complete your activity, select the action key, and select **Save**.

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 Select ☰ > **Back to Start**.
   The compass appears.
2 Move forward.
   The compass arrow points toward your starting point.
   TIP: For more accurate navigation, orient your device toward the direction in which you are navigating.

Stopping Navigation

Select ☰ > **Stop Navigation**.

Swimming

NOTICE

The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

NOTE: The device cannot record heart rate data while swimming.

Going for a Pool Swim

Before you go for a swim, you should charge the device (Charging the Device).

1 Select the action key.

2 Select **Swim**.

3 Select your pool size, or enter a custom size.

4 Select the action key to start the timer.

History is recorded only while the timer is running.

5 Start your activity.

The device automatically records swim intervals and lengths.

6 When resting, select the action key to pause the timer.

The display inverts color, and the rest screen appears.

7 Select the action key to restart the timer.

8 After you complete your activity, hold the action key, and select **Save**.

Setting the Pool Size

1 Select the action key.

2 Select **Swim**.

3 Select ☰ > **Pool Size**.

4 Select your pool size, or enter a custom size.

Swim Terminology

Length: One trip down the pool.

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

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

Swolf: Your swolf score is the sum of the time for one length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Golfing

Playing Golf

Before you go play a course for the first time, you must download it from the Garmin Connect Mobile app (Garmin Connect). Courses downloaded from the Garmin Connect Mobile app are updated automatically. Before you play golf, you should charge the device (Charging the Device).

1 Select the action key.

2 Select **Golf**.

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

4 Select a course from the list of available courses.

5 Swipe left or right to scroll through the data screens for each hole.

The device automatically transitions when you move to the next hole.

6 After you complete your activity, select ☰ > **End Round** > **Save**.

Hole Information

Because pin locations change, the device calculates the distance to the front, middle, and back of the green, but not the actual pin location.

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
▲	Next hole
▼	Previous hole

Viewing Layup and Dogleg Distances

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

Swipe left or right until the layup and dogleg information appears.

Each layup ① and the distance until you reach each layup ② appear on the screen.

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

Using the Odometer

You can use the odometer to record the time, distance, and steps traveled. The odometer automatically starts and stops when you start or end a round.

1 Swipe left or right until the odometer appears.
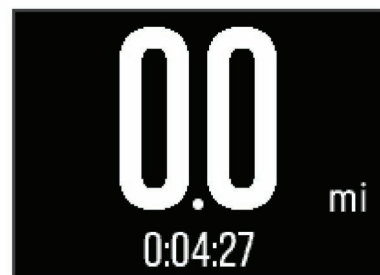
2 If necessary, select ☰ > **Reset Odometer** to reset the odometer to zero.

Keeping Score

1 From the hole information screen, select ☰ > **Start Scoring**.

The scorecard appears when you are on the green.

2 Select ▬ or ✚ to set the score.

Your total score ① is updated.

Reviewing Scores

1 Select ☰ > **Scorecard**, and select a hole.

2 Select ➖ or ➕ to change the score for that hole.

Measuring a Shot

1 Take a shot, and watch where your ball lands.

2 Select the action key.

3 Walk or drive to your ball.

The distance automatically resets when you move to the next hole.

4 If necessary, select the action key, and select ☰ > **New Shot** to reset the distance at any time.

Indoor Activities

The vívoactive device can be used for training indoors, such as running on an indoor track or using a stationary bike.

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

Locating a Lost Mobile Device

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

1 Select the action key.

2 Select **Find My**.

The vívoactive device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signal strength displays on the vívoactive device screen. The Bluetooth signal strength increases as you move closer to your mobile device.

3 Select ⬅ to stop searching.

Bluetooth Connected Features

The vívoactive device has several Bluetooth connected features for your compatible smartphone. Some features require you to install the Garmin Connect Mobile app on your smartphone. Go to www.garmin.com/apps for more information.

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

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

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

Enabling Bluetooth Notifications

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

1 Select the action key.

2 Select **System** > **Bluetooth** > **Smart Notifications**.

3 Select **During Activity** to set preferences for notifications that appear when recording an activity.

4 Select a notification preference.

5 Select **Not During Activity** to set preferences for notifications that appear when in watch mode.

6 Select a notification preference.

7 Select **Notification Timeout**.

8 Select a timeout duration.

Viewing Notifications

1 From the watch face, swipe left or right to view the notifications widget.

2 Tap the touchscreen, and swipe left or right to scroll through the notifications.

3 Select a notification.

4 If necessary, select ▼ to scroll through the contents of the notification.

5 Select ⬅ to return to the previous screen.

The notification remains on your vívoactive device until you view it on your mobile device.

Managing Notifications

You can use your compatible mobile device to manage notifications displayed on your vívoactive device.

Select an option:

- If you are using an iOS® device, use the notification center settings on your mobile device to select the items to show on the device.

- If you are using an Android™ device, use the app settings in the Garmin Connect Mobile app to select the items to show on the device.

Turning Off Bluetooth Technology

1 Select the action key.

2 Select **System** > **Bluetooth** > **Status** > **Off** to turn off Bluetooth wireless technology on your vívoactive device.

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

History

History contains up to ten previous activities you have saved on your device. When auto upload is turned on, your device automatically sends your saved activities and daily activity tracking data to the Garmin Connect Mobile app (Using Garmin Connect Mobile).

Your data storage depends on how you use your device.

Data Storage	Mode
Up to 2 months	Activity tracking only.
Up to 2 weeks	Activity tracking plus extensive fitness activity use. (For example, using a paired heart rate monitor for 1 hour per day.)

When the data storage is full, the device deletes the oldest files to make room for new data.

Using History

1 Select the action key.

2 Select **History**.

3 Select an activity.

4 Select an option:

- Select **Details** to view additional information about the activity.

- Select **Laps** to select a lap and view additional information about each lap.

- Select **Delete** to delete the selected activity.

Garmin Connect

You can connect with your friends on your Garmin Connect account. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, golf games, and more. Garmin Connect is also your online statistics tracker where you can analyze and share all

your rounds of golf. To sign up for a free account, go to www.garminconnect.com/start.

Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect 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: Some data requires an optional accessory such as a heart rate monitor.
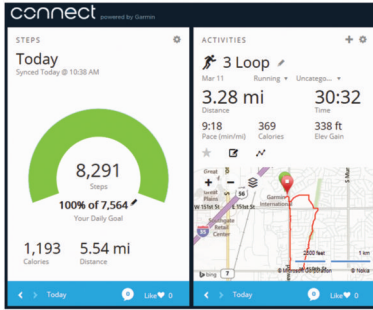
Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

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

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

Using Garmin Connect Mobile

You can upload all of your activity data to your Garmin Connect account for comprehensive analysis. With your Garmin Connect account, you can view a map of your activity, and share your activities with friends. You can turn on auto upload in the Garmin Connect Mobile app.

1 From the Garmin Connect Mobile app, select ▤ > **Devices**.
2 Select your vívoactive device, and select **Device Settings**.
3 Select the toggle switch to turn on auto upload.

Using Garmin Connect on Your Computer

If you have not paired your vívoactive device with your smartphone, you can upload all of your activity data to your Garmin Connect account using your computer.

1 Connect the device to your computer using the USB cable.
2 Go to www.garminconnect.com/start.
3 Follow the on-screen instructions.

ANT+ Sensors

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

Pairing ANT+ Sensors

The first time you connect a sensor to your device using ANT+ wireless technology, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

NOTE: If a heart rate monitor was bundled with your device, the included heart rate monitor is already paired with your device.

1 If you are pairing a heart rate monitor, put on the heart rate monitor (Putting On the Heart Rate Monitor).
  The heart rate monitor does not send or receive data until you put it on.
2 Bring the device within 3 m (10 ft.) of the sensor.
  NOTE: Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.
3 Select the action key.
4 Select **System** > **Sensors** > **Add New**.
5 Select an option:
  • Select **Search All**.
  • Select your sensor type.
  After the sensor is paired with your device, the sensor status changes from Searching to Connected. Sensor data appears in the data page loop or a custom data field.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

1 Snap the heart rate monitor module ① onto the strap.

  The Garmin logos on the module and the strap should be right-side up.
2 Wet the electrodes ② and the contact patches ③ on the back of the strap to create a strong connection between your chest and the transmitter.

3 Wrap the strap around your chest, and connect the strap hook ④ to the loop ⑤.
  NOTE: The care tag should not fold over.
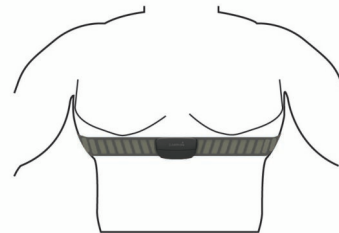
  The Garmin logos should be right-side up.
4 Bring the device within 3 m (10 ft.) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

TIP: If the heart rate data is erratic or does not appear, see the troubleshooting tips (Tips for Erratic Heart Rate Data).

Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your default heart rate zones. The device has separate heart rate zones for running and cycling. For the

most accurate calorie data during your activity, set your maximum heart rate. You also can set each heart rate zone and enter your resting heart rate manually. You can adjust your zones manually on the device or using your Garmin Connect account.

1 Select the action key.
2 Select **System** > **User Profile** > **Heart Rate Zones**.
3 Select **Based On**, and select an option.
   - Select **BPM** to view and edit the zones in beats per minute.
   - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
   - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
4 Select **Max. HR**, and enter your maximum heart rate.
5 Select a zone, and enter a value for each zone.
6 Select **Resting HR**, and enter your resting heart rate.

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.

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

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

Tips for Erratic Heart Rate Data
If the heart rate data is erratic or does not appear, you can try these tips.
- Reapply water to the electrodes and contact patches.
- Tighten the strap on your chest.
- Warm up for 5–10 minutes.
- Follow the care instructions (Caring for the Heart Rate Monitor).
- Wear a cotton shirt or thoroughly wet both sides of the strap.
  Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.
- Move away from sources that can interfere with your heart rate monitor.
  Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Foot Pod
Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when

you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).

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

Calibrating Your Foot Pod
Before you can calibrate your foot pod, you must pair your device with the foot pod (Pairing ANT+ Sensors).

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

1 Select the action key.
2 Select **System** > **Sensors** > **Foot Pod** > **Calibration Factor**.
3 Adjust the calibration factor:
   - Increase the calibration factor if your distance is too low.
   - Decrease the calibration factor if your distance is too high.

Using an Optional Bike Speed or Cadence Sensor
You can use a compatible bike speed or cadence sensor to send data to your device.
- Pair the sensor with your device (Pairing ANT+ Sensors).
- Update your fitness user profile information (Setting Up Your User Profile).
- Set your wheel size (Calibrating Your Speed Sensor).
- Go for a ride (Going for a Ride).

Calibrating Your Speed Sensor
Before you can calibrate your speed sensor, you must pair your device with a compatible speed sensor (Pairing ANT+ Sensors).

Manual calibration is optional and can improve accuracy.

1 Select the action key.
2 Select **System** > **Sensors** > **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).

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

Customizing Your Device

Changing the Watch Face
You can use the default digital watch face or a Connect IQ watch face (Downloading Connect IQ Features).
1 Select the action key.
2 Select **System** > **Watch Face**.
3 Select an option.

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

1 Select the action key.

2 Select **System** > **User Profile**.

3 Select an option.

Activity Settings

These settings allow you to customize your device based on your training needs. For example, you can customize data screens and enable alerts and training features.

Customizing the Data Screens

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

1 Select the action key.

2 Select an activity.

NOTE: This feature is not available for all activities.

3 Select ≡ > **Data Screens**.

4 Select a screen.

5 If necessary, select the toggle switch to enable the data screen.

6 Select ✐.

7 Select a data field to change it.

Alerts

You can set alerts for each activity, which can help you to train toward specific goals. Some alerts are available only for specific activities.

Setting Range Alerts

A range alert notifies you when the device is above or below a specified range of values. For example, if you have an optional heart rate monitor, you can set the device to alert you when your heart rate is below zone 2 and over zone 5 (Setting Your Heart Rate Zones).

1 Select the action key.

2 Select an activity.

NOTE: This feature is not available for all activities.

3 Select ≡ > **Alerts** > **Add New**.

4 Select the type of alert.

Depending on your accessories, the alerts may include heart rate, pace, speed, and cadence.

5 If necessary, turn on the alert.

6 Select a zone or enter a value for each alert.

Each time you exceed or drop below the specified range, a message appears. The device also vibrates if vibration is turned on (System Settings).

Setting a Recurring Alert

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

1 Select the action key.

2 Select an activity.

NOTE: This feature is not available for all activities.

3 Select ≡ > **Alerts** > **Add New**.

4 Select an option:

- Select **Custom**, select a message, and select an alert type.
- Select **Time** or **Distance**.

5 Enter a value.

Each time you reach the alert value, a message appears. The device also vibrates if vibration is turned on (System Settings).

Setting Walk Break Alerts

Some running programs use timed walking breaks at regular intervals. For example, during a long training run, you can set the device to alert you to run for 4 minutes, and then walk for 1 minute, and repeat. Auto Lap® functions as usual while you are using the run or walk alerts.

1 Select the action key.

2 Select an activity.

NOTE: This feature is not available for all activities.

3 Select ≡ > **Alerts** > **Add New**.

4 Select **Run/Walk**.

5 Enter a time for the run interval.

6 Enter a time for the walk interval.

Each time you reach the alert value, a message appears. The device also vibrates if vibration is turned on (System Settings).

Auto Lap

Marking Laps

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

1 Select the action key.

2 Select an activity.

NOTE: This feature is not available for all activities.

3 Select ≡ > **Laps**.

4 Select an option:

- Select the **Auto Lap** toggle switch to turn on the Auto Lap feature.
- Select the **Lap Key** toggle switch to use ⇔ to mark a lap during an activity.

TIP: You can select ✐ and enter a custom distance if the Auto Lap feature is turned on.

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

If necessary, you can customize the data screens to display additional lap data (Customizing the Data Screens).

Using Auto Pause®

You can use Auto Pause 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: History is not recorded while the timer is stopped or paused.

1 Select the action key.

2 Select an activity.

NOTE: This feature is not available for all activities.

3 Select ≡ > **Auto Pause**.

4 Select an option:

- Select **When Stopped** to pause the timer automatically when you stop moving.
- Select **Pace** to pause the timer automatically when your pace drops below a specified value.
- Select **Speed** to pause the timer automatically when your speed drops below a specified value.

Using Auto Scroll

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

1 Select the action key.

2 Select an activity.

NOTE: This feature is not available for all activities.

3 Select ☰ > **Auto Scroll**.

4 Select a display speed.

Background Settings

The background settings set the background color to black or white.

Select the action key, select an activity, and select ☰ > **Background**.

NOTE: This feature is not available for all activities.

Bluetooth Settings

Select the action key, and select **System** > **Bluetooth**.

Status: Displays the current Bluetooth connection status and allows you to turn Bluetooth wireless technology on or off (Turning Off Bluetooth Technology).

Smart Notifications: The device turns smart notifications on and off automatically based on your selections (Enabling Bluetooth Notifications).

Pair Mobile Device: Connects your device with a compatible mobile device equipped with Bluetooth Smart wireless technology.

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

System Settings

Select the action key, and select **System** > **System**.

Language: Sets the language of the device interface.

Clock: Sets the time, format, color preferences, and watch face (Time Settings).

Backlight: Sets the backlight mode and length of time before the backlight turns off (Backlight Settings).

Vibration: Turns vibration on or off.

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

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

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

Software Update: Allows you to check for software updates.

About: Displays the unit ID, software version, GPS version, and software information.

Time Settings

Select the action key, and select **System** > **System** > **Clock**.

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

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

Background: Sets the background color to black or white.

Accent Color: Sets the clock accent color.

Setting the Time Manually

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

1 Select the action key.

2 Select **System** > **System** > **Clock** > **Set Local Time** > **Manual**.

3 Select **Time**, and enter the time of day.

Setting the Alarm

1 Select the action key.

2 Select **System** > **Alarm**.

3 Select the toggle switch to turn on the alarm.

4 Select 🖉, and enter a time.

Backlight Settings

Select the action key, and select **System** > **System** > **Backlight**.

Mode: Sets the backlight to turn on manually, for keys and alerts, or for notifications.

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

Changing the Units of Measure

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

1 Select the action key.

2 Select **System** > **System** > **Units**.

3 Select a measurement type.

4 Select a unit of measure.

Changing the Satellite Setting

By default, the device uses GPS to locate satellites. For increased performance in challenging environments and faster GPS position location, you can enable GPS and GLONASS. Using GPS and GLONASS can reduce battery life more than using only GPS.

1 Select the action key.

2 Select **System** > **Sensors** > **GPS**.

3 Select the toggle switch to turn on GPS.

4 Select 🖉.

5 Select the toggle switch to turn on GLONASS.

Device Information

vívoactive Specifications

Battery type	Rechargeable, built-in lithium polymer battery
Battery life	Up to 3 wk. in watch mode Up to 10 hr. in GPS mode
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	Swim, 5 ATM*

*For more information, go to www.garmin.com/waterrating.

Heart Rate Monitor Specifications

Battery type	User-replaceable CR2032, 3 volts
Battery life	Up to 4.5 yr. at 1 hr./day
Water resistance	3 ATM* NOTE: This product does not transmit heart rate data while swimming.
Operating temperature range	From -5° to 50°C (from 23° to 122°F)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol

*The device withstands pressure equivalent to a depth of 30 m. For more information, go to www.garmin.com/waterrating.

User Replaceable Batteries

> **⚠ WARNING**
>
> Do not use a sharp object to remove batteries.
>
> Keep the battery away from children.
>
> Never put batteries in mouth. If swallowed, contact your physician or local poison control center.
>
> Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See www.dtsc.ca.gov /hazardouswaste/perchlorate.

> **⚠ CAUTION**
>
> Contact your local waste disposal department to properly recycle the batteries.

Replacing the Heart Rate Monitor Battery

1 Use a small Phillips screwdriver to remove the four screws on the back of the module.
2 Remove the cover and battery.

3 Wait 30 seconds.
4 Insert the new battery with the positive side facing up.
   NOTE: Do not damage or lose the O-ring gasket.
5 Replace the back cover and the four screws.
   NOTE: Do not overtighten.

After you replace the heart rate monitor battery, you may need to pair it with the device again.

Data Management

NOTE: The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect.

1 Complete an action:
   • For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
   • For Mac computers, drag the volume icon to the trash.
2 Disconnect the cable from your computer.

Deleting Files

> **NOTICE**
>
> If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the **Delete** key on your keyboard.

Troubleshooting

Resetting the Device

If the device stops responding, you may need to reset it.
NOTE: Resetting the device may erase your data or settings.

1 Hold ⏻ for 15 seconds.
   The device turns off.
2 Hold ⏻ for one second to turn on the device.

Restoring All Default Settings

NOTE: This deletes all user-entered information and activity history.

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

1 Select the action key.
2 Select **System** > **System** > **Restore Defaults** > **Yes**.

Acquiring Satellite Signals

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

1 Go outdoors to an open area.
   The front of the device should be oriented toward the sky.
2 Wait while the device locates satellites.
   It may take 30–60 seconds to locate satellite signals.

Maximizing Battery Life

• Shorten the backlight timeout (Backlight Settings).
• Use GPS mode instead of GLONASS mode for your activity (Changing the Satellite Setting).
• Use a Connect IQ watch face that is not updated every second. For example, use a watch face without a second hand (Downloading Connect IQ Features).
• In your smartphone notification center settings, limit the notifications that are displayed (Managing Notifications).

Support and Updates

Garmin Express™ provides easy access to these services for Garmin devices. Some services may not be available for your device.

• Product registration
• Product manuals
• Software updates
• Map, chart, or course updates
• Vehicles, voices, and other extras

Setting Up Garmin Express

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

Software Update

When a software update is available, your device automatically downloads the update when you synchronize your device to your Garmin Connect account.

Appendix

Device Care

> **NOTICE**
>
> Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
>
> Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

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

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

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

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

Cleaning the Device

> **NOTICE**
>
> Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

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

2 Wipe it dry.

After cleaning, allow the device to dry completely.

Caring for the Heart Rate Monitor

> **NOTICE**
>
> You must unsnap and remove the module before washing the strap.

A build up of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Go to www.garmin.com/HRMcare for detailed washing instructions.
- Rinse the strap after every use.
- Machine wash the strap after every seven uses.
- Do not put the strap in a dryer.
- When drying the strap, hang it up or lay it flat.
- To prolong the life of your heart rate monitor, unsnap the module when not in use.

Data Fields

Some data fields require ANT+ accessories to display data.

%HRR: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

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

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

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

Average %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.

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

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

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

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

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

Average Pace: The average pace for the current activity.

Average Speed: The average speed for the current activity.

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

Average Strokes/Length: The average number of strokes per length during 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).

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

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

Calories: The amount of total calories burned.

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

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

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

Heading: The direction you are moving.

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

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

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

Interval Distance: The distance traveled for the current interval.

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

Interval Pace: The average pace for the current interval.

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

Interval Strokes/Length: The average number of strokes per length during the current interval.

Interval SWOLF: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) 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.

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

Lap Speed: The average speed for the current lap.

Lap Time: The stopwatch time for the current lap.

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

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

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

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

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

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

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

Last Length Stroke Rate: The average number strokes per minute (spm) during the last completed pool length.

Last Length Strokes: The total number of strokes for the last completed pool length.

Last Length SWOLF: The swolf score for the last completed pool length.

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

Maximum Speed: The top speed for the current activity.

Pace: The current pace.

Speed: The current rate of travel.

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

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

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

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

Timer: The stopwatch time for the current activity.

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

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

Wheel Size and Circumference

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

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785

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

Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

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Symbol Definitions

These symbols may appear on the device or accessory labels.

⌧	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

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www.garmin.com/support

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