



Quick Start Manual

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Introduction

WARNING

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

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

Device Overview

①	Step bar	Tracks your step count and displays your progress as a percentage of your daily goal.
②	Move bar	Displays the amount of time you are inactive.
③	Crown	Hold to enter pairing mode. Press to sync data. Pull and turn to set the time of day.

Turning On the Device

Your device ships in low power mode.

- 1 Push in the button.

- 2 Press the button until the step bar is in motion.

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. Each segment on the step bar represents five percent of your daily goal. You can sync your data with the Garmin Connect™ Mobile app to view your current step count.

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

Move Bar

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

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

Pairing Your Smartphone

You should connect your device to a smartphone to access the full features of the device.

- 1 Go to www.garminconnect.com/, and download the Garmin Connect Mobile app to your smartphone.
- 2 Bring your smartphone within 3 m (10 ft.) of your device.
- 3 Open the Garmin Connect Mobile app.

- 4 Follow the on-screen instructions.
- 5 On the device, hold the button for 3 seconds to enter pairing mode.
The step bar flashes while the device is searching for your smartphone.

Syncing Your Data with the Garmin Connect Mobile App

Your device periodically syncs activity tracking data with the Garmin Connect Mobile app automatically. You can also manually sync your data at any time.

- 1 Bring your smartphone within 3 m (10 ft.) of your device.
- 2 Press the crown for 1 second.
- 3 Wait while your data syncs
The step bar is in motion while the data is syncing.
- 4 View your current data in the Garmin Connect Mobile app.

Setting the Time

You must manually set the time on your watch. The time on your watch operates independently from the time on your smartphone. Your auto goal and step bar are automatically reset at midnight, based on the time of day on your paired smartphone.

- 1 Pull and turn the button to set the time on your watch.
- 2 Push in the button.

Battery Replacement

Your Garmin Connect account indicates when the battery level is low on your device. Garmin®

recommends that you take your device to a professional watch repair person to replace the battery.

Device Information

Temperature Specifications

Operating temperature range: From 0° to 45°C (from 32° to 113°F)

Getting the Owner's Manual

Go to www.garmin.com/manuals/.

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