GARMIN®



VÍVOACTIVE® 6 HEALTH AND FITNESS GPS SMARTWATCH

Owner's Manual

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Table of Contents

Introduction 1

- Getting Started 1
- Overview 1
- Touchscreen Tips 2
  - Locking and Unlocking the Device 2
- Icons Overview 2

Apps and Activities 3

- Apps 3
  - Health Snapshot 4
  - Garmin Pay 5
    - Setting Up Your Garmin Pay Wallet 5
    - Paying for a Purchase Using Your Watch 5
    - Adding a Card to Your Garmin Pay Wallet 6
      - Managing Your Garmin Pay Cards 6
    - Changing Your Garmin Pay Passcode 6
- Activities 7
  - Starting an Activity 8
    - Tips for Recording Activities 8
    - Stopping an Activity 8
      - Evaluating an Activity 8
  - Running 9
    - Going for a Run 9
    - Going for a Track Run 9
      - Tips for Recording a Track Run 9
    - Going for a Virtual Run 9
    - Calibrating the Treadmill Distance 10
    - Recording an Obstacle Racing Activity 10
  - Cycling 10
    - Going for a Ride 10
  - Swimming 10
    - Going for a Pool Swim 11
    - Swim Terminology 11
      - Stroke Types 11
    - Tips for Swimming Activities 12
    - Swim Auto Rest and Manual Rest 12
    - Training with the Drill Log 12
  - Gym Activities 12
    - Recording a Strength Training Activity 13
      - Tips for Recording Strength Training Activities 13
    - Recording a HIIT Activity 14
    - Recording a Mobility Activity 14
  - Golfing 15
    - Playing Golf 15
    - Golf Menu 17
    - Golf Settings 17
    - Moving the Flag 17
    - Viewing the Direction to the Pin 18
    - Viewing Layup and Dogleg Distances 18
    - Viewing Hazards 18
    - Viewing Measured Shots 19
      - Manually Measuring a Shot 19
      - Adding a Shot Manually 19
    - Keeping Score 19
      - Scoring Settings 19
      - Setting the Scoring Method 20
      - Tracking Golf Statistics 20
      - Recording Golf Statistics 20
    - Viewing Your Shot History 20
    - Viewing Your Round Summary 21
    - Ending a Round 21
    - Customizing Your Golf Club List 21
  - Winter Sports 21
    - Viewing Your Ski Runs 21
  - Other Activities 22
    - Recording a Breathwork Activity 22
    - Recording a Meditation Activity 22
    - Gaming 23
      - Using the Garmin GameOn™ App 23
      - Recording a Manual Gaming Activity 23
- Customizing Activities and Apps 23
  - Customizing the App List 23
  - Customizing Your Favorite Activities List 24
    - Pinning a Favorite Activity to the List 24
  - Customizing the Data Screens 24
  - Creating a Custom Activity 25
  - Activity Settings 25

Activity Alerts 26
Setting an Alert 27
Playing Voice Alerts During an Activity 28
Satellite Settings 28

Appearance 28
Watch Face Settings 28
Customizing the Watch Face 29
Glances 29
Viewing Glances 31
Customizing the Glance List 32
Body Battery 32
Viewing the Body Battery Glance 32
Tips for Improved Body Battery Data 32
Using the Stress Level Glance 33
Women's Health 33
Menstrual Cycle Tracking 33
Logging Your Menstrual Cycle Information 33
Pregnancy Tracking 33
Logging Your Pregnancy Information 34
Customizing the Weather Glance 34
Adding a Stock 34
Controls 35
Customizing the Controls Menu 37
Using Do Not Disturb Mode 38
Setting Up a Shortcut 38

Training 38
Activity Tracking 38
Auto Goal 38
Move Alert 39
Turning on the Move Alert 39
Customizing Move Alerts 39
Sleep Tracking 39
Using Automated Sleep Tracking 39
Breathing Variations 39
Move IQ® 40
Workouts 40
Starting a Workout 40
Following a Workout From Garmin Connect 41
Interval Workouts 41
Starting an Interval Workout 41
Customizing an Interval Workout 41
Stopping an Interval Workout 42
Setting a Training Target 42
PacePro™ Training 42
Downloading a PacePro Plan from Garmin Connect 42
Creating a PacePro Plan on Your Watch 43
Starting a PacePro Plan 44
Racing a Previous Activity 45
Race Calendar and Primary Race 45
Training for a Race Event 46
About the Training Calendar 46
Adaptive Training Plans 46
Enabling Self Evaluation 46
Performance Measurements 47
About VO2 Max. Estimates 47
Getting Your VO2 Max. Estimate for Running 48
Viewing Your Predicted Race Times 48
Heart Rate Variability Status 49
Lactate Threshold 49
Recovery Time 50
Recovery Heart Rate 50

History 50
Using History 50
Personal Records 50
Viewing Your Personal Records 51
Restoring a Personal Record 51
Clearing Personal Records 51
Viewing Data Totals 51

Clocks 52
Setting an Alarm 52
Editing an Alarm 52
Smart Wake Alarm 52
Using the Countdown Timer 53
Deleting a Countdown Timer 53
Using the Stopwatch 54
Adding Alternate Time Zones 54
Editing an Alternate Time Zone 55
Adding a Countdown Event 55

Editing a Countdown Event 55

Notifications and Alerts Settings 56

Health and Wellness Alerts 56
Setting an Abnormal Heart Rate Alert 56
Move Alert 56
Turning on the Move Alert 56
Customizing Move Alerts 57
Morning Report 57
Customizing Your Morning Report ... 57
Setting Time Alerts 57
Turning On Phone Connection Alerts .. 57

Vibration Settings 57

Display and Brightness Settings 58

Connectivity 58

Sensors and Accessories 58
Wireless Sensors 58
Pairing Your Wireless Sensors 59
Running Dynamics 59
Tips for Missing Running Dynamics Data 60
Running Power 60
Using the Varia Camera Controls 61
Phone Connectivity Features 61
Pairing Your Phone 61
Enabling Phone Notifications 62
Viewing Notifications 62
Receiving an Incoming Phone Call 62
Replying to a Text Message 63
Managing Notifications 63
Turning Off the Bluetooth Phone Connection 63
Turning On and Off Find My Phone Alerts 63
Locating a Phone Lost During a GPS Activity 63
Wi-Fi Connectivity Features 64
Connecting to a Wi-Fi Network 64
Garmin Share 64
Sharing Data with Garmin Share 64
Receiving Data with Garmin Share ... 65
Garmin Share Settings 65
Phone Apps and Computer Applications 65
Garmin Connect 65
Garmin Connect+ Subscription 66
Using the Garmin Connect App 66
Updating the Software Using the Garmin Connect App 66
Unified Training Status 66
Using Garmin Connect on Your Computer 67
Updating the Software Using Garmin Express 67
Manually Syncing Data with Garmin Connect 67
Connect IQ Features 67
Downloading Connect IQ Features 67
Downloading Connect IQ Features Using Your Computer 67
Garmin Messenger App 68
Using the Messenger Feature 68
Garmin Golf App 69

Focus Modes 69

Customizing the Sleep Focus Mode 69
Customizing the Activity Focus Mode 69

Health and Wellness Settings 69

Wrist Heart Rate 70
Wearing the Watch 70
Tips for Erratic Heart Rate Data 70
Wrist Heart Rate Monitor Settings ... 71
Broadcasting Heart Rate Data 71
Pulse Oximeter 72
Getting Pulse Oximeter Readings 73
Setting the Pulse Oximeter Mode 73
Tips for Erratic Pulse Oximeter Data 73
Auto Goal 73
Intensity Minutes 74
Earning Intensity Minutes 74
Sleep Tracking 74
Using Automated Sleep Tracking 74

Navigation 74

Saving Locations 74

Saving Your Location 74
Viewing and Editing Saved Locations 75
Deleting a Location 75
Sharing a Location From a Map Using the Garmin Connect App 75
Starting a GPS Activity From a Shared Location 75
Navigating to a Shared Location During an Activity 75
Navigating to a Destination 76
Navigating Back to Start 76
Stopping Navigation 76
Courses 76
Creating a Course on Garmin Connect 77
Sending a Course to Your Device 77
Following a Course on Your Device 77
Viewing or Editing Course Details 77
Compass 78
Setting the Compass Heading 78

Map 78
Adding the Map Data Screen 78
Panning and Zooming the Map 78
Map Settings 78

Safety and Tracking Features 79
Adding Emergency Contacts 79
Adding Contacts 79
Turning Incident Detection On and Off 80
Requesting Assistance 80

Music 80
Connecting to a Third-Party Provider 81
Downloading Audio Content from a Third-Party Provider 81
Downloading Personal Audio Content 81
Listening to Music 82
Music Playback Controls 82
Connecting Bluetooth Headphones 83
Changing the Audio Mode 83

User Profile 83
Setting Up Your User Profile 83
Gender Settings 83
Wheelchair Mode 83
Viewing Your Fitness Age 84
About Heart Rate Zones 84
Fitness Goals 84
Setting Your Heart Rate Zones 84
Letting the Watch Set Your Heart Rate Zones 85
Heart Rate Zone Calculations 85
Setting Your Power Zones 85
Detecting Performance Measurements Automatically 85

Power Manager Settings 86
Customizing the Battery Saver Feature 86

System Settings 86
Customizing the Button Shortcuts 87
Setting Your Watch Passcode 87
Changing Your Watch Passcode 87
Compass 87
Setting the Compass Heading 87
Compass Settings 88
Calibrating the Compass Manually 88
Setting the North Reference 88
Time Settings 88
Syncing the Time 89
Advanced System Settings 89
Changing the Units of Measure 89
Restore and Reset Settings 89
Restoring Your Settings and Data from Garmin Connect 90
Resetting All Default Settings 90
Viewing Device Information 90
Viewing E-label Regulatory and Compliance Information 90

Device Information 91
About the AMOLED Display 91
Charging the Watch 91
Specifications 91
Battery Information 92
Device Care 92

Cleaning the Watch 92
Changing the Bands 93

Troubleshooting 93

Product Updates 93
Getting More Information 93
My device is in the wrong language 93
Tips for Maximizing the Battery Life 94
Restarting Your Watch 94
Is my phone compatible with my watch? 94
My phone will not connect to the watch 94
Can I use my Bluetooth sensor with my watch? 94
My headphones will not connect to the watch 95
My music cuts out or my headphones won't stay connected 95
How can I undo a lap button press? 95
Acquiring Satellite Signals 95
Improving GPS Satellite Reception 95
The heart rate on my watch is not accurate 95
The activity temperature reading is not accurate 96
Exiting Demo Mode 96
Activity Tracking 96
My step count does not seem accurate 96
The step counts on my watch and my Garmin Connect account don't match 96

Appendix 96

VO2 Max. Standard Ratings 97
Color Gauges and Running Dynamics Data 98
Ground Contact Time Balance Data 98
Vertical Oscillation and Vertical Ratio Data 99
Wheel Size and Circumference 99

Data Fields 100

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.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1. Hold to turn on the watch.
2. Follow the on-screen instructions to complete the initial setup.

   During the initial setup, you can pair your phone with your watch to receive notifications, sync your activities, and more (*Pairing Your Phone*, page 61).
3. Charge the watch (*Charging the Watch*, page 91).
4. Check for software updates (*System Settings*, page 86).

   For the best experience, you should keep the software on your watch up to date. Software updates provide changes and improvements to privacy, security, and features.
5. Start an activity (*Starting an Activity*, page 8).

Overview



Ⓐ START button	• Hold for 2 seconds to turn on the watch. • Press to open the activities and apps menu, including watch settings. • Hold for 2 seconds to view the controls menu, including power. • Hold until the watch vibrates 3 times to request assistance (*Safety and Tracking Features*, page 79).
Ⓑ BACK button	• Press to return to the previous page. **TIP:** During an activity, on-screen tips appear to explain non-default button behavior. • Hold to view the custom shortcut feature (*Setting Up a Shortcut*, page 38).
Touchscreen	• Swipe up, down, left, or right to scroll through glances, features, and menus (*Touchscreen Tips*, page 2). • Tap to select an option in a menu. • Swipe right to return to the previous screen.

Touchscreen Tips

- Drag up or down to scroll through lists and menus slowly.
- Tap to select an item.
- Tap to wake the watch.
- From the watch face, swipe up to scroll through the glances on the watch.
- From the watch face, swipe left to view the apps and activities menu, including watch settings.
- From the watch face, swipe down to view the notification center.
- Swipe right to return to the previous screen.
- Tap and hold an item on the watch face to bring up contextual information, such as glances or menus, if available.
- From the glances or apps menu, hold the watch face to reorder or delete the options.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch menu, watch face, and glances.
- During an activity, swipe left to view the music player.
- Cover the screen with your palm to return to the watch face and turn down the screen brightness.
- When available, select ^ or swipe to view menu options.
- Perform each menu selection as a separate action.

Locking and Unlocking the Device

You can lock the device to prevent inadvertent screen touches and button presses.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 37).

1. Hold to view the controls menu.
2. Select .

   The device does not respond to touches or button presses until you unlock it.
3. Hold any button to unlock the device.

Icons Overview

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

For a full list of compatible sensors, see *Wireless Sensors*, page 58.

	Phone connection status (*Turning On Phone Connection Alerts*, page 57)
	Heart rate monitor status *Tips for Erratic Heart Rate Data*, page 70
	LiveTrack status (*Safety and Tracking Features*, page 79)
	Speed and cadence sensor status (*Pairing Your Wireless Sensors*, page 59)

Apps and Activities

Your watch includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your watch, such as viewing workouts or listening to music (*Apps*, page 3).

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

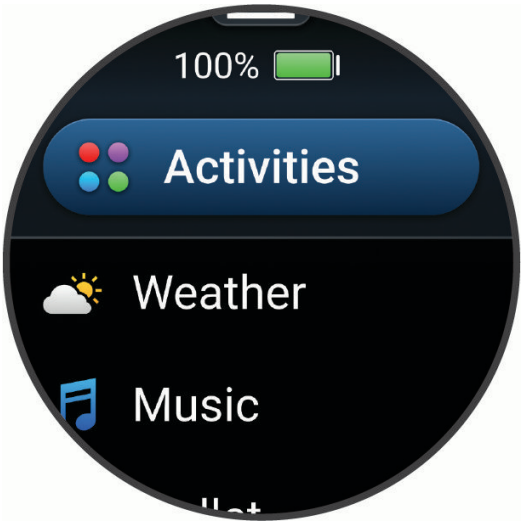
For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Connect IQ™ Apps: You can add features to your watch by installing apps from the Connect IQ store (*Downloading Connect IQ Features*, page 67).

Apps

You can customize your watch using the apps menu, which lets you quickly access watch features and options. Some apps require a Bluetooth® connection to a compatible phone. Many apps can also be found in the glances (*Glances*, page 29) or controls (*Controls*, page 35).

From the watch face, swipe left to view the apps list.



Name	More Information
Alarms	Select to set an alarm.
Alt. Time Zones	Displays the current time of day in additional time zones.
Broadcast Heart Rate	Select to broadcast heart rate data to a paired device (*Broadcasting Heart Rate Data*, page 71).
Calculator	Select to use the calculator, including the tip calculator.
Calendar	Select to view upcoming events from your phone calendar.
Clocks	Select to set an alarm, timer, stopwatch, alternate time zone, or countdown event (*Clocks*, page 52).
Compass	Displays an electronic compass.
Countdowns	Displays upcoming countdown events.
Connect IQ Store	Select to use the Connect IQ Store store on your watch (*Connect IQ Features*, page 67).
Garmin Share	Select to send or receive data with other Garmin® devices (*Garmin Share*, page 64).
Health Snapshot™	Select to record several key health metrics (*Health Snapshot*, page 4).
History	Select to view your recorded activity history, records, and totals (*Using History*, page 50).
Messenger	Select to view and send messages from the Garmin Messenger™ phone app (*Garmin Messenger App*, page 68).
Moon Phase	Select to view the moonrise and moonset times, along with the moon phase, based on your GPS position.
Music	Select to control audio playback using your watch (*Listening to Music*, page 82).
Notifications	Select to view your phone notifications (*Viewing Notifications*, page 62).
Pulse Ox	Select to take a pulse oximeter reading (*Pulse Oximeter*, page 72).
Settings	Select to open the settings menu.
Stocks	Select to view a customizable list of stocks (*Adding a Stock*, page 34).
Stopwatch	Select to use the stopwatch.
Sunrise & Sunset	Select to view sunrise, sunset, and twilight times.
Timers	Select to set a timer.
Wallet	Select to open your Garmin Pay™ wallet (*Garmin Pay*, page 5).
Watch Face	Select to customize your watch face (*Customizing the Watch Face*, page 29).
Weather	Select to view the current weather forecast and conditions.
Workouts	Select to view your saved workouts (*Workouts*, page 40).

Health Snapshot

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps (*Customizing Activities and Apps*, page 23).

Garmin Pay

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

Setting Up Your Garmin Pay Wallet

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

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

Paying for a Purchase Using Your Watch

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

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

1. Select an option:
   - From the watch face, press .
   - Hold .
2. Select **Wallet**.
3. Enter your four-digit passcode.

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

   Your most recently used payment card appears.



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

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

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

Adding a Card to Your Garmin Pay Wallet

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

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

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

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

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

1. From the Garmin Connect app, select •••.
2. Select **Garmin Pay**.
3. Select a card.
4. Select an option:
   - To temporarily suspend or unsuspend the card, select **Suspend Card**.
     The card must be active to make purchases using your vívoactive 6 watch.
   - To delete the card, select 🗑.

Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your vívoactive 6 watch, create a new passcode, and reenter your card information.

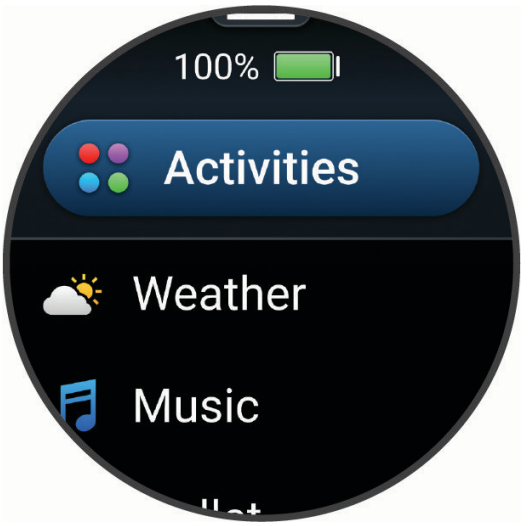
1. From the Garmin Connect app, select •••.
2. Select **Garmin Pay** > **Change Passcode**.
3. Follow the on-screen instructions.

The next time you pay using your vívoactive 6 watch, you must enter the new passcode.

Activities

From the watch face, press , select **Activities**, and swipe up to scroll through the activities. Your favorite activities list appears at the top of the list (*Customizing Your Favorite Activities List*, page 24).

NOTE: Some activities appear in more than one category.



Category	Activities
Running	Indoor Track, Run, Track Run, Trail Run, Treadmill, Obstacle Racing, Virtual Run
Cycling	Bike, Bike Commute, Bike Indoor, Bike Tour, Cyclocross, eBike, eMTB, Gravel Bike, Handcycle, Handcycle Indoor, MTB, Road Bike
Swimming	Open Water, Pool Swim
Gym	Boxing, Cardio, Elliptical, HIIT, Jump Rope, Mixed Martial Arts, Mobility, Pilates, Row Indoor, Stair Stepper, Strength, Walk Indoor, Yoga
Outdoor	Archery, Disc Golf, , Golf, Hike, Horseback, Inline Skating, Mountaineering, Walk
Winter Sports	Ice Skating, Ski, Snowboard, Snowmobile, Snowshoe, XC Classic Ski, XC Skate Ski
Water Sports	Kayak, Row, Snorkel, SUP
Team Sports	American Football, Baseball, Basketball, Cricket, Field Hockey, Ice Hockey, Lacrosse, Rugby, Soccer/Football, Softball, Volleyball, Ultimate Disc
Racket Sports	Badminton, Padel, Pickleball, Platform Tennis, Racquetball, Squash, Tennis
Motorsports	ATV, Motocross, Motorcycle, Overland
Other	Breathwork, Gaming, Meditation

Starting an Activity

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

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

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

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

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch*, page 91).
- For some activities, press to record laps, start a new set or pose, or advance to the next workout step. You can select to discard a lap for certain activities (*How can I undo a lap button press?*, page 95).
- Swipe up or down to view additional data screens.

Stopping an Activity

1. Press .
2. Select an option:
   - To resume your activity, select **Resume**.
   - To save the activity and view the details, select **Save**, press , and select an option.

     NOTE: After you save the activity, you can enter self-evaluation data (*Evaluating an Activity*, page 8).
   - To suspend your activity and resume it at a later time, select **Resume Later**.
   - To mark a lap, select **Lap**.

     You can select to discard a lap for certain activities (*How can I undo a lap button press?*, page 95).
   - To navigate back to the starting point of your activity along the path you traveled, select **Back to Start** > **TracBack**.

     NOTE: This feature is available only for activities that use GPS.
   - To navigate back to the starting point of your activity by the most direct path, select **Back to Start** > **Straight Line**.

     NOTE: This feature is available only for activities that use GPS.
   - To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery Heart Rate**, and wait while the timer counts down (*Recovery Heart Rate*, page 50).
   - To discard the activity, select .

   NOTE: After stopping the activity, the watch saves it automatically after 30 minutes.

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities (*Enabling Self Evaluation*, page 46).

1. After you complete an activity, select **Save** (*Stopping an Activity*, page 8).
2. Select a number that corresponds with your perceived effort.

   NOTE: You can select to skip the self evaluation.
3. Select how you felt during the activity.

You can view evaluations in the Garmin Connect app.

Running

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 59).

1. Put on your wireless sensors, such as a heart rate monitor (optional).
2. Press .
3. Select **Activities** > **Run**.
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press to start the activity timer.
   The watch records activity data only while the activity timer is running.
7. Go for a run.
8. Press to record laps (optional).
9. Swipe up or down to scroll through data screens.
10. After you complete your activity, press , and select **Save**.

Going for a Track Run

Before you go for a track run, make sure you are running on a standard-shape, 400 m track.

You can use the track run activity to record your outdoor track data, including distance in meters and lap splits.

1. Stand on the outdoor track.
2. From the watch face, press .
3. Select **Activities** > **Running** > **Track Run**.
4. Wait while the watch locates satellites.
5. If you are running in lane 1, skip to step 8.
6. Select **Lane Number**.
7. Select a lane number.
8. Press .
9. Run around the track.
10. After you complete your activity, press , and select **Save**.

Tips for Recording a Track Run

- Wait until the watch acquires satellite signals before starting a track run.
- During your first run on an unfamiliar track, run four laps to calibrate your track distance.
  You should run slightly past your starting point to complete the lap.
- Run each lap in the same lane.
  NOTE: The default Auto Lap® distance is 1600 m, or four laps around the track.
- If you are running in a lane other than lane 1, set the lane number in the activity settings.

Going for a Virtual Run

You can pair your watch with a compatible third-party app to transmit pace, heart rate, or cadence data.

1. Press .
2. Select **Activities** > **Running** > **Virtual Run**.
3. On your tablet, laptop, or phone, open the Zwift™ app or another virtual training app.
4. Follow the on-screen instructions to start a running activity and pair the devices.
5. Press to start the activity timer.
6. After you complete your activity, press , and select **Save**.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1. Start a treadmill activity (*Starting an Activity*, page 8).
2. Run on the treadmill until your watch records at least 2.4 km (1.5 mi.).
3. After you finish the activity, press to stop the activity timer.
4. Select an option:
   - To calibrate the treadmill distance the first time, select **Save**.
     The device prompts you to complete the treadmill calibration.
   - To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > ✔.
5. Check the treadmill display for the distance traveled, and enter the distance on your watch.

Recording an Obstacle Racing Activity

When you participate in an obstacle course race, you can use the Obstacle Racing activity to record your time on each obstacle and your time running between obstacles.

1. Press .
2. Select **Activities** > **Running** > **Obstacle Racing**.
3. Press to start the activity timer.
4. Press to manually mark the beginning and end of each obstacle.
   NOTE: You can configure the **Obstacle Tracking** setting to save obstacle locations from your first loop of the course. On repeat loops of the course, the watch uses the saved locations to switch between obstacle and running intervals.
5. After you complete your activity, press , and select **Save**.

Cycling

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 59).

1. Pair your wireless sensors, such as a heart rate monitor or bike lights (optional).
2. Press .
3. Select **Activities** > **Cycling** > **Bike**.
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press to start the activity timer.
   The watch records activity data only while the activity timer is running.
7. Start your activity.
8. Swipe up or down to scroll through data screens.
9. After you complete your activity, press , and select **Save**.

Swimming

NOTE: The watch has wrist-based heart rate enabled for swim activities.

Going for a Pool Swim

1 Press .
2 Select **Activities** > **Swimming** > **Pool Swim**.
3 Select your pool size, or enter a custom size.
4 Before you start swimming, check the activity settings (*Activity Settings*, page 25).
For example, the touch lock setting is enabled by default for swimming activities.
5 Press .
The device records swim data only while the activity timer is running.
6 Start swimming.
The device automatically records swim intervals and lengths. The **Auto Rest** feature is on by default (*Swim Auto Rest and Manual Rest*, page 12).
7 After you complete your activity, press , and select **Save**.

Swim Terminology

Length: One trip down the pool.

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

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

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens*, page 24).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Butterfly	Butterfly
Mixed	More than one stroke type in an interval
Drill	Used with drill logging (*Training with the Drill Log*, page 12)

Tips for Swimming Activities

- Before you start swimming, check the activity settings (*Activity Settings*, page 25).

  For example, the touch lock setting is enabled by default for swimming activities.
- Press to record an interval during open water swimming.
- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.

  The watch measures and records distance by completed pool lengths. The pool size must be correct to display accurate distance. The next time you start a pool swimming activity, the watch uses this pool size. You can scroll down to select the activity settings, and select **Pool Size** to change the size.
- For accurate results, swim the entire pool length, and use one stroke type for the entire length. Pause the activity timer when resting.
- Press to record a rest during pool swimming (*Swim Auto Rest and Manual Rest*, page 12).

  The watch automatically records swim intervals and lengths for pool swimming.
- To help the watch count your lengths, use a strong push off the wall and glide before your first stroke.
- When doing drills, you must either pause the activity timer or use the drill logging feature (*Training with the Drill Log*, page 12).

Swim Auto Rest and Manual Rest

The auto rest feature is available only for pool swimming. Your watch automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the watch automatically creates a rest interval. When you resume swimming, the watch automatically starts a new swim interval.

TIP: For best results using the auto rest feature, minimize your arm motions while resting.

To use manual rests instead, you can turn off the auto rest feature in the activity options (*Activity Settings*, page 25). During a pool or open water swim activity, you can manually mark a rest interval by pressing . Swim data is not recorded during a rest interval.

TIP: Use manual rests if you are taking short rests or you want very precise swim interval timing.

Training with the Drill Log

The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

1. During your pool swim activity, scroll up or down to view the drill log screen.
2. Press to start the drill timer.
3. After you complete a drill interval, press .

   The drill timer stops, but the activity timer continues to record the entire swim session.
4. Select a distance for the completed drill.

   Distance increments are based on the pool size selected for the activity profile.
5. Select an option:
   - To start another drill interval, press .
   - To return to the swim data screens, scroll up or down.

Gym Activities

The watch 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 (*Activity Settings*, page 25).

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

TIP: Holding the handrails of the treadmill reduces accuracy.

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

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move. You can create and find strength workouts in your Garmin Connect account and send them to your watch.

TIP: Press and select Edit Last Set after the rest timer appears.

1. Press .
2. Select **Activities** > **Strength**.

   The first time you record a strength training activity, you must select which wrist your watch is on.
3. If this is your first time recording a strength training activity, select **Workouts** > **Browse Workouts**, and follow the on-screen instructions (*Following a Workout From Garmin Connect*, page 41).
4. Select a workout.

   NOTE: If you don't have any strength workouts downloaded to your watch, select **Free** > , and go to step 7.
5. Scroll down to view the workout details.
6. Select **Do Workout**.

   You can select More to view additional workout options.
7. Press to start the activity timer.
8. Start your first set.

   By default, the watch counts your reps. Your rep count appears when you complete at least four reps. You can disable rep counting in the activity settings (*Activity Settings*, page 25).

   TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.
9. Scroll up or down to view additional data screens.
10. Press to finish the set.

    The watch displays the total reps for the set.
11. If necessary, edit the number of reps, select to add the weight used for the set, and select **Done**.
12. The rest timer appears and counts down to the next set.

    TIP: You can wait for the timer to elapse, or press to immediately start your next set.
13. Repeat for each strength training set until your activity is complete.
14. After you complete your activity, press , and select **Stop Workout**.

Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.

  You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.

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

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

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

Recording a HIIT Activity

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

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

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

Recording a Mobility Activity

You can record a mobility activity using active and rest intervals, or you can download mobility workouts from Garmin Connect.

1. Press .
2. Select **Activities** > **Gym** > **Mobility**.
3. Scroll down, and select **Training**.
4. Select an option:
   - To change the active and rest intervals, select **Intervals**.
   - To download and complete a workout from Garmin Connect, select **Workout Library** > **Browse Workouts**, and follow the on-screen instructions.
5. Press to start the activity timer.

   The watch guides you through the mobility exercises.
6. Scroll to view additional data screens.

Golfing

Playing Golf

Before you play golf for the first time, you must download the Garmin Golf™ app from the app store on your phone (*Garmin Golf App*, page 69).

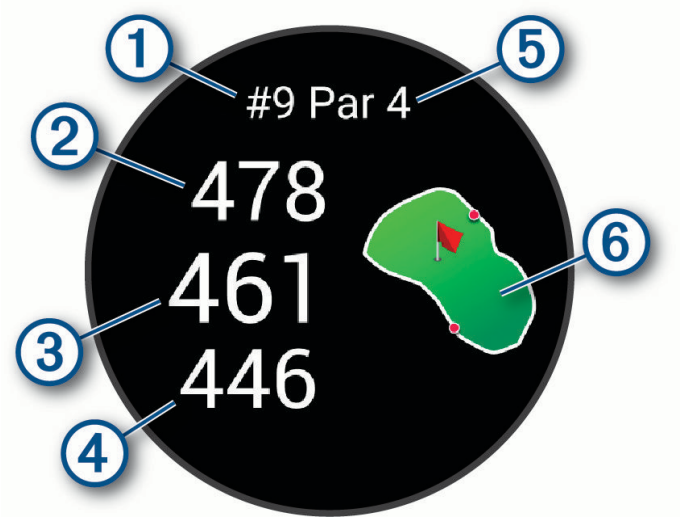
Before you play golf, you should charge the watch (*Charging the Watch*, page 91).

1. Press .
2. Select **Golf**.

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

   Courses are updated automatically.
4. Press .
5. Select ✔ to keep score.

6 Select a tee box.
The hole information screen appears.



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

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

7 Select an option:
- Tap the map to view more detail or change the pin location (*Moving the Flag*, page 17).
- Press to open the golf menu (*Golf Menu*, page 17).
- Hold to open the golf settings (*Golf Settings*, page 17).

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

Golf Menu

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

View Green: Allows you to move the pin location to get a more precise distance measurement (*Moving the Flag*, page 17).

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

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

Change Hole: Allows you to manually change the hole.

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 19).

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

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

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

Measure Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature (*Viewing Measured Shots*, page 19). You can also manually record a shot (*Manually Measuring a Shot*, page 19).

Last Shot: View information for your last shot.

NOTE: You can view distances for all shots detected during the current round. If needed, you can manually add a shot (*Adding a Shot Manually*, page 19).

Club Stats: Shows your statistics with each golf club, such as distance and accuracy information. Appears when you pair compatible Approach® CT10 club tracking sensors or enable the Club Prompt setting.

Sunrise & Sunset: Shows the sunrise, sunset, and twilight times for the current day.

Settings: Allows you to customize the golf activity settings (*Golf Settings*, page 17).

End Round: Ends the current round.

Golf Settings

During a round, press , and select Settings to customize golf settings and features.

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

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

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

Golf Distance: Sets the unit of measure for distance.

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

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

Club Sensors: Allows you to set up your compatible Approach CT10 club tracking sensors.

Moving the Flag

You can take a closer look at the green and move the pin location.

1. From the hole information screen, press .
2. Select **View Green**.
3. Tap and drag the pin to the correct location.
   indicates the selected pin location.
4. Press to accept the pin location.

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

Viewing the Direction to the Pin

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

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

1 From the hole information screen, press .

2 Select **PinPointer**.

The arrow points to the pin location.

Viewing Layup and Dogleg Distances

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

1 Press .

2 Select **Layups**.

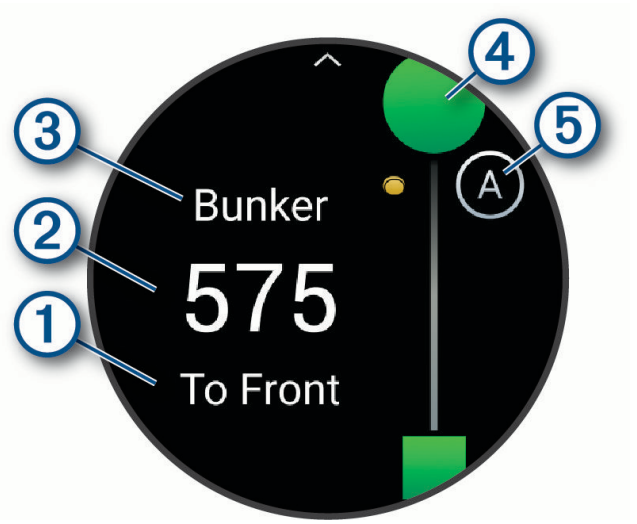
NOTE: Distances and locations are removed from the list as you pass them.

Viewing Hazards

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

1 Press .

2 Select **Hazards**.



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

Viewing Measured Shots

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

TIP: Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

1. While playing golf, press .
2. Select **Measure Shot**.

   Your last shot distance appears.

   NOTE: The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.
3. Press and select **Previous Shots** to view all recorded shot distances.

   NOTE: The distance from the most recent shot also displays at the top of the hole information screen.

Manually Measuring a Shot

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

1. Take a shot and watch where your ball lands.
2. From the hole information screen, press .
3. Select **Measure Shot**.
4. Press .
5. Select **Add Shot** > .
6. If necessary, enter the club you used for the shot.
7. Walk or drive to your ball.

The next time you take a shot, the watch automatically records your last shot distance. If necessary, you can manually add another shot.

Adding a Shot Manually

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

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

Keeping Score

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

Scoring Settings

During a round, press , and select **Settings** > **Scoring**.

Scoring Method: Changes the method the device uses to keep score.

Handicap Scoring: Enables handicap scoring.

Show Score: Displays your total score for the round at the top of the scorecard (*Keeping Score*, page 19).

Stat Tracking: Enables statistics tracking for the number of putts, greens in regulation, and fairways hit while playing golf.

Penalties: Enables penalty stroke tracking while playing golf (*Recording Golf Statistics*, page 20).

Prompt: Enables the prompt at the start of a round asking if you want to keep score.

Setting the Scoring Method

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

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

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 20), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

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

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

Tracking Golf Statistics

When you enable statistics tracking on the watch, you can view your statistics for the current round (*Viewing Your Round Summary*, page 21). You can compare rounds and track improvements using the Garmin Golf app.

1. Press .
2. Select **Golf**.

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

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

Recording Golf Statistics

Before you can record statistics, you must enable statistics tracking (*Tracking Golf Statistics*, page 20).

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

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

Viewing Your Shot History

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

Viewing Your Round Summary

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

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

Ending a Round

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

Customizing Your Golf Club List

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

1. Open the Garmin Golf app on your phone.
2. Select **Profile** > **My Bag**.
3. Select an option to add, edit, delete, or mark a club inactive.
4. Sync your compatible Garmin golf watch with the Garmin Golf app.

   The updated golf club list appears on your golf watch.

Winter Sports

Viewing Your Ski Runs

Your can use the lap key to record runs while downhill skiing or snowboarding.

1. Start a skiing or snowboarding activity.
2. Press .
3. Swipe right.
4. Select **View Runs**.
5. Swipe up to view details of your last run, your current run, and your total runs.

   The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Other Activities

Recording a Breathwork Activity

1. Press .
2. Select **Activities** > **Other** > **Breathwork**.
3. Select an option:
   - Select **Coherence** to achieve a state of calm alertness.
   - Select **Relax and Focus** to relax your body and focus the mind.
   - Select **Relax and Focus (Short)** to relax your body and focus the mind in a shorter time frame.
   - Select **Tranquility** to lower your stress level and get ready for sleep.
4. Press to start the activity.
5. Follow the on-screen instructions as the watch guides you through the breathing exercises.
6. After you complete your activity, press , and select **Save**.
   Your average respiration rate and heart rate appear.
7. Press .
8. Select **All Stats**.
   Your average heart rate, maximum heart rate, average respiration rate, and stress change appear.

Recording a Meditation Activity

You can use a guided session or create your own meditation activity.

1. Press .
2. Select **Activities** > **Other** > **Meditation**.
3. Select an option:
   - Select **Free** to record an open, unstructured meditation activity.
   - Select **Session** to follow a guided session with audio.
   - Select **Custom** to create a custom session with audio.
4. If necessary, press , or follow the on-screen instructions.
5. Connect your headphones to listen to the meditation audio (*Connecting Bluetooth Headphones*, page 83).
   NOTE: Notifications are disabled during the meditation activity.
6. Press to start the activity timer.
   The watch displays a countdown timer or intention.
7. After you complete your activity, press , and select **Save**.

Gaming

Using the Garmin GameOn™ App

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

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

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

   TIP: You can click > **Settings** to customize your settings, reread the tutorial, or remove a watch. The Garmin GameOn app remembers your watch and settings the next time you open the app. If necessary, you can pair your watch to another computer (*Pairing Your Wireless Sensors*, page 59).
7. Select an option:
   - On your computer, start a supported game to automatically start the gaming activity.
   - On your watch, start a manual gaming activity (*Recording a Manual Gaming Activity*, page 23).

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

Recording a Manual Gaming Activity

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

1. Press .
2. Select **Activities** > **Other** > **Gaming**.
3. Select **Skip**.
4. Select a game type.
5. Press to start the activity timer.
6. Press at the end of the match to record your match result or placement.
7. Press to start a new match.
8. After you complete your activity, press , and select **Save**.

Customizing Activities and Apps

You can customize the activities and apps list, data screens, data fields, and other settings.

Customizing the App List

1. Press .
2. Select **Edit**.
3. Select **Add**, and select one or more apps to add to the app list.
4. Select an option:
   - To change the location of an app in the list, select the app, scroll up or down to move the app, and press to select the new location.
   - To remove an app from the list, select the app, and select .
5. Select **Done**.

Customizing Your Favorite Activities List

Your favorite activities list provides quick access to the activities you use the most.

1. Press .
2. Select **Activities**.

   If you have already selected your favorite activities, they appear at the top of the list.
3. Select **Edit**.
4. Select an option:
   - To change the location of an activity in the list, select the activity, scroll up or down to move the activity, and press to select the new location.
   - To remove a favorite activity, select the activity, and select .
   - To add a favorite activity, select **Add**, and select one or more activities.

Pinning a Favorite Activity to the List

You can pin up to three favorite activities to the top of the apps and activities list.

1. Press .
2. Select **Activities** > **Edit**.
3. Scroll to a favorite activity (*Customizing Your Favorite Activities List*, page 24).
4. Select next to the favorite activity.

The next time you open the apps and activities list, the pinned activity appears at the top of the list.

Customizing the Data Screens

You can show, hide, and change the layout and content of data screens for each activity.

1. Press .
2. Select **Activities**, and select an activity.
3. Swipe up.
4. Select the activity settings.
5. Select **Data Screens**.
6. Scroll to the data screen you want to customize.
7. Select .
8. Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select **Data Fields**, and select a field to change the data that appears in the field.

     TIP: For a list of all the available data fields, go to *Data Fields*, page 100. Not all data fields are available for all activity types.
   - Select **Reorder** to change the location of the data screen in the loop.
   - Select **Remove** to remove the data screen from the loop.
9. If necessary, select **Add New** to add a data screen to the loop.

   You can add a custom data screen, or select one of the predefined data screens.

Creating a Custom Activity

1. Press .
2. Select **Activities** > **Edit** > **Add**.
3. Select an option:
   - Select to create your custom activity starting from one of your saved activities.
   - Select **Other** > **Other** to create a new custom activity.
4. If necessary, select an activity type.
5. Select a name or enter a custom name.

   Duplicate activity names include a number, for example: Bike(2).
6. Select an option:
   - Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
   - Select **Done** to save and use the custom activity.

Activity Settings

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

From the watch face, swipe left, select **Activities**, select an activity, and select the activity settings.

Accent Color: Sets the accent color for the activity icon.

Alerts: Sets the training or navigation alerts for the activity (*Activity Alerts*, page 26).

Auto Lap: Sets the options for the Auto Lap feature to automatically mark laps. The Auto Distance option marks laps at a specific distance. When you complete a lap, a customizable lap alert message appears. This feature is helpful for comparing your performance over different parts of an activity.

Auto Pause: Sets the options for the Auto Pause® feature to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Rest: Automatically creates a rest interval when you stop moving during a pool swim activity (*Swim Auto Rest and Manual Rest*, page 12).

Auto Scroll: Automatically scrolls through all of the activity data screens while the activity timer is running.

Auto Set: Automatically starts and stops exercise sets during a strength training activity.

Auto Start: Automatically starts the activity timer when you start moving (for example, Motocross).

Broadcast Heart Rate: Automatically broadcasts heart rate data from your watch to paired devices when you start the activity (*Broadcasting Heart Rate Data*, page 71).

Broadcast to GameOn: Automatically broadcasts biometrics data to the Garmin GameOn app when you start a gaming activity.

Countdown Start: Enables a countdown timer for pool swimming intervals.

Data Screens: Customizes data screens and adds new data screens for the activity (*Customizing the Data Screens*, page 24).

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

Ending Alerts: Sets an alert for two or five minutes before the end of your meditation activity.

Jump Mode: Sets the jump rope activity target to a set time, number of reps, or open ended.

Lane Number: Sets your lane number for track running.

Laps: Configures the settings for the Lap Key and Lap Alert options.

Lap Alert: Sets the data fields to show for laps.

Lap Key: Enables the button for recording a lap or rest during an activity.

Pool Size: Sets the pool length for pool swimming.

Power Save Timeout: Sets the timeout limit for the watch to stay in activity mode while waiting for you to start the activity, for example, when you are waiting for a race to start. The Normal option sets the watch to enter low-power watch mode after 5 minutes of inactivity. The Extended option sets the watch to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

Record Temperature: Records the ambient temperature around the watch or from a paired temperature sensor.

Record VO2 Max.: Records a VO2 max. estimate during an activity that is usually not a performance activity, such as Trail Run.

Rename: Sets the activity name.

Rep Counting: Records rep counts during a workout. The Workouts Only option records rep counts during guided workouts only.

Restore Defaults: Resets the activity settings.

Running Power: Records running power data and customizes the settings.

Runs: Configures the settings for the Lap Key and Lap Alert options.

Satellites: Sets the satellite system to use for the activity (*Satellite Settings*, page 28).

Self Evaluation: Sets how often you evaluate your perceived effort for the activity (*Evaluating an Activity*, page 8).

Stroke Detection: Automatically detects your stroke type for pool swimming.

Touch Lock: Enables swiping down from the top of the screen to unlock the touchscreen.

Units: Sets the units of measure for the activity.

Vibration Alerts: Notifies you to inhale or exhale during a breathwork activity.

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals, to increase your awareness of your environment, and to navigate to your destination. Some alerts are available only for specific activities. There are three types of alerts: event alerts, range alerts, and recurring alerts.

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

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

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

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Distance	Event, recurring	You can set a distance interval.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes. See *About Heart Rate Zones*, page 84 and *Heart Rate Zone Calculations*, page 85.
Pace	Range	You can set minimum and maximum pace values.
Proximity	Event	You can set a radius from a saved location.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Running Power	Event, range	You can set minimum and maximum power zone values.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.
Track Timer	Recurring	You can set a track time interval in seconds.

Setting an Alert

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

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

Playing Voice Alerts During an Activity

Your watch can play motivational status announcements during a run or other activity. During a voice alert, the watch or phone lowers the volume of the primary audio to play the announcement.

NOTE: This feature is not available for all activities.

1 Press .
2 Select **Settings** > **Focus Modes** > **Activity** > **Voice Alerts**.
3 Select an option:
   - To set voice alerts to play through your phone or connected Bluetooth headphones, if available, select **Audio Output** > **Connected Devices**.
   - To hear an alert for each lap, select **Lap Alert**.
   - To customize alerts with your pace and speed information, select **Pace/Speed Alert**.
   - To customize alerts with your heart rate information, select **Heart Rate Alert**.
   - To customize alerts with power data, select **Power Alert**.
   - To hear alerts when you start and stop the activity timer, including the Auto Pause feature, select **Timer Events**.
   - To hear workout alerts play as a voice alert, select **Workout Alerts**.
   - To hear activity alerts play as a voice alert, select **Activity Alerts** (*Activity Alerts*, page 26).

Satellite Settings

You can change the satellite settings to customize the satellite systems used for each activity. For more information about satellite systems, go to garmin.com/aboutGPS.

From the watch face, press , select **Activities**, select an activity, scroll down and select the activity settings, and select **Satellites**.

NOTE: This feature is not available for all activities.

Off: Disables satellite systems for the activity.

Use Default: Enables the watch to use the default activity focus mode setting for satellites (*Customizing the Activity Focus Mode*, page 69).

GPS Only: Enables the GPS satellite system.

All Systems: Enables multiple satellite systems. Using multiple satellite systems together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple systems can reduce battery life more quickly than using GPS only.

Appearance

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

Watch Face Settings

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

Customizing the Watch Face

You can customize the watch face information and appearance, or activate an installed Connect IQ watch face (*Downloading Connect IQ Features*, page 67).

1. Press .
2. Select **Watch Face**.
3. Scroll up to preview the watch face options.
4. Select **Add New** to choose from additional watch face options .
5. Select a watch face, and select .
6. Select an option:

   NOTE: Not all options are available for all watch faces.

   - To activate the watch face, select **Apply**.
   - To change the data that appears on the watch face, select **Data**.
   - To add or change an accent color for the watch face, select **Accent Color**.
   - To change the color of the data that appears on the watch face, select **Data Color**.
   - To remove the watch face, select **Delete**.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing Glances*, page 31). Some glances require a Bluetooth connection to a compatible phone.

Some glances are not visible by default. You can add them to the glances list manually (*Customizing the Glance List*, page 32).

Name	Description
Alternate time zones	Displays the current time of day in additional time zones.
Body Battery™	With all-day wear, displays your current Body Battery level and a graph of your level for the last several hours (*Body Battery*, page 32).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Challenges	Displays your current leaderboard ranking if you participate in a Garmin Connect challenge.
Compass	Displays an electronic compass.
Countdowns	Displays upcoming countdown events.
Garmin coach	Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date.
Health Snapshot	Starts a Health Snapshot session on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. Displays summaries of your saved Health Snapshot sessions (*Health Snapshot*, page 4).
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
History	Displays your activity history and a graph of your recorded activities (*Using History*, page 50).
HRV status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Variability Status*, page 49).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Last activity	Displays a brief summary of your last recorded activity.
Last golf Last ride Last run Last strength Last swim Last push	Displays a brief summary of your last recorded activity and history of the specified sport.
Lights	Provides bike light controls when you have a Varia™ light paired with your vívoactive 6 watch.
Messenger	Displays your Garmin Messenger app conversations and allows you to reply to messages from your watch (*Garmin Messenger App*, page 68).
Moon phase	Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.
Music	Provides music player controls for your phone or watch music.

Name	Description
Naps	Displays total nap time and Body Battery level gains. You can start the nap timer and set an alarm to wake you up.
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Phone Notifications*, page 62).
Performance	Displays performance measurements that help you track and understand your training activities and race performances.
Primary race	Displays the race event you designate as the primary race in your Garmin Connect calendar.
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 73). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
Pushes	In wheelchair mode, tracks your daily wheelchair push count, push goal, and data for previous days (*Wheelchair Mode*, page 83).
Race calendar	Displays your upcoming race events set in your Garmin Connect calendar.
Recovery	Displays your recovery time. The maximum time is four days.
Respiration	Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.
Sleep score	Displays total sleep time, a sleep score, and sleep stage information for the previous night.
Sleep coach	Provides recommendations for your sleep need based on sleep and activity history, HRV status, and naps.
Steps	Tracks your daily step count, step goal, and data for previous days.
Stocks	Displays a customizable list of stocks (*Adding a Stock*, page 34).
Stress	Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded (*Using the Stress Level Glance*, page 33).
Sunrise and sunset	Displays sunrise, sunset, and civil twilight times.
Weather	Displays the current temperature and weather forecast.
Women's health	Displays your current cycle or pregnancy tracking status. You can view and log your daily symptoms.

Viewing Glances

- From the watch face, swipe up.
  The watch scrolls through the glance loop.
- Select a glance to view additional information.
- Swipe left to view additional options and functions for a glance.

Customizing the Glance List

1 From the watch face, swipe up.

The watch scrolls through the glance list.

2 Select **Edit**.

3 Select a glance.

4 Select an option:

- To remove a glance from the list, select ✕.
- To change the location of a glance in the list, select the glance, and drag it to the desired location on the screen.

5 If necessary, select **Add** to add a glance to the list.

Body Battery

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

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 32).

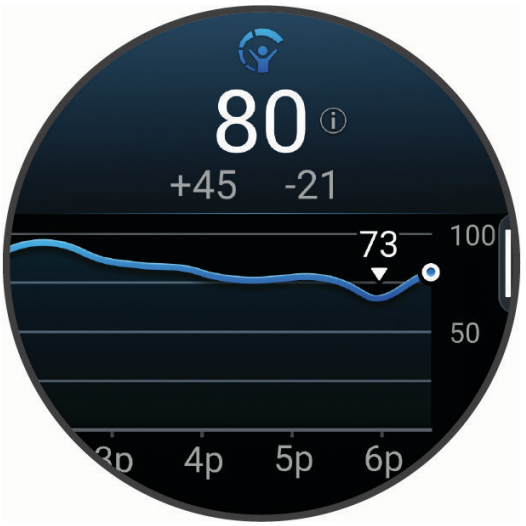
Viewing the Body Battery Glance

The Body Battery glance displays your current Body Battery level.

1 Swipe up to view the Body Battery glance.

NOTE: You may need to add the glance to your glance loop (*Customizing the Glance List*, page 32).

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



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

4 Swipe up to view a list of factors impacting your Body Battery level.

NOTE: Select each factor to view more details.

Tips for Improved Body Battery Data

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

Using the Stress Level Glance

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

1 While you are sitting or inactive, scroll to view the stress level glance.

TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.

2 Tap the glance to view a graph of your stress level for the last four hours.

Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.

3 Swipe up or down to view stress score details and your daily average stress score for the last seven days.

4 To start a breathing activity, swipe left, and select ✔.

Women's Health

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information*, page 33). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app. You can install the women's health tracking app from the Connect IQ app (*Downloading Connect IQ Features*, page 67).

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

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

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your vívoactive 6 watch, you must set up menstrual cycle tracking in the Garmin Connect app and install the women's health tracking app from the Connect IQ app (*Downloading Connect IQ Features*, page 67).

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

2 Tap the touchscreen.

3 Select +.

4 If today is a period day, select **Period Day** > ✔.

5 Select an option:

- To rate your flow from light to heavy, select **Flow**.
- To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
- To log your mood, select **Mood**.
- To log your discharge, select **Discharge**.
- To designate the current date as an ovulation day, select **Ovulation Day**.
- To log your sexual activity, select **Sexual Activity**.
- To rate your sex drive from low to high, select **Sex Drive**.
- To designate the current date as a period day, select **Period Day**.

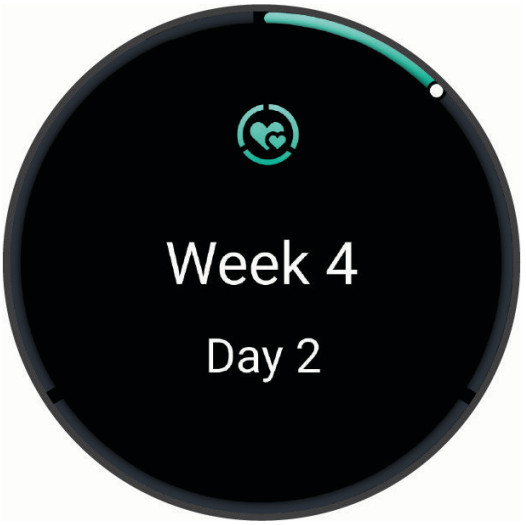
Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information*, page 34). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app and install the women's health tracking app from the Connect IQ app (*Downloading Connect IQ Features*, page 67).

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



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

Customizing the Weather Glance

1 Swipe up to view the weather glance.
2 Select the glance to view the current weather for your location.
3 Swipe left.
4 Select an option:
   - To update the weather information for your current GPS location, select **Weather Options** > **Update Current Location**.

     TIP: You should wait while the watch locates satellites (*Acquiring Satellite Signals*, page 95).
   - To change the units of measure for temperature, select **Weather Options** > **Temperature**, and select a unit of measure.

Adding a Stock

Before you can customize the stocks list, you must add the stocks glance to the glances list (*Customizing the Glance List*, page 32).

1
2 From the watch face, swipe up to view the stocks glance.
3 Select the stocks glance.
4 Select **Edit** > **Add**.
5 Enter the company name or stock symbol for the stock you want to add, and select ✔.

   The watch displays search results.
6 Select the stock you want to add.
7 Select the stock to view more information.

   TIP: To display the stock on the glances list, you can press ○, and select **Set as Favorite**.

Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 37).

From any screen, hold .



Icon	Name	Description
	Airplane Mode	Select to enable or disable airplane mode to turn off all wireless communications.
	Alarm Clock	Select to open the alarm clocks app (*Setting an Alarm*, page 52).
	Alt. Time Zones	Select to view the current time of day in additional time zones.
	Assistance	Select to send an assistance request (*Requesting Assistance*, page 80).
	Battery Saver	Select to enable or disable the battery saver feature (*Controls*, page 35).
	Brightness	Select to adjust the screen brightness (*Display and Brightness Settings*, page 58).
	Broadcast Heart Rate	Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate Data*, page 71).
	Calendar	Select to view upcoming events from your phone calendar.
	Clocks	Select to open the Clocks app to set an alarm, timer, stopwatch, or view alternate time zones (*Clocks*, page 52).
	Compass	Select to open the compass screen.
	Display	Select to turn off the screen for alerts, gestures, and Always On Display mode (*Display and Brightness Settings*, page 58).
	Do Not Disturb	Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.
	Find My Phone	Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the vívoactive 6 watch screen, and it increases as you move closer to your phone. Select to navigate to your lost phone during a GPS activity (*Locating a Phone Lost During a GPS Activity*, page 63).
	Flashlight	Select to turn on the screen to use your watch as a flashlight.
	Garmin Share	Select to open the Garmin Share app (*Garmin Share*, page 64).
	Lock Device	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
	Messenger	Select to open the Messenger app (*Using the Messenger Feature*, page 68).
	Notifications	Select to view calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Phone Notifications*, page 62).
	Phone Connection	Select to enable or disable Bluetooth technology and your connection to your paired phone.

Icon	Name	Description
	Power Off	Select to turn off the watch.
	Pulse Oximeter	Select to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 73).
	Red Shift	Select to turn the screen to shades of red to use the watch in low light conditions.
	Save Location	Select to save your current location to navigate back to it later.
	Settings	Select to open the settings menu.
	Sleep Mode	Select to enable or disable Sleep Mode, set a nap timer, and manually track your naps.
	Stopwatch	Select to start the stopwatch.
	Sunrise & Sunset	Select to view sunrise, sunset, and twilight times.
	Sync	Select to sync your watch with your paired phone.
	Time Sync	Select to sync your watch with the time on your phone or using satellites.
	Timer	Select to set a countdown timer.
	Wallet	Select to open your Garmin Pay wallet and pay for purchases with your watch (*Garmin Pay*, page 5).
	Weather	Select to view the current weather forecast and current conditions.
	Wi-Fi	Select to enable or disable Wi-Fi® communications.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcuts in the controls menu (*Controls*, page 35).

1. Hold .
   The controls menu appears.
2. Swipe down.
3. Select **Edit**.
4. Select a shortcut:
   - To change the location of the shortcut in the controls menu, drag it to the desired location on the screen, and select .
   - To remove the shortcut from the controls menu, select .
5. If necessary, select **Add** to add a shortcut to the controls menu.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications (*Display and Brightness Settings*, page 58). For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold , and select .
- To automatically turn on do not disturb mode during your sleep hours, open the device settings in the Garmin Connect app, and select **Notifications and Alerts** > **Smart Notifications** > **During Sleep**.

Setting Up a Shortcut

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

1. Press .
2. Select **Settings** > **System** > **Shortcut**.
3. Select a button or button combination to customize.

Training

Activity Tracking

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

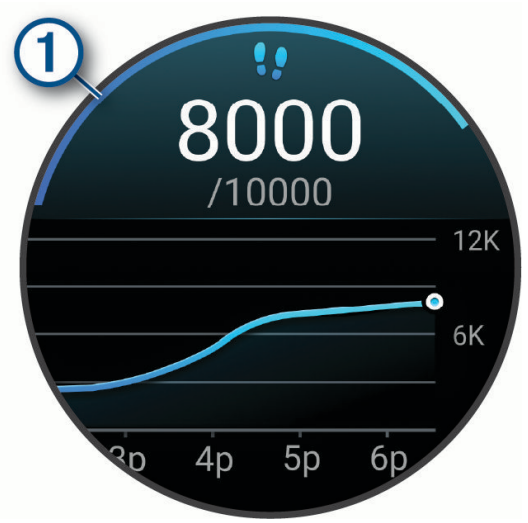
The number of steps taken during the day appears on the steps glance. The step count is updated periodically.

When wheelchair mode is enabled, the watch records different metrics, such as pushes instead of steps (*Wheelchair Mode*, page 83).

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

Auto Goal

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



When wheelchair mode is enabled, the watch tracks pushes instead of steps and creates a daily push goal (*Wheelchair Mode*, page 83).

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

Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, a message appears. You can customize your move alert to be dismissed by walking or other types of movement.

Turning on the Move Alert

1 Press .

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

Customizing Move Alerts

1 Press .

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

3 Select an option:

- Select **Alert Type** to set the alert based on steps or other types of movement.
- Select **Movements** to allow sitting moves or free motion moves to clear the alert.
- Select **Movement Duration** to set the alert to be cleared after 30, 45, or 60 seconds.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app or in the watch settings. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, HRV status, and naps (*Glances*, page 29). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

NOTE: You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 38).

Using Automated Sleep Tracking

1 Wear your watch while sleeping.

2 Upload your sleep tracking data to your Garmin Connect account (*Using the Garmin Connect App*, page 66).

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

You can view sleep information, including naps, on your vívoactive 6 watch (*Glances*, page 29).

Breathing Variations

⚠ CAUTION

The vívoactive 6 device is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition. For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

The optical heart rate sensor on the vívoactive 6 device has a pulse oximeter feature that can measure your overnight breathing variations. Breathing variation insights are provided to enhance awareness of your sleep environment and general wellness. Occasional or frequent breathing variations may be due to your individual lifestyle factors or your sleeping environment. Contact your doctor or healthcare provider if you're concerned about your level of breathing variations.

NOTE: You must turn on pulse oximeter sleep tracking to detect breathing variations (*Setting the Pulse Oximeter Mode*, page 73).

The sleep score glance displays your current breathing variations data.

NOTE: You may need to add the glance to your glances list (*Customizing the Glance List*, page 32).

On your Garmin Connect account, you can view additional details about breathing variations, including trends over multiple days.

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.

Workouts

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

If your watch is in wheelchair mode, your watch includes workouts for push activities, handcycling, and more (*User Profile*, page 83).

On your watch: You can open the workouts app from the activity list to show all workouts currently loaded on your watch (*Customizing Activities and Apps*, page 23).

You can also view your workout history.

On the app: You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch (*Following a Workout From Garmin Connect*, page 41).

You can schedule workouts.

You can update and edit your current workouts.

Starting a Workout

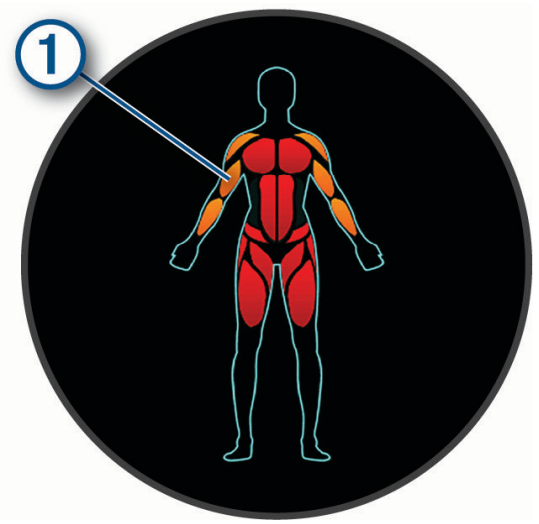
Your watch can guide you through multiple steps in a workout.

1. Press .

   TIP: If you already have a scheduled or suggested workout for today, you can scroll down and select **Workouts**.
2. Select **Activities**, and select an activity.
3. Swipe up.
4. Select **Training**.
5. Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.
6. Swipe up to view the workout steps (optional).

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



7. Press to start the activity timer.

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

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 65).

1. Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to connect.garmin.com.
2. Select **Training & Planning** > **Workouts**.
3. Find a workout, or create and save a new workout.
4. Select or **Send to Device**.
5. Follow the on-screen instructions.

Interval Workouts

Interval workouts can be open or structured. Structured repeats can be based on distance or time. The device saves your custom interval workout until you edit the workout again.

TIP: All interval workouts include an open-ended cool down step.

Starting an Interval Workout

NOTE: This feature is not available for all activities.

1. Press .
2. Select **Activities**, and select an activity.
3. Scroll down.
4. Select **Training** > **Quick Workout** > **Intervals**.
5. Select an option:
   - Select **Open Repeats** to mark your intervals and rest periods manually by pressing .
   - Select **Structured Repeats**, **Do Workout** to use an interval workout based on distance or time.
6. If necessary, select to include a warm up before the workout.
7. Press to start the activity timer.
8. When your interval workout has a warm up, press to begin the first interval.
9. Follow the on-screen instructions.
10. At any time, press to stop the current interval or rest period and transition to the next interval or rest period (optional).

After you complete all of the intervals, a message appears.

Customizing an Interval Workout

1. Press .
2. Select **Activities**, and select an activity.
3. Swipe up.
4. Select **Training** > **Quick Workout** > **Intervals** > **Structured Repeats**.
5. Swipe up.
6. Select **More** > **Edit Workout**
7. Select one or more options:
   - To set the interval duration and type, select **Interval**.
   - To set the rest duration and type, select **Rest**.
   - To set the number of repetitions, select **Repeat**.
   - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
8. Swipe left to return to the activity.

The watch saves your custom interval workout until you edit the workout again.

Stopping an Interval Workout

- At any time, select to stop the current interval or rest period and transition to the next interval or rest period.
- After all intervals and rest periods are complete, select to end the interval workout and transition to a timer that can be used for cool down.
- At any time, select to stop the activity timer. You can resume the timer or end the interval workout.

Setting a Training Target

The training target feature enables you to train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the watch gives you real-time feedback about how close you are to achieving your training target.

1. Press .
2. Select **Activities**, and select an activity.
3. Scroll down, and select **Training**.
4. Select **Quick Workout**.

   NOTE: Not all options are available for all activity types.
5. Select an option:
   - Select **Intervals** to select time- or distanced-based repeats.
   - Select **Distance and Time** to select a distance and time target.
   - Select **Distance and Pace** or **Distance and Speed** to select a distance and pace or speed target.
   - Select **Distance Only** to select a preset distance or enter a custom distance.

   The training target screen appears and displays your estimated finish time.
6. Press to start the activity timer.

PacePro™ Training

Many runners like to wear a pace band during a race to help achieve their race goal. The PacePro feature allows you to create a custom pace band based on distance and pace or distance and time. You can also create a pace band for a known course to optimize your pace effort based on elevation changes.

You can create a PacePro plan using the Garmin Connect app. You can preview the splits and elevation plot before you run the course.

Downloading a PacePro Plan from Garmin Connect

Before you can download a PacePro plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 65).

1. Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to connect.garmin.com.
2. Select **Training & Planning** > **PacePro Pacing Strategies**.
3. Follow the on-screen instructions to create and save a PacePro plan.
4. Select or **Send to Device**.

Creating a PacePro Plan on Your Watch

Before you can create a PacePro plan on your watch, you must create a course (*Creating a Course on Garmin Connect*, page 77).

1. Press .
2. Select **Activities**, and select an outdoor running activity.
3. Scroll down to select **Training** > **PacePro Plans** > **Create New**.
4. Select a course.
5. Select an option:
   - Select **Goal Pace**, and enter your target pace.
   - Select **Goal Time**, and enter your target time.

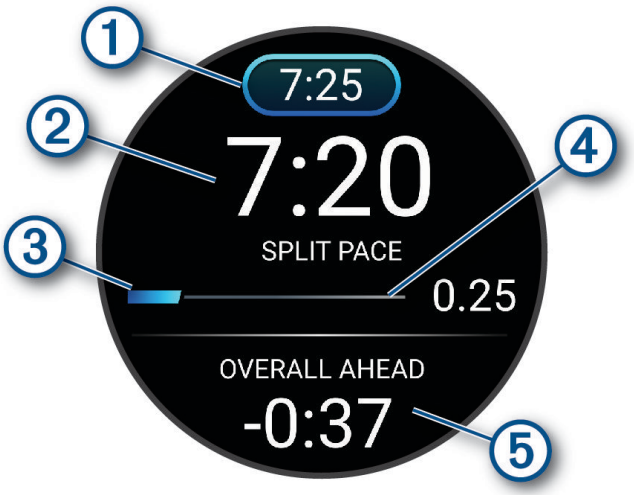
   Scroll down to view your custom pace band and preview the splits.
6. Press .
7. Select an option:
   - Select to start the plan.
   - Select **Map** to view the course on the map.
   - Select **Delete** to discard the plan.

Starting a PacePro Plan

Before you can start a PacePro plan, you must download a plan from your Garmin Connect account.

1. Press .
2. Select an outdoor running activity.
3. Swipe up.
4. Select **Training** > **PacePro Plans**.
5. Select a plan.
6. Press .

   TIP: You can preview the map, pace, and splits before you accept the PacePro plan.
7. Select **Use Plan** to start the plan.
8. If necessary, select ✔ to enable course navigation.
9. Press to start the activity timer.



1	Target split pace
2	Current split pace
3	Completion progress for the split
4	Distance remaining in the split
5	Overall time ahead of or behind your target time

Racing a Previous Activity

You can race a previously recorded or downloaded activity.

NOTE: This feature is not available for all activities.

1. Press .
2. Select **Activities**, and select an activity.
3. Scroll down.
4. Select **Training** > **Race Yourself**.
5. Select an option:
   - Select **From History** to select a previously recorded activity from your device.
   - Select **Downloaded** to select an activity you downloaded from your Garmin Connect account.
6. Select the activity.
7. Press to start the activity timer.
8. After you complete your activity, press , and select **Save**.

Race Calendar and Primary Race

When you add a race event to your Garmin Connect calendar, you can view the event on your watch by adding the primary race glance (*Glances*, page 29). The event date must be in the next 365 days. The watch displays a countdown to the event, your goal time or predicted finish time (running events only), and weather information.



NOTE: Historical weather information for the location and date is available right away. Local forecast data appears approximately 14 days before the event.

If you add more than one race event, you are prompted to choose a primary event.

Depending on the available course data for your event, you can view elevation data, the course map, and add a PacePro plan (*PacePro™ Training*, page 42).

Training for a Race Event

Your watch can suggest daily workouts to help you train for a running or cycling event, if you have a VO2 max. estimate (*About VO2 Max. Estimates*, page 47).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Races & Events** > **Find an Event**.
3. Search for an event in your area.

   You can also select **Create an Event** to create your own event.
4. Select **Add to Calendar**.
5. Sync your watch with your Garmin Connect account.
6. On your watch, scroll to the primary race glance to see a countdown to your primary race event.
7. From the watch face, press , and select a running or cycling activity.

   NOTE: If you have completed at least one outdoor run with heart rate data or one ride with heart rate and power data, daily suggested workouts appear on your watch.

About the Training Calendar

The training calendar on your watch is an extension of the training calendar or schedule you set up in your Garmin Connect account. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar glance. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your watch whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glances list on your vívoactive 6 watch.

Enabling Self Evaluation

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

1. Press .
2. Select an activity.

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

Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to garmin.com/performance-data/running.

NOTE: The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance.

HRV status: The watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV) status based on your personal, long-term HRV averages (*Heart Rate Variability Status*, page 49).

Predicted race times: The watch uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness (*Viewing Your Predicted Race Times*, page 48).

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance (*About VO2 Max. Estimates*, page 47).

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The vívoactive 6 device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

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



Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Poor

VO2 max. data is provided by Firstbeat Analytics. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 97), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your device (*Pairing Your Wireless Sensors*, page 59).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 83), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 84). The estimate may seem inaccurate at first. The device requires a few runs to learn about your running performance. You can disable VO2 max. recording for trail run activities if you do not want this run type to affect your VO2 max. estimate (*Activity Settings*, page 25).

1. Start a running activity.
2. Run outdoors at a moderate or high intensity, reaching at least 70% of your maximum heart rate.
3. After at least 10 minutes, select **Save**.
4. Scroll up and down to view the performance measurements.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 83), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 84).

Your watch uses the VO2 max. estimate and your training history to provide a target race time (*About VO2 Max. Estimates*, page 47). The watch analyzes several weeks of your training data to refine the race time estimates.

1. From the watch face, swipe up to view the running performance glance.
2. Select the running performance glance.
3. Scroll to view a predicted race time.



4. Press to view predictions for other distances.

   NOTE: The predictions may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

Heart Rate Variability Status

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



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

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

Lactate Threshold

Lactate threshold is the exercise intensity at which lactate (lactic acid) starts to accumulate in the bloodstream. In running, this intensity level is estimated in terms of pace, heart rate, or power. When a runner exceeds the threshold, fatigue starts to increase at an accelerating rate. For experienced runners, the threshold occurs at approximately 90% of their maximum heart rate and between 10 km and half-marathon race pace. For average runners, the lactate threshold often occurs well below 90% of maximum heart rate. Knowing your lactate threshold can help you determine how hard to train or when to push yourself during a race.

If you already know your lactate threshold heart rate value, you can enter it in your user profile settings (*Setting Your Heart Rate Zones*, page 84). You can turn on the **Auto Detection** feature to automatically record your lactate threshold during an activity.

Recovery Time

You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

NOTE: The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

Recovery Heart Rate

If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can check your recovery heart rate value after each activity. Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run, you stop the timer. Your heart rate is 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm. Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

TIP: For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value.

NOTE: Your recovery heart rate is not calculated for low-impact activities, such as yoga.

History

History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.

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

Using History

History contains saved activity data, records, and totals.

The watch has a history glance for quick access to your activity data (*Glances*, page 29).

1. Press .
2. Select **History**.

   A bar graph of your recent activities appears.
3. Swipe left to view options.
4. Select an option:
   - To change the time period for the bar graph, select **Graph Options**.
   - To view your personal records by sport, select **Records** (*Personal Records*, page 50).
   - To view your weekly or monthly totals, select **Totals** (*Viewing Data Totals*, page 51).
5. Press to return to the bar graph.
6. Scroll down to view your activity history.
7. Select an activity.
8. Swipe left to view options.

Personal Records

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

Viewing Your Personal Records

1 Press .
2 Select **History**.
3 Swipe left to view options.
4 Select **Records**.
5 Select a sport.
6 Select a record.
7 Select **View Record**.

Restoring a Personal Record

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

1 Press .
2 Select **History**.
3 Swipe left to view options.
4 Select **Records**.
5 Select a sport.
6 Select a record to restore.
7 Select **Previous** > .

NOTE: This does not delete any saved activities.

Clearing Personal Records

1 Press .
2 Select **History**.
3 Swipe left to view options.
4 Select **Records**.
5 Select a sport.
6 Select an option:
   - To delete one record, select a record, and select **Clear Record** > .
   - To delete all records for the sport, select **Clear All Records** > .

NOTE: This does not delete any saved activities.

Viewing Data Totals

You can view the accumulated distance and time data saved to your watch.

1 Press .
2 Select **History**.
3 Press , and select **Totals**.
4 Select an activity.
5 Select an option to view weekly or monthly totals.

Clocks

Setting an Alarm

You can set multiple alarms.

1 Press .
2 Select **Clocks** > **Alarms**.
3 Select an option:
   - To set and save an alarm for the first time, enter the alarm time.
   - To set and save additional alarms, select **Add Alarm**, and enter the alarm time.
4 Scroll down for more options.
5 Select **Save**.

Editing an Alarm

1 Press .
2 Select **Clocks** > **Alarms**.
3 Select an alarm.
4 Select an option:
   - To turn the alarm on or off, select **Status**.
   - To change the alarm time, select **Time**.
   - To set an alarm to gently wake you in the 30-minute window before your scheduled alarm based on optimal sleep timing, select **Smart Wake**.

     NOTE: Your alarm will always go off at your selected time in addition to any earlier alarms. For example, if you set your alarm for 8:00 am, the alarm may gently alert you to wake up some time between 7:30 and 8:00 am.
   - To set the alarm to repeat regularly, select **Repeat**, and select when the alarm should repeat.
   - To select a description for the alarm, select **Label**.
   - To delete the alarm, select **Delete**.

Smart Wake Alarm

The smart wake alarm creates a 30-minute window for your vívoactive 6 watch to attempt to wake you with optimal timing based on your sleep. For example, if you set your alarm for 8:00 am, the alarm may gently alert you to wake up some time between 7:30 and 8:00 am. You can choose to make any alarm a smart wake alarm (*Setting an Alarm*, page 52).

NOTE: Your alarm will always go off at the selected time.

Using the Countdown Timer

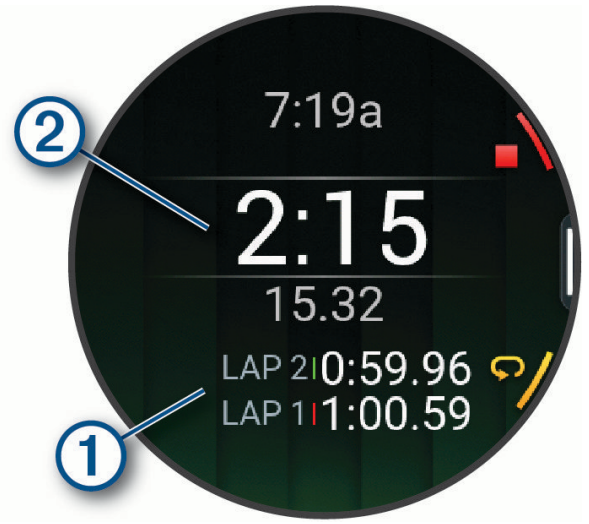
1 Press .
2 Select **Clocks** > **Timers**.
3 If you have never saved a timer, enter the time.
4 If you previously saved a timer, select an option:
   - To set a new countdown timer without saving it, select **Quick Timer**, and enter the time.
   - To set and save a new countdown timer, select **Edit** > **Add Timer**, and enter the time.
   - To set a saved countdown timer, select the saved timer.
5 Press to start the timer.
6 If necessary, select an option:
   - To stop the timer with the remaining time, select .
   - To restart the timer, select .
   - To stop the timer and reset it, swipe left and select **Cancel Timer**.
   - To save the timer, swipe left and select **Save Timer**.
   - To automatically restart the timer after it expires, swipe left and select **Auto Restart**.
   - To customize the timer notification, swipe left and select **Vibration**.

Deleting a Countdown Timer

1 Press .
2 Select **Clocks** > **Timers** > **Edit**.
3 Select a timer.
4 Select **Delete**.

Using the Stopwatch

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



The total stopwatch time ② continues running.

5 Press to stop both timers.
6 Select an option:
- To reset both timers, select .
- To save the stopwatch time as an activity, swipe left, and select **Save Activity**.
- To enable or disable lap recording, swipe left, and select **Lap Key**.

Adding Alternate Time Zones

You can display the current time of day in additional time zones.

1 Press .
TIP: You can also view your alternate time zones in the glances list (*Customizing the Glance List*, page 32).
2 Select **Clocks** > **Alt. Time Zones** > **Add Zone**.
3 Swipe left or right to highlight a region.
4 Press to select the region.
5 Select a time zone.

Editing an Alternate Time Zone

1 Press .

TIP: You can also view your alternate time zones in the glances list (*Customizing the Glance List*, page 32).

2 Select **Clocks** > **Alt. Time Zones**.
3 Select a time zone.
4 Press .
5 Select an option:
- To set the time zone to display on the glances list, select **Set as Favorite**.
- To enter a custom name for the time zone, select **Rename**.
- To enter a custom abbreviation for the time zone, select **Abbreviate**.
- To change the time zone, select **Change Zone**.
- To delete the time zone, select **Delete**.

Adding a Countdown Event

1 Press .
2 Select **Clocks** > **Countdowns** > **Add**.
3 Enter a name.
4 Select a year, month, and day.
5 Select an option:
- Select **All Day**.
- Select **Specific Time**, and enter a time.

6 Select an icon.

Editing a Countdown Event

1 Press .
2 Select **Clocks** > **Countdowns**.
3 Select a countdown event.
4 Swipe left, and select **Set as Favorite** to show the countdown event in the glances list (optional).
5 Swipe left, and select **Edit Countdown**.
6 Select an option to edit:
- To rename the event, select **Name**.
- To change the date, select **Date**.
- To change the time, select **Time**.
- To change the event type, select **Type**.
- To add an abbreviated name for the event, select **Abbreviation**.
- To add event reminders, select **Reminders**.
- To repeat the event every year, select **Repeat Annually**.
- To remove the event, select **Delete Countdown**.

Notifications and Alerts Settings

From the watch face, press , and select **Settings** > **Notifications & Alerts**.

Smart Notifications: Customizes the smart notifications that appear on your watch (*Enabling Phone Notifications*, page 62).

Health & Wellness: Customizes the health and wellness alerts that appear on your watch (*Health and Wellness Alerts*, page 56).

Report Settings: Enables reports, and customizes the report data and theme. You can select **Morning Report** to create and edit daily messages in the morning report (*Customizing Your Morning Report*, page 57). You can select **Choose Theme** to customize the background theme for your reports.

System Alerts: Sets time (*Setting Time Alerts*, page 57), barometer, or phone connection alerts (*Turning On Phone Connection Alerts*, page 57).

Notification Center: Enables the notification center for viewing new notifications (*Viewing Notifications*, page 62).

Health and Wellness Alerts

From the watch face, hold , and select **Settings** > **Notifications & Alerts** > **Health & Wellness**.

Daily Summary: A Body Battery daily summary appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery level (*Body Battery*, page 32).

Stress Alerts: Notifies you when periods of stress have drained your Body Battery level.

Rest Alerts: Notifies you after you have a restful period and its impact on your Body Battery level.

Abnormal Heart Rate Alerts: Notifies you when your heart rate exceeds or drops below a target value (*Setting an Abnormal Heart Rate Alert*, page 56).

Move Alert: Reminds you to keep moving.

Goal Alerts: Notifies you when you reach your daily steps goal and weekly intensity minutes goal.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you when your heart rate drops below the selected threshold during your chosen sleep window configured in the Garmin Connect app. 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. Press .
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Abnormal Heart Rate Alerts**.
3. Select **High Alert** or **Low Alert**.
4. Set the heart rate threshold value.

Each time your heart rate exceeds or drops below the threshold value, a message appears and the watch vibrates.

Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, a message appears. You can customize your move alert to be dismissed by walking or other types of movement.

Turning on the Move Alert

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

Customizing Move Alerts

1 Press .
2 Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Move Alert** > **On**.
3 Select an option:
- Select **Alert Type** to set the alert based on steps or other types of movement.
- Select **Movements** to allow sitting moves or free motion moves to clear the alert.
- Select **Movement Duration** to set the alert to be cleared after 30, 45, or 60 seconds.

Morning Report

Your watch displays a morning report based on your normal wake time. Scroll to view the report, which includes weather, sleep, overnight heart rate variability status, and more (*Customizing Your Morning Report*, page 57).

Customizing Your Morning Report

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

1 Press .
2 Select **Settings** > **Notifications & Alerts** > **Report Settings** > **Morning Report**.
3 Select an option:
- To enable or disable the morning report, select **Show Report**.
- To customize the order and type of data that appears in your morning report, select **Edit Report**.
- To write and add custom messages to your morning report, select **Customize Daily Messages** > **Edit Messages**.
4 Select **Choose Theme**.
5 Select a theme.

The theme displays as a background for your morning report.

Setting Time Alerts

1 Press .
2 Select **Settings** > **Notifications & Alerts** > **System Alerts** > **Time**.
3 Select an option:
- To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select **Til Sunset** > **Status** > **On**, select **Time**, and enter the time.
- To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select **Til Sunrise** > **Status** > **On**, select **Time**, and enter the time.
- To set an alert to sound every hour, select **Hourly** > **On**.

Turning On Phone Connection Alerts

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

1 Press .
2 Select **Settings** > **Notifications & Alerts** > **System Alerts** > **Phone**.

Vibration Settings

From the watch face, press , and select **Settings** > **Vibration**.

System: Turns vibration for the watch on or off.

Alert Vibration: Sets watch vibrations for alerts.

Button Press: Sets watch vibrations for alerts and button presses.

Display and Brightness Settings

From the watch face, press , and select **Settings** > **Display & Brightness**.

Brightness: Sets the brightness level of the screen.

Always On Display: Sets the watch face data to remain visible and turn down the brightness and background. This option impacts the battery and display life (*About the AMOLED Display*, page 91).

Text Size: Adjusts the size of the text on the screen.

Red Shift: Turns the screen to shades of red, green, or orange so that you can use the watch in low light conditions and help preserve your night vision.

Gesture: Turns on the screen when you raise and turn your arm to look at your wrist.

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

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone*, page 61). Additional features are available when you connect your watch to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 64).

Sensors and Accessories

The vívoactive 6 watch has several internal sensors, and you can pair additional wireless sensors for your activities.

Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+® or Bluetooth technology (*Pairing Your Wireless Sensors*, page 59). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens*, page 24). If your watch was packaged with a sensor, they are already paired.

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

Sensor Type	Description
Club Sensors	You can use Approach CT10 golf club sensors to automatically track your golf shots, including location, distance, and club type.
eBike	You can use your watch with your eBike and view bike data, such as battery and range information, during your rides.
Heart Rate	You can use an external sensor, such as the HRM 200, HRM 600, HRM-Fit™, or HRM-Pro™ series heart rate monitor, to view heart rate data during your activities.
Foot Pod	You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.
Headphones	You can use Bluetooth headphones to listen to music loaded onto your vívoactive 6 watch (*Connecting Bluetooth Headphones*, page 83).
Lights	You can use Varia smart bike lights to improve situational awareness.
Radar	You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride (*Using the Varia Camera Controls*, page 61).
Speed/ Cadence	You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference (*Wheel Size and Circumference*, page 99). You can also attach speed or cadence sensors to your wheelchair and view the data during your activity. When the sensor is attached, your watch creates and saves an activity to your Garmin Connect account each time you push your chair.
tempe	You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.

Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your watch using ANT+ or Bluetooth technology, you must pair the watch and sensor. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range. For more information about connection types, go to garmin.com/hrm_connection_types.

1. Put on the heart rate monitor, install the sensor, or press the button to wake up the sensor.

   NOTE: See your wireless sensor owner's manual for pairing information.
2. Bring the watch within 3 m (10 ft.) of the sensor.

   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3. Press .
4. Select **Settings** > **Connectivity** > **Watch Sensors** > **Add New**.
5. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields (*Customizing the Data Screens*, page 24).

Running Dynamics

Running dynamics is real-time feedback about your running form. Your vívoactive 6 watch has an accelerometer to calculate five running form metrics. To view all of the running form metrics, you must pair your vívoactive 6 watch with the HRM 600, HRM-Fit, HRM-Pro series accessory, or other running dynamics accessory that measures torso movement. For more information, go to garmin.com/performance-data/running.

Metric	Sensor Type	Description
Cadence	Watch or compatible accessory	Cadence is the number of steps per minute. It displays the total steps (right and left combined).
Stride length	Watch or compatible accessory	Stride length is the length of your stride from one footfall to the next. It is measured in meters.
Vertical oscillation	Watch or compatible accessory	Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.
Vertical ratio	Watch or compatible accessory	Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.
Ground contact time	Watch or compatible accessory	Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds. **NOTE:** Ground contact metrics are not available while walking.
Ground contact time balance	Compatible accessory only	Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

Tips for Missing Running Dynamics Data

This topic provides tips for using a compatible running dynamics accessory. If the accessory is not connected to your watch, the watch automatically switches to wrist-based running dynamics.

- Make sure you have a running dynamics accessory, such as the HRM 600, HRM-Fit, or HRM-Pro series accessory.
- Pair the running dynamics accessory with your watch again, according to the instructions.
- If you are using an HRM 600 accessory, pair it with your watch using the secure Bluetooth connection, rather than the open connection.

  For more information about connection types, go to garmin.com/hrm_connection_types.
- If you are using an HRM-Fit or HRM-Pro series accessory, pair it with your watch using ANT+ technology, rather than Bluetooth technology.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

  NOTE: Some metrics do not appear while walking.

Running Power

Garmin running power is calculated using measured running dynamics information, user mass, environmental data, and other sensor data. The power measurement estimates the amount of power a runner applies to the road surface, and it is displayed in watts. Using running power as a gauge of effort may suit some runners better than using either pace or heart rate. Running power can be more responsive than heart rate for indicating the level of effort, and it can account for the uphills, downhills, and wind, which a pace measurement does not do. For more information, go to garmin.com/performance-data/running.

Running power can be measured using a compatible running dynamics accessory or the watch sensors. You can customize the running power data fields to view your power output and make adjustments to your training (*Data Fields*, page 100). You can set up power alerts to be notified when you reach a specified power zone (*Activity Alerts*, page 26).

Running power zones use default values based on gender, weight, and average ability, and may not match your personal abilities. You can manually adjust your zones on the watch or using your Garmin Connect account.

Running Power Settings

From the watch face, press , select **Activities**, select a running activity, press , select the activity settings, and select **Running Power**.

Status: Enables or disables recording Garmin running power data.

Account for Wind: Enables or disables using wind data when calculating your running power. Wind data is a combination of the speed, heading, and barometer data from your watch and the available wind data from your phone.

Using the Varia Camera Controls

NOTICE

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

Before you can use the Varia camera controls, you must pair the accessory with your watch (*Pairing Your Wireless Sensors*, page 59).

1. Select an option:
   - Add the **Lights** control to your watch (*Customizing the Controls Menu*, page 37).
   - Add the **Lights** glance to your watch (*Customizing the Glance List*, page 32).
2. From the **Lights** control or glance, select an option:
   - Select > to view the camera settings.
   - Select to record the ride.
   - Select to take a photo.
   - Select to save a clip.

Phone Connectivity Features

Phone connectivity features are available for your vívoactive 6 watch when you pair it using the Garmin Connect app (*Pairing Your Phone*, page 61).

- App features from the Garmin Connect app (*Garmin Connect*, page 65)
- App features from the Connect IQ app, and more (*Phone Apps and Computer Applications*, page 65)
- Glances (*Glances*, page 29)
- Controls menu features (*Controls*, page 35)
- Safety and tracking features (*Safety and Tracking Features*, page 79)
- Phone interactions, such as notifications (*Enabling Phone Notifications*, page 62)

Pairing Your Phone

To use the connected features on your watch, you must pair it directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

1. Select an option:
   - During the initial setup on your watch, select when you are prompted to pair with your phone.
   - If you previously skipped the pairing process, from the watch face, press , and select **Settings** > **Connectivity** > **Pair Phone**.
   - If you want to pair a new phone, from the watch face, press , and select **Settings** > **Connectivity** > **Phone** > **Pair Phone**.
2. Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Enabling Phone Notifications

You can customize how notifications from your paired phone sound and appear on your watch during normal use.

NOTE: You can configure notifications during sleep or activities in the Focus Modes settings (*Focus Modes*, page 69).

1. Press .
2. Select **Settings** > **Connectivity** > **Phone** > **Notifications**.
3. Select an option:
   - To enable phone notifications, select **Status** > **On**.
   - To enable notifications for phone calls, select **Calls**, and select status, tone, and vibration preferences.
   - To enable notifications for text messages, select **Texts**, and select status, tone, and vibration preferences.
   - To enable notifications for phone apps, select **Apps**, and select status, tone, and vibration preferences.
   - To hide notification details until you perform an action, select **Privacy**, and select an option.
   - To change how long the watch displays notifications, select **Timeout**.
   - To add a signature to your text message replies from your watch, select **Signature**.

     NOTE: This feature is available only for compatible Android™ phones.

Viewing Notifications

You can view your phone notifications on your watch from several menu locations.

1. Select an option:
   - From the watch face, swipe down to view the notification center.
   - From the watch face, swipe up to view the notifications glance.

     TIP: From the glance, you can swipe left to dismiss a notification.
   - From the watch face, press , and select **Notifications** to view the notifications app.
   - Hold , and select **Notifications** to view the notifications control.
2. Select a notification.
3. Press for more options.
4. Scroll to the top of the notifications, and select **Dismiss All** to dismiss all notifications.

Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the vívoactive 6 watch displays the name or phone number of the caller.

- To accept the call, select .

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

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

Replying to a Text Message

NOTE: This feature is available only for compatible Android phones.

When you receive a text message notification on your watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

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

1. From the watch face, swipe down to view the notification center.
2. Select a text message notification.
3. Press .
4. Select **Reply**.
5. Select a message from the list.

   Your phone sends the selected message as an SMS text message.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your vívoactive 6 watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings, and select the notifications to show on your phone and watch.

  NOTE: All notifications that you enable on your iPhone also appear on your watch.
- If you are using an Android phone, from the Garmin Connect app, select ••• > **Settings** > **Notifications** > **App Notifications**, and select the notifications that you want to appear on your watch.

Turning Off the Bluetooth Phone Connection

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

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 37).

1. Hold to view the controls menu.
2. Select to turn off the Bluetooth phone connection on your vívoactive 6 watch.

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

Turning On and Off Find My Phone Alerts

1. Press .
2. Select **Settings** > **Connectivity** > **Phone** > **Find My Phone Alerts**.

Locating a Phone Lost During a GPS Activity

Your vívoactive 6 watch automatically stores a GPS location when your paired phone is disconnected during a GPS activity. You can use this feature to help locate a phone that is lost during an activity.

For more information, see garmin.com/findmyphonewithgps.

1. Start a GPS activity.
2. When prompted to navigate to the last known location of your device, select .
3. Navigate to the location on the map.
4. Swipe up to view a compass pointing to the location (optional).
5. When your watch is within Bluetooth range of your phone, the Bluetooth signal strength appears on the screen.

   The signal strength increases as you move closer to your phone.

Wi-Fi Connectivity Features

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

Audio content: Allows you to sync audio content from third-party providers.

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

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

Connecting to a Wi-Fi Network

You must connect your watch to the Garmin Connect app on your phone or to the Garmin Express™ application on your computer before you can connect to a Wi-Fi network.

1. Press .
2. Select **Settings** > **Connectivity** > **Wi-Fi** > **My Networks** > **Search for Networks**.
   The watch displays a list of nearby Wi-Fi networks.
3. Select a network.
4. If necessary, enter the password for the network.

The watch connects to the network, and the network is added to the list of saved networks. The watch reconnects to this network automatically when it is within range.

Garmin Share

NOTICE

It is your responsibility to use discretion when sharing information with others. Always ensure you are aware of and comfortable with the individual with whom you share information.

The Garmin Share feature allows you to use Bluetooth technology to wirelessly share your data with other compatible Garmin devices. With Garmin Share enabled and compatible Garmin devices in range of each other, you can select saved locations, courses, and workouts to transfer to another device through a direct, secured device-to-device connection, without the need for a phone or Wi-Fi connectivity.

Sharing Data with Garmin Share

Before you can use this feature, you must have Bluetooth technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin devices using Garmin Share.

Your vívoactive 6 watch can send and receive data when connected to another compatible Garmin device (*Receiving Data with Garmin Share*, page 65). You can also transfer your data between different devices. For example, you can share a favorite course from your Edge® bike computer to your compatible Garmin watch.

1. Press .
2. Select **Garmin Share** > **Share**.
3. Select a category, and select one item.
4. Select an option:
   - Select **Share**.
   - Select **Add More** > **Share** to select more than one item to share.
5. Wait while the device locates compatible devices.
6. Select a device.
7. Confirm the six-digit PIN matches on both devices, and select .
8. Wait while the devices transfer the data.
9. Select **Share Again** to share the same items with another user (optional).
10. Select **Done**.

Receiving Data with Garmin Share

Before you can use this feature, you must have Bluetooth technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin devices using Garmin Share.

1. Press .
2. Select **Garmin Share**.
3. Wait while the device locates compatible devices in range.
4. Select .
5. Confirm the six-digit PIN matches on both devices, and select .
6. Wait while the devices transfer the data.
7. Select **Done**.

Garmin Share Settings

From the watch face, press , and select **Settings** > **Connectivity** > **Garmin Share**.

Status: Enables the watch to send and receive items through Garmin Share.

Forget Devices: Removes all of the devices the watch has previously shared items with.

Phone Apps and Computer Applications

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

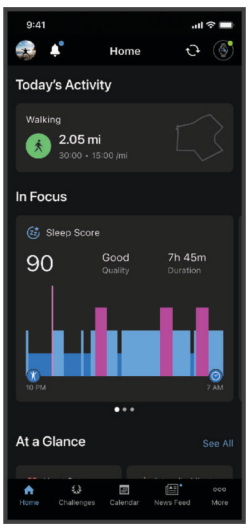
Garmin Connect

You can connect with your friends on Garmin Connect. 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, and more. To sign up for a free account, you can download the app from the app store on your phone (garmin.com/connectapp), or go to connect.garmin.com.

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

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, running dynamics, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.



Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

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

Share your activities: You can connect with friends to follow each other's activities or share links to your activities.

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

Garmin Connect+ Subscription

You can enhance the data, connections, and training available on your Garmin Connect account with a Garmin Connect+ subscription. To sign up, you can download the Garmin Connect app from the app store on your phone, or go to connect.garmin.com.

Active Intelligence (AI): Receive AI insights about your data and activities.

LiveTrack+: Send LiveTrack text messages, receive a personalized profile page, and view previous LiveTrack sessions.

Training guidance: Get additional expert support and guidance for select Garmin Coach training plans.

Performance dashboard: View your training data your way with customized charts and graphs.

Social features: Gain access to exclusive badges, badge challenges, and double points for challenges. You can update your profile avatar with customizable frames.

Using the Garmin Connect App

After you pair your watch with your phone (*Pairing Your Phone*, page 61), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

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

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

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Pairing Your Phone*, page 61).

Sync your watch with the Garmin Connect app (*Using the Garmin Connect App*, page 66).

When new software is available, the Garmin Connect app automatically sends the update to your watch.

Unified Training Status

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

From the Garmin Connect app, select ••• > **Settings**.

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

NOTE: Garmin devices that do not have the training status feature cannot be set as the Primary Training Device, but can still be used to record your training data.

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

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

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your vívoactive 6 watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge bike computer, and view your activity details and recovery time on your vívoactive 6 watch.

Sync your vívoactive 6 watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 66).

Recent activities and performance measurements from your other Garmin devices appear on your vívoactive 6 watch.

Using Garmin Connect on Your Computer

The Garmin Express application connects your watch to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your watch. You can also add music to your watch (*Downloading Personal Audio Content*, page 81). You can also install software updates and manage your Connect IQ apps.

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

Updating the Software Using Garmin Express

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

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

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

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

Manually Syncing Data with Garmin Connect

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 37).

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

Connect IQ Features

You can add Connect IQ apps, glances, music providers, watch faces, and more to your watch using the Connect IQ store on your watch or phone (garmin.com/connectiqapp).

Watch Faces: Customize the appearance of the clock.

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

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

Music: Add music providers to your watch.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your vívoactive 6 watch with your phone (*Pairing Your Phone*, page 61).

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

Downloading Connect IQ Features Using Your Computer

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

Garmin Messenger App

⚠ WARNING

The inReach® features of the Garmin Messenger app, including SOS, tracking, and inReach Weather, are not available without a connected inReach satellite communicator and an active satellite subscription. Always test the app outdoors before using it on a trip.

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance.

NOTICE

The app works over both the internet (using a wireless connection or cellular data on your phone) and the Iridium® satellite network. If you are using cellular data, your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. If you are in an area without network coverage, you must have an active satellite subscription for your inReach satellite communicator to use the Iridium satellite network.

You can use the app to message other Garmin Messenger app users, including friends and family without Garmin devices. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

Messages sent using a wireless connection or cellular data on your phone do not incur data charges or additional charges on your satellite subscription. Messages received may incur charges if message delivery is attempted over both the Iridium satellite network and the internet. Standard text messaging rates for your cellular data plan apply.

You can download the Garmin Messenger app from the app store on your phone (garmin.com/messengerapp).

Using the Messenger Feature

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance.

NOTICE

To use the Messenger feature, your vívoactive 6 watch must be connected to the Garmin Messenger app on your compatible phone using Bluetooth technology.

The Messenger feature on your watch allows you to view, compose, and reply to messages from the Garmin Messenger phone app.

1. From the watch face, swipe up to view the **Messenger** glance.

   TIP: The Messenger feature is available as a glance, app, or controls menu option on your watch.
2. Select the glance.
3. If this is your first time using the **Messenger** feature, scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.
4. On your watch, select an option:
   - To compose a new message, select **New Message**, select a recipient, and either select a pre-defined message or compose your own.
   - To view a conversation, scroll down, and select a conversation.
   - To reply to a message, select a conversation, select **Reply**, and either select a pre-defined message or compose your own.

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your vívoactive 6 device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete. With a Garmin Golf membership, you can view green contour data on your phone.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone (garmin.com/golfapp).

Focus Modes

Focus modes adjust the watch settings and behavior for different situations, such as sleep and activities. When you change the settings with a focus mode enabled, the settings are updated only for that focus mode.

Customizing the Sleep Focus Mode

1. Press .
2. Select **Settings** > **Focus Modes** > **Sleep**.
3. Select an option:
   - Select **Schedule**, select a day, and enter your normal sleep hours.
   - Select **Watch Face** to use the sleep watch face.
   - Select **Notifications & Alerts** to configure phone notifications, health and wellness alerts, and system alerts (*Notifications and Alerts Settings*, page 56).
   - Select **Vibration** to configure alarm tones and vibration (*Vibration Settings*, page 57).
   - Select **Display & Brightness** to configure the screen settings (*Display and Brightness Settings*, page 58).

Customizing the Activity Focus Mode

1. Press .
2. Select **Settings** > **Focus Modes** > **Activity**.
3. Select an option:
   - Select **Satellites** to set the satellite systems to use for all activities.

     TIP: You can customize the **Satellites** setting for individual activities (*Activity Settings*, page 25).
   - Select **Voice Alerts** to enable voice alerts during activities.
   - Select **Notifications & Alerts** to configure phone notifications, health and wellness alerts, and system alerts (*Notifications and Alerts Settings*, page 56).
   - Select **Display & Brightness** to configure the screen settings (*Display and Brightness Settings*, page 58).
   - Select **Vibration** to configure alert tones and vibration settings (*Vibration Settings*, page 57).

Health and Wellness Settings

From the watch face, press , and select **Settings** > **Health & Wellness**.

Wrist Heart Rate: Customizes the wrist heart rate monitor settings (*Wrist Heart Rate Monitor Settings*, page 71).

Pulse Oximeter: Sets the pulse oximeter mode (*Setting the Pulse Oximeter Mode*, page 73).

Move IQ: Enables Move IQ events. 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. For more detail and accuracy, you can record a timed activity on your device.

Wrist Heart Rate

Your watch has a wrist-based heart rate monitor, and you can view your heart rate data on the heart rate glance (*Viewing Glances*, page 31).

The watch is also compatible with chest heart rate monitors. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

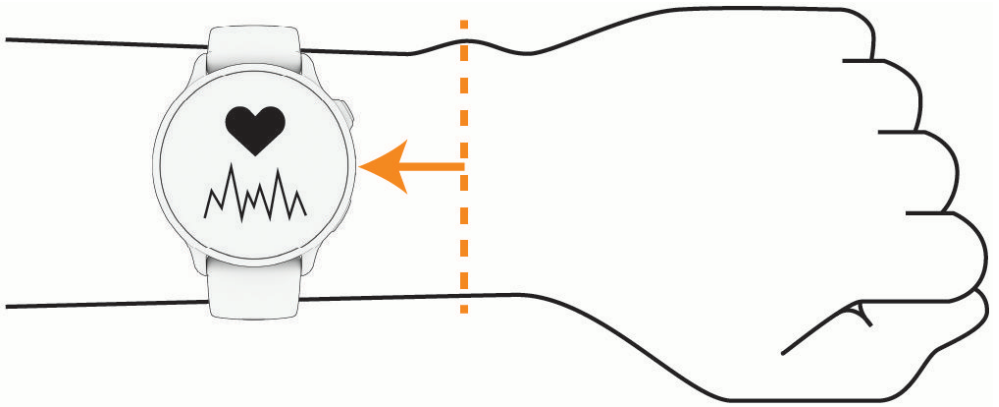
Wearing the Watch

⚠ CAUTION

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

- Wear the watch above your wrist bone.

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



  NOTE: The optical sensor is located on the back of the watch.
- See *Tips for Erratic Heart Rate Data*, page 70 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 73 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about watch wear and care, go to garmin.com/fitandcare.

Tips for Erratic Heart Rate Data

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

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

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

Wrist Heart Rate Monitor Settings

From the watch face, press , and select **Settings** > **Health & Wellness** > **Wrist Heart Rate**.

Status: Enables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

NOTE: Disabling the wrist heart rate monitor also disables the wrist-based pulse oximeter sensor. You can perform a manual reading from the pulse oximeter glance.

Source Switching: Selects the best source of heart rate data when wearing your watch and an external heart rate monitor. For more information, go to garmin.com/dynamicsourceswitching/.

Broadcast Heart Rate: Broadcasts your heart rate data to a paired device (*Broadcasting Heart Rate Data*, page 71).

Broadcasting Heart Rate Data

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

TIP: You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity (*Activity Settings*, page 25). For example, you can broadcast your heart rate data to an Edge bike computer while cycling.

1. Select an option:
   - Press , and select **Settings** > **Health & Wellness** > **Wrist Heart Rate** > **Broadcast Heart Rate**.
   - Hold to open the controls menu, and select .

     NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 37).
2. Press .

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

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

Pulse Oximeter

Your watch has a wrist-based pulse oximeter to gauge the peripheral saturation of oxygen in your blood (SpO2). As your altitude increases, the level of oxygen in your blood can decrease.

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance (*Getting Pulse Oximeter Readings*, page 73). You can also turn on all-day readings (*Setting the Pulse Oximeter Mode*, page 73). When you view the pulse oximeter glance while you are not moving, your watch analyzes your oxygen saturation and your elevation. The elevation profile helps indicate how your pulse oximeter readings are changing, relative to your to elevation.

On the watch, your pulse oximeter reading appears as an oxygen saturation percentage and color on the graph. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days.

For more information about pulse oximeter accuracy, go to garmin.com/ataccuracy.



①	The elevation scale.
②	A graph of your average oxygen saturation readings for the last 24 hours.
③	Your most recent oxygen saturation reading.
④	The oxygen saturation percentage scale.
⑤	A graph of your elevation readings for the last 24 hours.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance. The glance displays your most recent blood oxygen saturation percentage, a graph of your hourly average readings for the last 24 hours, and a graph of your elevation for the last 24 hours.

NOTE: The first time you view the pulse oximeter glance, the watch must acquire satellite signals to determine your elevation. You should go outside, and wait while the watch locates satellites.

1. While you are sitting or inactive, swipe up from the watch face.
2. Scroll to the pulse oximeter glance.
3. Select the pulse oximeter glance.

   The watch begins a pulse oximeter reading.
4. Remain motionless for up to 30 seconds.

   NOTE: If you are too active for the watch to get a pulse oximeter reading, a message appears instead of a percentage. You can check again after several minutes of inactivity. For best results, hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
5. Scroll down to view a graph of your pulse oximeter readings for the last seven days.

Setting the Pulse Oximeter Mode

1. Press .
2. Select **Settings** > **Health & Wellness** > **Pulse Oximeter**.
3. Select an option:
   - To turn on measurements while you are inactive during the day, select **All Day**.

     NOTE: Turning on **All Day** mode decreases battery life.
   - To turn on continuous measurements while you sleep, select **During Sleep**.

     NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
   - To turn off automatic measurements, select **On Demand**.

Tips for Erratic Pulse Oximeter Data

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

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

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.

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

Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The watch monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your vívoactive 6 watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app or in the watch settings. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, HRV status, and naps (*Glances*, page 29). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

NOTE: You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 38).

Using Automated Sleep Tracking

1. Wear your watch while sleeping.
2. Upload your sleep tracking data to your Garmin Connect account (*Using the Garmin Connect App*, page 66).

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

   You can view sleep information, including naps, on your vívoactive 6 watch (*Glances*, page 29).

Navigation

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

Saving Locations

Saving Your Location

You can save your current location to navigate back to it later.

1. Hold .
2. Select **Save Location**.

   NOTE: You may need to add this item to the controls menu (*Customizing the Controls Menu*, page 37).
3. Follow the on-screen instructions.

Viewing and Editing Saved Locations

TIP: You can save a location from the controls menu (*Controls*, page 35).

1 Press .
2 Select an activity.
3 Scroll down, and select **Navigate** > **Saved Locations**.
4 Select a saved location.
5 Select an option to view or edit the location details.

Deleting a Location

1 Press .
2 Select an activity that uses GPS, for example, **Run**.
3 Scroll down, and select **Navigate** > **Saved Locations**.
4 Select a saved location.
5 Select **Delete**.

Sharing a Location From a Map Using the Garmin Connect App

NOTICE

It is your responsibility to use discretion when sharing location information with others. Always ensure you are aware of and comfortable with the individual with whom you share location information.

NOTE: This feature is available only if your course-compatible Garmin device is connected to an iPhone device using Bluetooth technology.

You can share location information and data from Apple® Maps to your compatible Garmin device.

1 From Apple Maps, select a location.
2 Select > .
3 If necessary, from the Garmin Connect app, select the Garmin device.

A notification appears in the Garmin Connect app indicating that the location in now available on your device (*Starting a GPS Activity From a Shared Location*, page 75).

Starting a GPS Activity From a Shared Location

You can use the Garmin Connect app to share a location from Apple Maps to your watch, and navigate to that location (*Sharing a Location From a Map Using the Garmin Connect App*, page 75).

1 When you receive the location notification on your watch, select .

Your watch displays location information.

TIP: The location is saved in the Saved app.

2 Select **Go To**, and choose an activity.
3 Follow the on-screen instructions to proceed to your destination.

Navigating to a Shared Location During an Activity

This feature is designed for activities using GPS. If GPS is turned off for your activity, you can view the location later.

TIP: The location is saved in the Saved app.

You can receive shared locations on your watch during a GPS activity and navigate to those locations (*Sharing a Location From a Map Using the Garmin Connect App*, page 75).

1 If a shared location notification appears during a GPS activity, select to navigate to the shared location.
2 Follow the on-screen instructions to proceed to your destination.

Navigating to a Destination

You can use your device to navigate to a previous destination or a saved location.

1. Press .
2. Select a GPS activity.
3. Scroll down, and select **Navigate**.
4. Select an option.
   - Select **Past Activities**, select an activity, and select **Go**.
   - Select **Saved Locations**, select a location, and select **Go To**.

     TIP: You can save a location from the controls menu (*Controls*, page 35).
5. Press to begin navigation.

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. Press
2. Select an activity that uses GPS, for example, **Run**.
3. During your activity, swipe right.
4. Select **Navigate** > **Back to Start**.
5. Select **TracBack** or **Straight Line**.

   The navigation screen appears.
6. Move forward.

   The arrow points toward your starting point.

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

Stopping Navigation

- To stop navigation and continue your activity, swipe right from any data screen, select the first option, press , and select **Stop Navigation** or **Stop Course**.

  The activity timer continues recording.
- To stop navigation and save your activity, press , and select **Save**.

Courses

⚠ WARNING

This feature allows users to download courses created by other users. Garmin makes no representations about the safety, accuracy, reliability, completeness, or timeliness of courses created by third parties. Any use or reliance on courses created by third parties is at your own risk.

You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike friendly commute to work.

You can also follow a saved course, trying to match or exceed previously set performance goals.

Creating a Course on Garmin Connect

Before you can create a course on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect*, page 65).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Courses** > **Create Course**.
3. Select a course type.
4. Follow the on-screen instructions.
5. Select **Done**.

   NOTE: You can send this course to your device (*Sending a Course to Your Device*, page 77).

Sending a Course to Your Device

You can send a course you created using the Garmin Connect app to your device (*Creating a Course on Garmin Connect*, page 77).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Courses**.
3. Select a course.
4. Select .
5. Select your compatible device.
6. Follow the on-screen instructions.

Following a Course on Your Device

1. Press .
2. Select a GPS activity.
3. Scroll down, and select **Navigate** > **Courses**.
4. Select a course.
5. Press
6. Select **Do Course** or **Do Course in Reverse**.
7. Press to begin navigation.

Viewing or Editing Course Details

You can view or edit course details before you navigate a course.

1. Press .
2. Select a GPS activity.
3. Scroll down, and select **Navigate** > **Courses**.
4. Select a course.
5. Press
6. Select an option:
   - To begin navigation, select **Do Course**.
   - To create a custom pace band, select **PacePro** (*PacePro™ Training*, page 42).
   - To view the course on the map and pan or zoom the map, select **Map**.
   - To begin the course in reverse, select **Do Course in Reverse**.
   - To view an elevation plot of the course, select **Elevation Plot**.
   - To change the course name, select **Name**.
   - To delete the course, select **Delete**.

Compass

The watch has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination. You can change the compass settings manually (*Compass Settings*, page 88).

Setting the Compass Heading

1. Select an option:
   - From the watch face, scroll to view and open the compass glance.
   - Hold , and select the compass control.
2. Swipe left to view options.
3. Select **Lock Heading**.
4. Point the top of the watch toward your heading, and press .

   When you deviate from the heading, the compass displays the direction from the heading and degree of deviation.

Map

represents your location on the map. Location names and symbols appear on the map. When you are navigating to a destination, your route is marked with a line on the map.

- Map navigation (*Panning and Zooming the Map*, page 78)
- Map settings (*Map Settings*, page 78)

Adding the Map Data Screen

You can add the map to the data screens loop for a GPS activity.

1. Press .
2. Select **Activities**, and select a GPS activity.
3. Scroll down, and select the activity settings.
4. Select **Data Screens** > **Add New** > **Map**.

Panning and Zooming the Map

1. While navigating, swipe up or down to view the map.

   NOTE: You may need to add the map data screen for the activity (*Customizing the Data Screens*, page 24).
2. Swipe right.
3. Select **Map Controls**.
4. Select an option:
   - To toggle between panning up and down, panning left and right, or zooming, press .
   - To quit, swipe up or down.

Map Settings

You can customize how the map appears in the map data screens.

Press , select **Settings > Map & Navigation**.

Orientation: Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.

User Locations: Shows or hides user locations on the map.

Auto Zoom: Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

Safety and Tracking Features

⚠ CAUTION

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

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

NOTICE

To use the safety and tracking features, the vívoactive 6 watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

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

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

Incident Detection: When the vívoactive 6 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

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

Adding Emergency Contacts

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

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

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

Adding Contacts

You can add up to 50 contacts to the Garmin Connect app. Contact emails can be used with the LiveTrack feature. Three of these contacts can be used as emergency contacts (*Adding Emergency Contacts*, page 79).

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

After you add contacts, you must sync your data to apply the changes to your vívoactive 6 device (*Using the Garmin Connect App*, page 66).

Turning Incident Detection On and Off

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 79). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. Press .
2. Select **Settings** > **Safety & Tracking** > **Incident Detection**.
3. Select a GPS activity.

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

When an incident is detected by your vívoactive 6 watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your device and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Requesting Assistance

⚠ CAUTION

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

NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 79). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

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

   The countdown screen appears.

   TIP: You can select **Cancel** before the countdown is complete to cancel the message.

Music

NOTE: There are three different music playback options for your vívoactive 6 watch.

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

On a vívoactive 6 watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth headphones.

Connecting to a Third-Party Provider

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

For more options, you can download the Connect IQ app on your phone (*Downloading Connect IQ Features*, page 67).

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

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

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 64).

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

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

Downloading Personal Audio Content

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

You can load your personal audio files, such as .mp3 and .m4a files, to a vívoactive 6 watch from your computer. For more information, go to garmin.com/musicfiles .

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

TIP: For Windows® computers, you can select and browse to the folder with your audio files. For Apple computers, the Garmin Express application uses your iTunes® library.

3 In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
4 Select the checkboxes for the audio files, and select **Send to Device**.
5 If necessary, in the vívoactive 6 list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

Listening to Music

The first time you listen to music, your selection is saved as a default. If this is not your first time listening to music, press from the watch face and select **Settings** > **Music** > **Music Providers** to change your selection.

1 Open the music controls.

2 Select an option:

- To listen to music downloaded to the watch from your computer, select **My Music**, and select an option (*Downloading Personal Audio Content*, page 81).
- To control music playback on your phone, select **Phone**.
- To listen to music from a third-party provider, select **Add Music Apps**, select the name of the provider, and select a playlist (*Downloading Audio Content from a Third-Party Provider*, page 81).

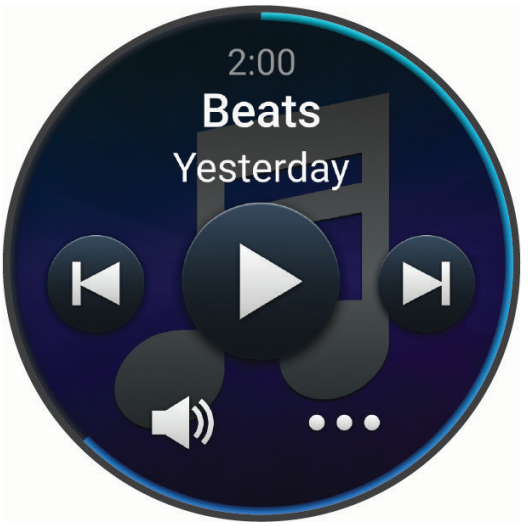
3 If necessary, connect your Bluetooth headphones (*Connecting Bluetooth Headphones*, page 83).

4 Select ▶.

Music Playback Controls

NOTE: During an activity, you can swipe left to view the music playback controls.

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



•••	Select to view more music playback controls.
	Select to adjust the volume.
▶	Select to play and pause the current audio file.
▶|	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
|◀	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.
	Select to change the repeat mode.
	Select to change the shuffle mode.

Connecting Bluetooth Headphones

To listen to music loaded onto your vívoactive 6 watch, you must connect Bluetooth headphones.

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

Changing the Audio Mode

You can change the music playback mode from stereo to mono.

1. Press .
2. Select **Settings** > **Music** > **Audio**.
3. Select an option.

User Profile

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

Setting Up Your User Profile

You can update your sex, date of birth, height, weight, wrist, heart rate zone, and power zone. The watch uses this information to calculate accurate training data.

1. Press .
2. Select **User Profile**.
3. Select an option.

Gender Settings

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

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

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

Wheelchair Mode

Wheelchair mode updates your glances, apps, and available activities. For example, wheelchair mode has indoor and outdoor push and handcycling activities, such as Push - Run Speed and Push - Walk Speed, instead of running and walking activities. When wheelchair mode is turned on, your vívoactive 6 watch tracks your movements as pushes rather than steps. Icons are also updated to represent a wheelchair user. The watch does not update your VO2 max. estimate while in wheelchair mode. Incident detection is also disabled.

The first time you enable wheelchair mode on your watch, you can select your exercise frequency in order to set your activity level to the correct algorithm. While wheelchair mode is turned on, you can pair a cadence sensor to receive distance and speed in activities such as handcycling. For indoor activities, you are prompted to pair a speed sensor for speed data, but a speed sensor is not required to record the activity. For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to buy.garmin.com for that sensor.

You can turn wheelchair mode on or off in your user profile settings (*Setting Up Your User Profile*, page 83).

For more information about wheelchair physiology, go to garmin.com/en-US/garmin-technology/health-science/wheelchair-physiology/.

Viewing Your Fitness Age

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

NOTE: For the most accurate fitness age, complete the user profile setup (*Setting Up Your User Profile*, page 83).

1 Press .

2 Select **Settings** > **User Profile** > **Fitness 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.

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 85) 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.

Setting Your Heart Rate Zones

The watch uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running, cycling, and swimming. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect account.

1 Press .

2 Select **Settings** > **User Profile** > **Heart Rate & Power Zones** > **Heart Rate**.

3 Select **Max. HR**, and enter your maximum heart rate.

4 Select **Resting HR** > **Set Custom**, and enter your resting heart rate.

You can use the average resting heart rate measured by your watch, or you can set a custom resting heart rate.

5 Select **Zones** > **Based On**.

6 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).

7 Select a zone, and enter a value for each zone.

8 Select **Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).

9 Repeat the steps to add sport heart rate zones (optional).

Letting the Watch Set Your Heart Rate Zones

The default settings allow the watch to detect your maximum heart rate and set your heart rate zones as a percentage of your maximum heart rate.

- Verify that your user profile settings are accurate (*Setting Up Your User Profile*, page 83).
- Run often with the wrist or chest heart rate monitor.
- View your heart rate trends and time in zones using your Garmin Connect account.

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

Setting Your Power Zones

The power zones use default values based on gender, weight, and average ability, and may not match your personal abilities. If you know your functional threshold power (FTP) or threshold power (TP) value, you can enter it and allow the software to calculate your power zones automatically. You can manually adjust your zones on the watch or using your Garmin Connect account.

1. Press .
2. Select **Settings** > **User Profile** > **Heart Rate & Power Zones**.
3. Select an activity.
4. Select **Based On**.
5. Select an option:
   - Select **Watts** to view and edit the zones in watts.
   - Select **% of FTP** or **% of TP** to view and edit the zones as a percentage of your threshold power.
6. Select **FTP** or **Threshold Power**, and enter your value.
7. Select a zone, and enter a value for each zone.
8. If necessary, select **Minimum**, and enter a minimum power value.

Detecting Performance Measurements Automatically

The Auto Detection feature is turned on by default.

1. Press .
2. Select **Settings** > **User Profile** > **Heart Rate & Power Zones** > **Auto Detection**.
3. Select an option.

Power Manager Settings

From the watch face, press , and select **Settings** > **Power Manager**.

Battery Saver: Customizes system settings to extend battery life in watch mode (*Customizing the Battery Saver Feature*, page 86).

Battery %: Displays remaining battery life as a percentage.

Battery Est.: Displays remaining battery life as an estimated number of days or hours.

Low Battery Alert: Notifies you when the battery level is low.

Customizing the Battery Saver Feature

The battery saver feature allows you to quickly adjust system settings to extend battery life in watch mode.

You can turn on the battery saver feature from the controls menu (*Customizing the Controls Menu*, page 37).

1. Press .
2. Select **Settings** > **Power Manager** > **Battery Saver**.
3. Select **Status** to turn on the battery saver feature.
4. Select **Edit**, and select an option:
   - Select **Watch Face** to enable a low-power watch face that updates once per minute.
   - Select **Music** to disable listening to music from your watch.
   - Select **Phone** to disconnect your paired phone.
   - Select **Wi-Fi** to disconnect from a Wi-Fi network.
   - Select **Wrist Heart Rate** to turn off the wrist heart rate monitor.
   - Select **Pulse Oximeter** to turn off the pulse oximeter sensor.
   - Select **Always On Display** to turn off the screen when not in use.
   - Select **Brightness** to reduce the screen brightness.

   The watch displays the hours of battery life gained with each setting change.
5. Select **Low Battery Alert** to receive an alert when the battery level is low.

System Settings

From the watch face, press , and select **Settings** > **System**.

Shortcuts: Assigns shortcuts to buttons (*Customizing the Button Shortcuts*, page 87).

Passcode: Sets a four-digit passcode to secure your personal information when the watch is not on your wrist (*Setting Your Watch Passcode*, page 87).

Do Not Disturb: Enables do not disturb mode to dim the screen and disable alerts and notifications.

Compass: Calibrates the internal compass and customizes the settings (*Compass*, page 78).

Time: Adjusts the time settings (*Time Settings*, page 88).

Language: Sets the language displayed on the watch.

Voice: Sets the watch voice dialect and voice type.

Advanced: Opens the advanced system settings for setting the units of measure, data recording mode, and USB mode (*Advanced System Settings*, page 89).

Restore & Reset: Configures watch data backups and resets user data and settings (*Restore and Reset Settings*, page 89).

Software Update: Installs downloaded software updates, enables automatic updates, and allows you to manually check for updates (*Product Updates*, page 93).

About: Displays device, software, license, and regulatory information.

Customizing the Button Shortcuts

You can customize the hold function of individual buttons and combinations of buttons.

1. Press .
2. Select **Settings** > **System** > **Shortcuts**.
3. Select a button or combination of buttons to customize.
4. Select a function.

Setting Your Watch Passcode

NOTICE

If you enter your passcode incorrectly three times, the watch locks temporarily. After five incorrect attempts, the watch locks until you reset your passcode in the Garmin Connect app. If you have not paired your watch with your phone, the watch deletes your data and resets to the factory default settings after five incorrect attempts.

You can set up a watch passcode to secure your personal information when the watch is not on your wrist. If you are using the Garmin Pay feature, the watch uses the same four-digit passcode required to open your wallet (*Garmin Pay*, page 5).

1. Press .
2. Select **Settings** > **System** > **Passcode** > **Set Passcode**.
3. Enter a four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Changing Your Watch Passcode

You must know your existing watch passcode to change it. If you forget your passcode or make too many incorrect passcode attempts, you must reset it in the Garmin Connect app.

1. Press .
2. Select **Settings** > **System** > **Passcode** > **Change Passcode**.
3. Enter your existing four-digit passcode.
4. Enter a new four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Compass

The watch has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination. You can change the compass settings manually (*Compass Settings*, page 88).

Setting the Compass Heading

1. Select an option:
   - From the watch face, scroll to view and open the compass glance.
   - Hold , and select the compass control.
2. Swipe left to view options.
3. Select **Lock Heading**.
4. Point the top of the watch toward your heading, and press .

   When you deviate from the heading, the compass displays the direction from the heading and degree of deviation.

Compass Settings

From the watch face, press , and select **Settings** > **System** > **Compass**.

Calibrate: Manually calibrates the compass sensor (*Calibrating the Compass Manually*, page 88).

Display: Sets the directional heading on the compass to letters, degrees, or milliradians.

North Ref.: Sets the north reference of the compass (*Setting the North Reference*, page 88).

Mag. Variation: Sets the magnetometer variation for the north reference.

Mode: Sets the compass to use a combination of GPS and electronic-sensor data when moving (Auto), GPS data only, or the magnetometer.

Calibrating the Compass Manually

NOTICE

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

Your watch was already calibrated at the factory, and the watch uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

1. Press .
2. Select **Settings** > **System** > **Compass** > **Calibrate**.
3. Move your wrist in a small figure eight motion until a message appears.

Setting the North Reference

You can set the directional reference used in calculating heading information.

1. Press .
2. Select **Settings** > **System** > **Compass** > **North Ref.**.
3. Select an option:
   - To set geographic north as the heading reference, select **True**.
   - To set magnetic north as the heading without declination, select **Magnetic**.
   - To set grid north (000º) as the heading reference, select **Grid**.
   - To set the magnetic variation value manually, select **User** > **Mag. Variation**, enter the magnetic variation, and select **Done**.

Time Settings

From the watch face, press , and select **Settings** > **System** > **Time**.

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

Date Format: Sets the display order for the day, month, and year for dates.

Set Time: Sets the time zone for the watch. The Auto option sets the time zone automatically based on your GPS position.

Time: Sets the time if the Set Time option is set to Manual.

Time Sync: Syncs the time when you change time zones, and updates the time for daylight saving time (*Syncing the Time*, page 89).

Syncing the Time

Each time you turn on the watch and acquire satellites or open the Garmin Connect app on your paired phone, the watch automatically detects your time zone and the current time of day. You can also manually sync the time when you change time zones, and to update for daylight saving time.

1. Press .
2. Select **Settings** > **System** > **Time** > **Time Sync**.
3. Wait while the watch connects to your paired phone or locates satellites (*Acquiring Satellite Signals*, page 95).

   TIP: You can swipe up to switch the source.

Advanced System Settings

From the watch face, press , and select **Settings** > **System** > **Advanced**.

Format: Sets general format preferences, such as the units of measure, pace and speed shown during activities, and the start of the week (*Changing the Units of Measure*, page 89).

Data Recording: Sets how the watch records activity data. The Smart frequency recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.

USB Mode: Sets the watch to use MTP (media transfer protocol) or Garmin mode when connected to a computer.

Changing the Units of Measure

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

1. Press .
2. Select **Settings** > **System** > **Advanced** > **Format** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

Restore and Reset Settings

You can back up the settings from an existing Garmin watch and restore those settings to a different, compatible Garmin watch using the Garmin Connect app (*Restoring Your Settings and Data from Garmin Connect*, page 90). Settings include sport profiles, glances, user settings, workouts, and more.

From the watch face, press , and select **Settings** > **System** > **Restore & Reset**.

Automatic Backups: Periodically backs up your settings to your Garmin Connect account.

Back Up Now: Manually backs up your settings to your Garmin Connect account.

Backup Contents: Displays the type of data that is saved.

NOTE: Settings are automatically included in your backup contents.

Reset: Resets the selected settings to the factory default values (*Resetting All Default Settings*, page 90).

Restoring Your Settings and Data from Garmin Connect

1. From the Garmin Connect app, select •••.
2. Select **Garmin Devices**, and select your watch.
3. Select **System** > **Restore & Reset** > **Device Backups**.
4. Select a backup from the list.
5. Select **Restore from Backup** > **Restore**.
6. Follow the on-screen instructions.
7. Wait for your watch to sync with the app.
8. On your watch, press ⌚, and select ✔.

   The watch restarts and restores your settings and data.
9. Follow the on-screen instructions.

Resetting All Default Settings

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

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

1. Press ⌚.
2. Select **Settings** > **System** > **Restore & Reset** > **Reset**.
3. Select an option:
   - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
   - To delete all activities from the history, select **Delete All Activities**.
   - To reset all distance and time totals, select **Reset Totals**.
   - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

     NOTE: If you have set up a Garmin Pay wallet, this option deletes the wallet from your watch. If you have music stored on your watch, this option deletes your stored music.

Viewing Device Information

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

1. Press ⌚.
2. Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

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

1. Press ⌚.
2. From the settings menu, select **System**.
3. Select **About**.

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Tips for Maximizing the Battery Life*, page 94).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the vívoactive 6 display turns off after the selected timeout (*Display and Brightness Settings*, page 58). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

Charging the Watch

⚠ WARNING

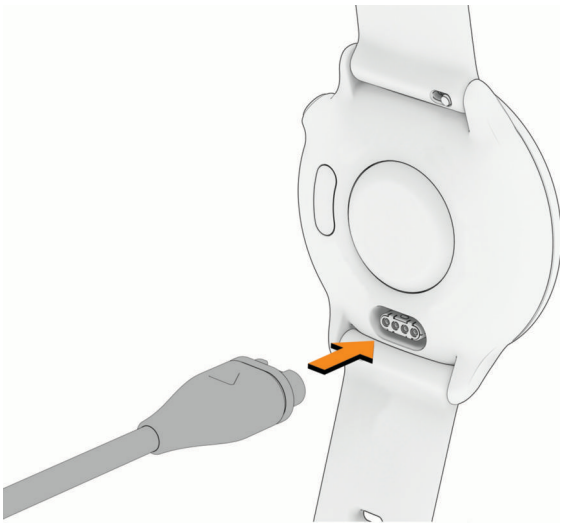
This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care*, page 92).

Your watch comes with a proprietary charging cable. For optional accessories and replacement parts, go to buy.garmin.com, or contact your Garmin dealer.

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



2 Disconnect the watch after the battery charge level reaches 100%.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	5 ATM[1]
Operating and storage temperature range	From -20° to 60°C (from -4° to 140°F)
USB charging temperature range	From 0° to 45°C (from 32° to 113°F)
EU wireless frequencies and transmit power	2.4 GHz @ 19.67 dBm maximum
EU SAR values	1.05 W/kg torso, 0.38 W/kg limb

[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Battery Information

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

Mode	Battery Life
Smartwatch mode	Up to 11 days
Battery saver watch mode	Up to 21 days
GPS only mode	Up to 21 hours
All satellite systems mode	Up to 17 hours
All satellite systems with music mode	Up to 8 hours

Device Care

NOTICE

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.

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

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

Cleaning the Watch

⚠ CAUTION

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

NOTICE

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

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

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

Changing the Bands

The watch is compatible with 20 mm wide, standard, quick-release bands.

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



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

Troubleshooting

Product Updates

Your device automatically checks for updates when paired with a phone using Bluetooth technology or when connected to Wi-Fi. You can manually check for updates from the system settings (*System Settings*, page 86). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Data uploads to Garmin Connect
- Product registration

Getting More Information

You can find more information about this product on the Garmin website.

- 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.
- Go to www.garmin.com/ataccuracy for information about feature accuracy.
  This is not a medical device.

My device is in the wrong language

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

1 Press .
2 Select .
3 Select .
4 Scroll to the sixth item in the list.
5 Select your language.

Tips for Maximizing the Battery Life

To extend the life of the battery, you can try these tips.

- Turn on the battery saver feature from the controls menu (*Controls*, page 35).
- Reduce the screen timeout (*Display and Brightness Settings*, page 58).
- Stop using the **Always On Display** screen timeout option, and select a shorter timeout (*Display and Brightness Settings*, page 58).
- Reduce the screen brightness (*Display and Brightness Settings*, page 58).
- Use UltraTrac satellite mode for your activity (*Satellite Settings*, page 28).
- Turn off Bluetooth technology when you are not using connected features (*Controls*, page 35).
- When pausing your activity for a longer period of time, use the **Resume Later** option (*Stopping an Activity*, page 8).
- Limit the phone notifications the watch displays (*Managing Notifications*, page 63).
- Turn on manual pulse oximeter readings (*Setting the Pulse Oximeter Mode*, page 73).

Restarting Your Watch

If your watch stops responding, you can try these steps to restart it.

- Hold until the watch turns off, and hold to turn on the watch.
- Plug the watch into a USB-C® charging port for at least 30 seconds, unplug the cable, and plug the cable in again.

Is my phone compatible with my watch?

The vívoactive 6 watch is compatible with phones using Bluetooth technology.

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

My phone will not connect to the watch

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

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

Can I use my Bluetooth sensor with my watch?

The watch is compatible with some Bluetooth sensors. The first time you connect a sensor to your Garmin watch, you must pair the watch and sensor. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range.

1. Press .
2. Select **Settings** > **Connectivity** > **Watch Sensors** > **Add New**.
3. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   You can customize the optional data fields (*Customizing the Data Screens*, page 24).

My headphones will not connect to the watch

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

- Turn off Bluetooth technology on your phone.

  Refer to the owner's manual for your phone for more information.
- Stay 10 m (33 ft.) away from your phone while connecting your headphones to your watch.
- Pair your headphones with your watch (*Connecting Bluetooth Headphones*, page 83).

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

When using a vívoactive 6 watch connected to Bluetooth headphones, the signal is strongest when there is a direct line of sight between the watch and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- If you wear your vívoactive 6 watch on your left wrist, you should make sure the headphone's Bluetooth antenna is on your left ear.
- Since headphones vary by model, you can try wearing the watch on your other wrist.
- If you are using metal or leather watch bands, you can switch to silicone watch bands to improve signal strength.

How can I undo a lap button press?

During an activity, you might accidently press the lap button. In most cases, appears on the screen, and you will have a few seconds to discard the most recent lap or sport change. The lap undo feature is available for activities that support manual laps, manual sport changes, and automatic sport changes. The lap undo feature is not available for activities that trigger automatic laps, runs, rests, or pauses, such as gym activities, pool swimming, and workouts.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to garmin.com/aboutGPS.

1. Go outdoors to an open area.

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

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

Improving GPS Satellite Reception

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

  While connected to your Garmin account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

The heart rate on my watch is not accurate

For more information on your heart rate sensor, go to garmin.com/heartrate.

The activity temperature reading is not accurate

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

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

Exiting Demo Mode

Demo mode shows a preview of features on your watch.

1 Press eight times.
2 Select .

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

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

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

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

1 Select an option:
   - Sync your step count with the Garmin Express application (*Using Garmin Connect on Your Computer*, page 67).
   - Sync your step count with the Garmin Connect app (*Using the Garmin Connect App*, page 66).
2 Wait while your data syncs.

   Syncing can take several minutes.

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

Appendix

VO2 Max. Standard Ratings

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

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

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

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

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Color Gauges and Running Dynamics Data

The running dynamics screen displays a color gauge for the primary metric. You can customize the primary metric. The color gauge shows you how your running dynamics data compare to those of other runners. The color zones are based on percentiles.

Garmin has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, lower step speed loss, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

Go to for more information on running dynamics. For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

Color Zone	Percentile in Zone	Cadence Range	Ground Contact Time Range	Step Speed Loss Range
Purple	>95	>185 spm	<218 ms	<8.2 cm/s
Blue	70–95	174–185 spm	218–248 ms	8.2-12.1 cm/s
Green	30–69	163–173 spm	249–277 ms	12.2-19.7 cm/s
Orange	5–29	151–162 spm	278–308 ms	19.8-25.9 cm/s
Red	<5	<151 spm	>308 ms	>25.9 cm/s

Ground Contact Time Balance Data

Ground contact time balance measures your running symmetry and appears as a percentage of your total ground contact time. For example, 51.3% with an arrow pointing left indicates the runner is spending more time on the ground when on the left foot. If your data screen displays both numbers, for example 48–52, 48% is the left foot and 52% is the right foot.

Color Zone	Red	Orange	Green	Orange	Red
Symmetry	Poor	Fair	Good	Fair	Poor
Percent of Other Runners	5%	25%	40%	25%	5%
Ground Contact Time Balance	>52.2% L	50.8–52.2% L	50.7% L–50.7% R	50.8–52.2% R	>52.2% R

While developing and testing running dynamics, the Garmin team found correlations between injuries and greater imbalances with certain runners. For many runners, ground contact time balance tends to deviate further from 50–50 when running up or down hills. Most running coaches agree that a symmetrical running form is good. Elite runners tend to have quick and balanced strides.

You can watch the gauge or data field during your run or view the summary on your Garmin Connect account after your run. As with the other running dynamics data, ground contact time balance is a quantitative measurement to help you learn about your running form.

Vertical Oscillation and Vertical Ratio Data

The data ranges for vertical oscillation and vertical ratio are slightly different depending on the sensor and whether it is positioned at the chest (HRM 600, HRM-Fit, or HRM-Pro series accessories) or at the waist (Running Dynamics Pod accessory).

Color Zone	Percentile in Zone	Vertical Oscillation Range at Chest	Vertical Oscillation Range at Waist	Vertical Ratio at Chest	Vertical Ratio at Waist
Purple	>95	<6.4 cm	<6.8 cm	<6.1%	<6.5%
Blue	70–95	6.4–8.1 cm	6.8–8.9 cm	6.1–7.4%	6.5–8.3%
Green	30–69	8.2–9.7 cm	9.0–10.9 cm	7.5–8.6%	8.4–10.0%
Orange	5–29	9.8–11.5 cm	11.0–13.0 cm	8.7–10.1%	10.1–11.9%
Red	<5	>11.5 cm	>13.0 cm	>10.1%	>11.9%

Wheel Size and Circumference

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

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

Data Fields

Some data fields require wireless accessories to display data.

% Heart Rate Reserve: 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 from a compatible temperature sensor.

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

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

Active Calories: The calories burned during the activity.

Active Time: The total time of active movement 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 Ground Contact Time: The average amount of ground contact time for the current activity.

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

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

Average Move Time: The average move time for the current activity.

Average Pose Time: The average pose time for the current activity.

Average Speed: The average speed for the current activity.

Average Stride Length: The average stride length for the current session.

Average Stroke Rate: The average number of strokes per minute (spm) 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*, page 11).

Average Vertical Oscillation: The average amount of vertical oscillation for the current activity.

Average Vertical Ratio: The average ratio of vertical oscillation to stride length for the current session.

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

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

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

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

Avg. Moving Speed: The average speed when moving for the current activity.

Avg. Overall Speed: The average speed for the current activity, including both moving and stopped speeds.

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

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

Battery Hours: The number of hours remaining before the battery power is depleted.

Battery Level: The remaining battery power.

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

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

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

Cadence Gauge: Running. A color gauge showing your current cadence range.

Calories: The amount of total calories burned.

Compass Gauge: The direction you are moving based on the compass.

Compass Heading: The direction you are moving based on the compass.

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

Distance Per Stroke: The distance traveled per stroke.

eBike Battery: The remaining battery power of an eBike.

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

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

Estimated Finish Time: The estimated finish time of the current activity.

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

GPS: The strength of the GPS satellite signal.

GPS Heading: The direction you are moving based on GPS.

Ground Contact Time: The amount of time in each step that you spend on the ground while running, measured in milliseconds. Ground contact time is not calculated while walking.

Ground Contact Time Gauge: A color gauge showing the amount of time in each step that you spend on the ground while running, measured in milliseconds.

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.

Heart Rate Chart: A chart showing your heart rate throughout the activity.

Heart Rate Gauge: A color gauge showing your current heart rate zone.

Heart Rate Zones Ratio: A color gauge showing the ratio of time spent in each heart rate zone.

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

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

Int. Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

Int. Avg. %Max.: The average percentage of maximum heart rate for the current swim interval.

Int. Avg. HR: The average heart rate for the current swim interval.

Int. Distance: The distance traveled for the current interval.

Int. Max. %HRR: The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

Int. Max. %Max.: The maximum percentage of maximum heart rate for the current swim interval.

Int. Max. HR: The maximum heart rate for the current swim interval.

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

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

Interval Pace: The average pace for the current interval.

Intervals: The number of intervals completed for the current activity.

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

Interval Time: The stopwatch time for the current interval.

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

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

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

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

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

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

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

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

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

Lap Distance: The distance traveled for the current lap.

Lap Distance Per Stroke: Paddle sports. The average distance traveled per stroke for the current lap.

Lap Ground Contact Time: The average amount of ground contact time for the current lap.

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

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

Lap Pace: The average pace for the current lap.

Lap Power: The average power output for the current lap.

Lap Pushes: The number of wheelchair pushes in the current lap.

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

Lap Speed: The average speed for the current lap.

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

Lap Step Speed Loss: The average step speed loss for the current lap.

Lap Step Speed Loss Percent: The average ratio of step speed loss over speed for the current lap.

Lap Stride Length: The average stride length for the current lap.

Lap Stroke Rate: Swimming. The average number of strokes per minute (spm) during the current lap.

Lap Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current lap.

Lap Strokes: Swimming. The total number of strokes for the current lap.

Lap Strokes: Paddle sports. The total number of strokes for the current lap.

Lap Swolf: The swolf score for the current lap.

Lap Time: The stopwatch time for the current lap.

Lap Vertical Oscillation: The average amount of vertical oscillation for the current lap.

Lap Vertical Ratio: The average ratio of vertical oscillation to stride length for the current lap.

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

Last Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed lap.

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

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

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

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

Last Lap Distance Per Stroke: Paddle sports. The average distance traveled per stroke for the last completed lap.

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

Last Lap HR %Max.: The average percentage of maximum heart rate for the last complet.ed 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 Stroke Rate: Swimming. The average number of strokes per minute (spm) during the last completed lap.

Last Lap Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the last completed lap.

Last Lap Strokes: Swimming. The total number of strokes for the last completed lap.

Last Lap Strokes: Paddle sports. The total number of strokes for the last completed lap.

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

Last Move %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed move.

Last Move Dist.: The distance traveled for the last completed move.

Last Move HR: The average heart rate for the last completed move.

Last Move Pace: The average pace for the last completed move.

Last Move Speed: The average speed for the last completed move.

Last Move Time: The stopwatch time for the last completed move.

Last Pose Time: The stopwatch time for the last completed pose.

Last Round Reps: The number of repetitions in the last round of the activity.

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

Load: The training load for the current activity. Training load is the amount of excess post-exercise oxygen consumption (EPOC), which indicates the strenuousness of your workout.

Main: Gaming. The primary training data screen.

Maximum Speed: The top speed for the current activity.

Moderate Minutes: The number of moderate intensity minutes.

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

Move Distance: The distance traveled for the current move.

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

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

Move Pace: The average pace for the current move.

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

Move Speed: The average speed for the current move.

Move Time: The stopwatch time for the current move.

Moving Time: The total time moving for the current activity.

Next Split Distance: Running. The total distance of the next split.

Next Split Target Pace: Running. The target pace for the next split.

Overall Ahead/Behind: The overall time ahead or behind of the target pace or speed.

Pace: The current pace.

Pace Chart: A chart showing your pace throughout the activity.

PacePro Gauge: Running. Your current split pace and your target split pace.

Pose Time: The stopwatch time for the current pose.

Power Chart: A chart showing your power throughout the activity.

Power Gauge: A color gauge showing your current power zone.

Power Zone: The current range of power output based on your FTP or custom settings.

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

Repeat On: The timer for the last interval plus the current rest (pool swimming).

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

Reps to Go: During a workout, the remaining repetitions.

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

Rest Timer: The timer for the current rest (pool swimming).

Rounds: The number of exercise groups performed in an activity, such as jump rope.

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

Speed: The current rate of travel.

Speed Chart: A chart showing your speed throughout the activity.

Split Distance: Running. The total distance of the current split.

Split Distance Remaining: Running. The remaining distance of the current split.

Split Pace: Running. The pace for the current split.

Split Target Pace: Running. The target pace for the current split.

Step Duration: The time or distance remaining for the workout step.

Step Pace: The current pace during the workout step.

Steps: The number of steps during the current activity.

Step Speed: The current speed during the workout step.

Step Speed Loss: The measure of step speed loss in centimeters per second while running.

Step Speed Loss Percent: The ratio of step speed loss over speed while running.

Step Time: The time elapsed for the workout step.

Stopped Time: The total time stopped for the current activity.

Stress: Your current stress level.

Stride Length: The length of your stride from one footfall to the next, measured in meters.

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

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

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

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

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

Temperature: The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a tempe sensor for this data to appear.

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

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

Timer: The stopwatch time for the current activity.

Timer: The current time of the activity timer.

Total Calories: The amount of total calories burned for the day.

Total Minutes: The total number of intensity minutes.

Training Effect Gauge: The impact of the current activity on your aerobic and anaerobic fitness levels.

Vertical Oscillation: The amount of bounce while you are running. The vertical motion of your torso, measured in centimeters for each step.

Vertical Oscillation Gauge: A color gauge showing the amount of bounce while you are running.

Vertical Ratio: The ratio of vertical oscillation to stride length.

Vertical Ratio Gauge: A color gauge showing the ratio of vertical oscillation to stride length.

Vigorous Minutes: The number of vigorous intensity minutes.