GARMIN.

VÍVOSMART® 3

Owner's Manual

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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.

Turning On and Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

To use the connected features of the vívosmart 3 device, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your smartphone.

1 From the app store on your smartphone, install the Garmin Connect app.
2 Pinch the sides of the charging clip ① to open the arms on the clip.

3 Align the clip with the contacts ②, and release the arms of the clip.
4 Plug the USB cable into a power source to turn on the device (*Charging the Device*, page 7).

   Hello! appears when the device turns on.

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 app, follow the on-screen instructions.
   • If you have already paired another device with the Garmin Connect app, from the ≡ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Wearing the Device

• Wear the device above your wrist bone.
   NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising.
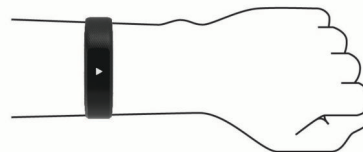
NOTE: The optical sensor is located on the back of the device.
• See *Tips for Erratic Heart Rate Data*, page 8 for more information about wrist-based heart rate.
• For more information about accuracy, go to garmin.com /ataccuracy.
• For more information about device wear and care, go to www.garmin.com/fitandcare.

Using the Device

Double tap	Double tap the touchscreen ① to wake the device.
	NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.
	During a timed activity, double tap the touchscreen to start and stop the timer.
Wrist gesture	Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.
Hold	Hold the touchscreen to open and close the menu.
Swipe	Swipe the touchscreen to scroll through widgets and menu options.
Tap	Tap the touchscreen to make a selection. Tap ↰ to return to the previous screen.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired smartphone.

NOTE: You can use the Garmin Connect app to select the watch face and add or remove widgets, such as music controls for your smartphone (*Device Settings on Your Garmin Connect Account*, page 7).

Time and date	The current time and date. The device updates the time and date when you sync your device with a smartphone or computer.
⚆⚆	The total number of steps taken and your goal for the day. The device learns and proposes a new step goal for you each day.
⚇	The total number of floors climbed and your goal for the day.
⊙	Your intensity minutes total and goal for the week.
⚡	The amount of total calories burned for the day, including both active and resting calories.
⚐	The distance traveled in kilometers or miles for the day.
VIRB	Controls for a paired VIRB® action camera (sold separately).

⏯	Controls for the music player on your smartphone.
☼	The current temperature and weather forecast from a paired smartphone.
💬	Notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.
♡	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
70 ◁▃◢◣	Your current stress level. The device measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.

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.

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.

You can reset the move bar by walking a short distance.

Viewing the Heart Rate Graph

The heart rate graph displays your heart rate for the last hour, your lowest heart rate in beats per minute (bpm), and your highest heart rate during that period.

1 Swipe to view the heart rate screen.
2 Tap the touchscreen to view the heart rate graph.

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

Earning Intensity Minutes

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

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

Improving Calorie Accuracy

The device displays an estimate of your total calories burned for the current day. You can improve the accuracy of this estimate by walking briskly for up to 15 minutes.

1 Swipe to view the calories screen.
2 Select ⓘ.

   NOTE: ⓘ appears when calories need to be calibrated. This calibration process only needs to be completed once. If you have already recorded a timed walk or run, ⓘ may not appear.

3 Follow the on-screen instructions.

Heart Rate Variability and Stress Level

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

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

Viewing the Stress Level Widget

The stress level widget displays your current stress level.

1 Swipe to view the stress level widget.
2 Tap the touchscreen to view the stress level graph.

Starting a Relaxation Timer

You can start the relaxation timer to begin a guided breathing exercise.

1 Swipe to view the stress level screen.
2 Tap the touchscreen.

   The stress level graph appears.

3 Swipe to select **Relax Timer**.
4 Select ▲ or ▼ to set the relaxation timer.
5 Tap the center of the touchscreen to select the time and move to the next screen.
6 Double tap the touchscreen to start the relaxation timer.
7 Follow the on-screen instructions.
8 View your updated stress level when the relaxation timer is complete.

Sleep Tracking

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

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 5).

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. 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. You must also enable the VIRB screen on your vívosmart 3 device (*Device Settings on Your Garmin Connect Account*, page 7).

1 Turn on your VIRB camera.
2 On your vívosmart 3 device, swipe to view the **VIRB** screen.
3 Wait while the device connects to your VIRB camera.
4 Select an option:
   • To record video, select ■◖.
     The video counter appears on the vívosmart 3 device.
   • To stop recording video, select ■◖.
   • To take a photo, select ◙.

Training

Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

1 Hold the touchscreen to view the menu.
2 Select 🏃.
3 Swipe to scroll through the activity list:
   • Select 🚶 for walking.
   • Select 🏃 for running.
   • Select 🏋 for a cardio activity.
   • Select 🏋 for strength training.
   • Select 🤸 for other activity types.
4 Double tap the touchscreen to start the timer.
5 Start your activity.
6 Swipe to view additional data screens.
7 After you complete your activity, double tap the touchscreen to stop the timer.
   TIP: You can double tap the touchscreen to resume the timer.
8 Swipe to select an option:
   • Select ☑ to save the activity.
   • Select 🗑 to delete the activity.

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 Hold the touchscreen to view the menu.
2 Select 🏃 > 🏋.
3 Double tap the touchscreen to start the timer.
4 Start your first set.
   The device counts your reps. Your rep count appears when you complete at least 6 reps.
5 Swipe to view additional data screens (optional).
6 Select ➜ to finish a set.
   A rest timer appears.
7 During a rest, select an option:
   • To view additional data screens, swipe the touchscreen.

   • To edit your rep count, select **Edit Reps**, select ▲ or ▼, and tap the center of the touchscreen.
8 Select ➜ to start your next set.
9 Repeat steps 6 through 8 until your activity is complete.
10 Double tap the touchscreen to stop the timer.
11 Swipe to select an option:
   • Select ☑ to save the activity.
   • Select 🗑 to delete the activity.

Tips for Recording Strength Training Activities

• Do not look at the device while performing reps.
  You should interact with the device 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 device 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.

Alerts

You can use alerts to train toward specific time, distance, calories, and heart rate goals.

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 100 calories. You can use your Garmin Connect account to customize the specified values or intervals for recurring alerts (*Activity Profile Settings on Garmin Connect*, page 7).

1 Hold the touchscreen to view the menu.
2 Select 🏃, and select an activity.
3 Select **Alerts**.
4 Select **Time**, **Dist**, or **Cal** to turn on the alert.
   NOTE: The Dist alert is available only for walking and running.

Each time you reach the alert value, a message appears and the device vibrates.

Setting Your Heart Rate Alerts

You can set the device to alert you when your heart rate is above or below a target zone or a custom range. For example, you can set the device to alert you when your heart rate is above 180 beats per minute (bpm). You can use your Garmin Connect account to define custom zones (*Activity Profile Settings on Garmin Connect*, page 7).

1 Hold the touchscreen to view the menu.
2 Select 🏃, and select an activity.
3 Select **Alerts** > **HR Alert**.
4 Select an option:
   • To use the range of an existing heart rate zone, select a heart rate zone.
   • To use custom minimum or maximum values, select **Custom**.

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

Marking Laps

You can set your device to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance over different parts of an activity.

NOTE: The Auto Lap feature is not available for all activities.

1. Hold the touchscreen to view the menu.
2. Select 🏃, and select an activity.
3. Select **Auto Lap** to turn on the feature.
4. Start your activity.

Broadcasting Heart Rate Data to Garmin® Devices

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

NOTE: Broadcasting heart rate data decreases battery life.

1. Hold the touchscreen to view the menu.
2. Select ♡ > 📡 > ✔.

   The vívosmart 3 device starts broadcasting your heart rate data.

   NOTE: You can view only the heart rate monitoring screen while broadcasting heart rate data.
3. Pair your vívosmart 3 device with your Garmin ANT+® compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
4. Tap the heart rate monitoring screen, and select ✔ to stop broadcasting your heart rate data.

About VO2 Max. Estimates

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

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

VO2 max. data is provided by FirstBeat. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 10), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate

The device requires wrist-based heart rate data and a timed 15 minute walk to display your VO2 max. estimate.

1. Hold the touchscreen to view the menu.
2. Select VO₂.

   If you have already recorded a 15 minute brisk walk, your VO2 max. estimate appears. The device displays the date your VO2 max. estimate was last updated. The device updates your VO2 max. estimate each time you complete a timed walk or run.
3. If necessary, follow the on-screen instructions to get your VO2 max. estimate.

   A message appears when the test is complete.

Clock

Using the Stopwatch

1. Hold the touchscreen to view the menu.
2. Select ⏱ > ⏱.
3. Double tap the touchscreen to start the timer.
4. Double tap the touchscreen to stop the timer.
5. If necessary, select ↻ to reset the timer.

Starting the Countdown Timer

1. Hold the touchscreen to view the menu.
2. Select ⏱ > ⏱.
3. Select ▲ or ▼ to set the timer.
4. Tap the center of the touchscreen to select the time and move to the next screen.
5. Select ▶ to start the timer.
6. Select ■ to stop the timer.

Using the Alarm Clock

1. Set alarm clock times and frequencies on your Garmin Connect account (*Device Settings on Your Garmin Connect Account*, page 7).
2. On the vívosmart 3 device, hold the touchscreen to view the menu.
3. Select ⏱ > ⏰.
4. Swipe to scroll through the alarms.
5. Select an alarm to turn it on or off.

Bluetooth Connected Features

The vívosmart 3 device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect app.

Notifications: Alerts you to notifications from your smartphone, including calls, texts, social network updates, calendar appointments, and more, based on your smartphone notification settings.

Weather updates: Displays the current temperature and weather forecast from your smartphone.

Music controls: Allows you to control the music player on your smartphone.

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

Find my device: Locates your lost vívosmart device that is paired with your smartphone and currently within range.

Activity uploads: Automatically sends your activity to the Garmin Connect app as soon as you open the app.

Software updates: Your device wirelessly downloads and installs the latest software update.

Viewing Notifications

- When a notification appears on your device, select an option:
  - Tap the touchscreen, and select ▼ to view the entire notification.
  - Select ✖ to dismiss the notification.
- When an incoming call appears on your device, select an option:

  NOTE: Available options vary based on your smartphone.
  - Select 📞 to accept the call on your smartphone.
  - Select 📵 to decline or silence the call.

- To view all notifications, swipe to view the notifications widget, tap the touchscreen, and select an option:
  - Swipe to scroll through the notifications.
  - Select a notification, and select ▼ to view the entire notification.
  - Select a notification, and select ✖ to dismiss the notification.

Managing Notifications

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

Select an option:

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

Locating a Lost Smartphone

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

1 Hold the touchscreen to view the menu.
2 Select 📞.

The vívosmart 3 device begins searching for your paired smartphone. An audible alert sounds on your smartphone, and the Bluetooth signal strength appears on the vívosmart 3 device screen. The Bluetooth signal strength increases as you move closer to your smartphone.

Using Do Not Disturb Mode

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

NOTE: In your Garmin Connect account, you can set the device to automatically enter do not disturb mode during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account.

1 Hold the touchscreen to view the menu.
2 Select ☾ > ☽ to enable do not disturb mode.

☽ appears on the time of day screen.

3 Hold the touchscreen, and select ☾ > ☽ > **Off** to disable do not disturb mode.

History

Your device stores up to 14 days of activity tracking and heart rate monitoring data, and up to seven timed activities. You can view your last seven timed activities on your device. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Syncing Your Data with the Garmin Connect App*, page 5) (*Syncing Your Data with Your Computer*, page 5).

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

Viewing History

1 Hold the touchscreen to view the menu.
2 Select ☐.
3 Select an 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, hikes, and more.

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

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

Analyze your data: You can view more detailed information about your activity, including time, distance, calories burned, and customizable reports.
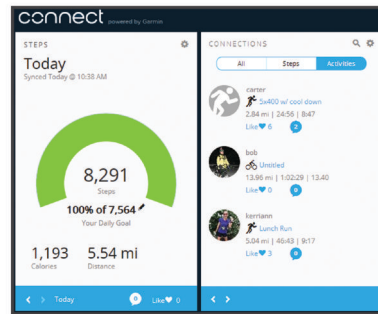
Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

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

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. These activities are added to your activities list.

Syncing Your Data with the Garmin Connect App

Your device automatically syncs data with the Garmin Connect app each time you open the app. Your device periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.

1 Bring the device near your smartphone.
2 Open the Garmin Connect app.

TIP: The app can be open or running in the background.

3 Hold the touchscreen to view the menu.
4 Select ↻.
5 Wait while your data syncs.
6 View your current data in the Garmin Connect app.

Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application (*Setting Up Garmin Express*, page 5).

1 Connect the device to your computer using the USB cable.
2 Open the Garmin Express application.

The device enters mass storage mode.

3 Follow the on-screen instructions.
4 View your data on your Garmin Connect account.

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.

Customizing Your Device

Device Settings

You can customize some settings on your vívosmart 3 device. Additional settings can be customized on your Garmin Connect account.

Hold the touchscreen to view the menu, and select ⚙.

✆: Allows you to pair your smartphone and adjust Bluetooth settings (*Bluetooth Settings*, page 6).

☼: Adjusts the display settings (*Display Settings*, page 6).

🕐: Sets the device to display time in a 12-hour or 24-hour format, and allows you to set the time manually (*Setting the Time Manually*, page 6).

🏃: Turns activity tracking and the move alert on and off.

🔧: Adjusts the system settings (*System Settings*, page 6).

Bluetooth Settings

Hold the touchscreen to view the menu, and select ⚙ > ✆. Your Bluetooth connection status appears.

✆: Turns Bluetooth wireless technology on and off.

> **NOTE:** Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

◼: Allows you to enable phone notifications from your compatible smartphone. You can use the Calls Only option to display notifications for only incoming phone calls.

Pair Now: Allows you to pair your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features using the Garmin Connect app, including notifications and activity uploads to Garmin Connect.

Display Settings

Hold the touchscreen to view the menu, and select ⚙ > ☼.

Brightness: Sets the brightness level of the screen. You can use the Auto option to automatically adjust the brightness based on the ambient light. You can select ▲ or ▼ to manually adjust the brightness level.

> **NOTE:** A higher brightness level decreases battery life.

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

> **NOTE:** A longer screen timeout decreases battery life.

Gesture: Sets the screen to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the device. You can use the Activity Only option to use gestures only during timed activities.

Orientation: Sets the device to display data in landscape or portrait format.

Wrist Heart Rate Monitor Settings

Hold the touchscreen to view the menu, and select ♡.

♡: Turns the wrist heart rate monitor on or off. You can use the Activity Only option to use the wrist heart rate monitor only during timed activities.

📡: Enables the device to start broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin® Devices*, page 4).

♡: Enables the device to alert you when your heart rate exceeds a set threshold after a period of inactivity (*Setting an Abnormal Heart Rate Alert*, page 6).

Turning Off the Wrist Heart Rate Monitor

1 Hold the touchscreen to view the menu.

2 Select ♡ > ♡ > **Off**.

Setting an Abnormal Heart Rate Alert

> ⚠ **CAUTION**
>
> This feature only alerts you when your heart rate exceeds 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.

You can set the heart rate threshold value.

1 Hold the touchscreen to view the menu.

2 Select ♡ > ♡.

3 Swipe to set the heart rate threshold value.

4 Tap the touchscreen to confirm the value.

Each time your heart rate exceeds the custom value, a message appears and the device vibrates.

Setting the Time Manually

By default, the time is set automatically when the vívosmart 3 device is paired with a smartphone.

1 Hold the touchscreen to view the menu.

2 Select ⚙ > 🕐 > **Set Time** > **Manual**.

3 Tap the center of the touchscreen to set the hours, minutes, month, day, and year.

4 Select ▲ or ▼ to adjust each setting.

5 Tap the center of the touchscreen to move to the next screen.

6 Select ✔ to confirm each setting.

System Settings

Hold the touchscreen to view the menu, and select ⚙ > 🔧.

Vibration: Sets the vibration level.

> **NOTE:** A higher vibration level decreases battery life.

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

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

Language: Sets the device language.

> **NOTE:** You should select the two-letter language code that matches your language.

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

About: Displays the unit ID, software version, regulatory information, license agreement, and remaining battery percentage (*Viewing Device Information*, page 7).

Restore Defaults: Allows you to reset user data and settings (*Restoring All Default Settings*, page 9).

Garmin Connect Settings

You can customize your device settings, activity options, and user settings on your Garmin Connect account. Some settings can also be customized on your vívosmart 3 device.

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

After customizing settings, you must sync your data to apply the changes to your device (*Syncing Your Data with the Garmin Connect App*, page 5) (*Syncing Your Data with Your Computer*, page 5).

User Settings on Your Garmin Connect Account

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

Custom Stride Length: Allows your device to more accurately calculate the distance traveled using your custom stride

length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your stride length.

Daily Floors Climbed: Allows you to enter a daily goal for the number of floors to climb.

Daily Steps: Allows you to enter your daily step goal. You can use the Auto Goal setting to allow your device to determine your step goal automatically.

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

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

Sleep: Allows you to enter your normal sleep hours.

Weekly Intensity Minutes: Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities.

Device Settings on Your Garmin Connect Account

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

Activity Tracking: Turns activity tracking features on and off, such as the move alert.

Alarms: Sets alarm clock times and frequencies for your device. You can set up to eight separate alarms.

Auto Activity Detection: Turns on and off Move IQ events. You can specify how long to wait before the device automatically starts the timer for specific activities.

> **NOTE:** This setting decreases battery life.

Gesture: Sets the backlight to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the device.

Watch Face: Allows you to select the watch face.

Home Widget: Sets the widget that appears after a period of inactivity.

Language: Sets the device language.

Screen Orientation: Sets the device to display data in landscape or portrait format.

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

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

> **NOTE:** A longer timeout decreases battery life.

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

Visible Widgets: Allows you to customize the widgets that appear on your device.

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

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

Activity Profile Settings on Garmin Connect

From your Garmin Connect account, select **Activity Options**, and select an activity type.

Activity Mode Alerts: Allows you to customize activity mode alerts, such as your recurring alerts and heart rate alerts. You can set the device to alert you when your heart rate is above or below a target zone or custom range. You can select an existing heart rate zone or define a custom zone.

Auto Lap: Allows your device to mark laps automatically at every kilometer or mile, based on your preferred unit of distance (*Marking Laps*, page 4).

Auto Set Detection: Allows your device to start and stop exercise sets automatically during a strength training activity.

Data Fields: Allows you to customize the data screens that appear during a timed activity.

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-polymer battery
Battery life	Up to 5 days
Operating temperature range	From -20º to 50ºC (from -4º to 122ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequency	2.4 GHz @ 3 dBm nominal
Water rating	Swim[1]

Viewing Device Information

You can view the unit ID, software version, regulatory information, and remaining battery percentage.

1. Hold the touchscreen to view the menu.
2. Select ⚙ > 🔧 > **About**.
3. Swipe to view the information.

Charging the Device

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

> **NOTICE**
>
> To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care*, page 8).

1. Pinch the sides of the charging clip ① to open the arms on the clip.

2. Align the clip with the contacts ②, and release the arms of the clip.
3. Plug the USB cable into a power source.
4. Charge the device completely.

Tips for Charging Your Device

- Connect the charger securely to the device to charge it using the USB cable (*Charging the Device*, page 7).

  You can charge the device by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer.

- View the remaining battery graphic on the device information screen (*Viewing Device Information*, page 7).

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[1] For more information, go to www.garmin.com/waterrating.

Device Care

Cleaning the Device

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

After cleaning, allow the device to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

Troubleshooting

Is my smartphone compatible with my device?

The vívosmart 3 device is compatible with smartphones using Bluetooth wireless technology.

Go to www.garmin.com/ble for compatibility information.

My phone will not connect to the device

- Bring the device within range of your smartphone.
- If your devices are already paired, turn Bluetooth off on both devices, and turn it back on.
- If your devices are not paired, enable Bluetooth technology on your smartphone.
- On your smartphone, open the Garmin Connect app, select ≡ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- On your device, hold the touchscreen to view the menu, and select ⚙ > 📶 > **Pair Now** to enter pairing mode.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My step count does not seem accurate

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

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

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

The step counts on my device and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your device.

1 Select an option:
- Sync your step count with the Garmin Connect application (*Syncing Your Data with Your Computer*, page 5).
- Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 5).
2 Wait while the device syncs your data.

Syncing can take several minutes.

NOTE: Refreshing the Garmin Connect app or the Garmin Connect application does not sync your data or update your step count.

My stress level does not appear

Before the device can detect your stress level, wrist-based heart rate monitoring must be turned on.

The device samples your heart rate variability throughout the day during periods of inactivity to determine your stress level. The device does not determine your stress level during timed activities.

If dashes appear instead of your stress level, be still, and wait while the device measures your heart rate variability.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

The floors climbed amount does not seem accurate

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

- Locate the small barometer holes on the back of the device, near the charging contacts, and clean the area around the charging contacts.

  The barometer performance may be affected if the barometer holes are obstructed. You can rinse the device with water to clean the area.

  After cleaning, allow the device to dry completely.
- Avoid holding handrails or skipping steps while climbing stairs.
- In windy environments, cover the device with your sleeve or jacket as strong gusts can cause erratic readings.

Tips for Erratic Heart Rate Data

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

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

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

My device does not display the correct time

The device updates the time and date when you sync your device to a computer or mobile device. You should sync your device to receive the correct time when you change time zones, and to update for daylight saving time.

1 Confirm that your computer or mobile device displays the correct local time.

2 Select an option:
- Sync your device to a computer (*Syncing Your Data with Your Computer*, page 5).
- Sync your device to a mobile device (*Syncing Your Data with the Garmin Connect App*, page 5).

The time and date are updated automatically.

Maximizing Battery Life

- Decrease the screen brightness and timeout (*Display Settings*, page 6).
- Turn off wrist gestures (*Display Settings*, page 6).
- In your smartphone notification center settings, limit the notifications that appear on your vívosmart 3 device (*Managing Notifications*, page 5).
- Turn off smart notifications (*Bluetooth Settings*, page 6).
- Turn off Bluetooth wireless technology when you are not using connected features (*Bluetooth Settings*, page 6).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin® Devices*, page 4).
- Turn off wrist-based heart rate monitoring (*Wrist Heart Rate Monitor Settings*, page 6).

NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes, VO2 max., stress level, and calories burned (*Intensity Minutes*, page 2).

Restoring All Default Settings

You can restore all of the device settings back to the factory default values.

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

1 Hold the touchscreen to view the menu.

2 Select ⚙ > 🔧 > **Restore Defaults** > ✔.

Product Updates

On your computer, install Garmin Express (www.garmin.com /express). On your smartphone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:
- Software updates
- Data uploads to Garmin Connect
- Product registration

Updating the Software Using Garmin Express

Before you can update your device software, you must download and install the Garmin Express application and add your device (*Syncing Your Data with Your Computer*, page 5).

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

When new software is available, the Garmin Express application sends it to your device.

2 After the Garmin Express application finishes sending the update, disconnect the device from your computer.

Your device installs the update.

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Turning On and Setting Up the Device*, page 1).

Sync your device with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 5).

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

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Appendix

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 9) 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.

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.

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

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

VO2 Max. Standard Ratings

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

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

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

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