

Golf Settings

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

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

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

Distance Unit: Sets the unit of measure for distance.

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

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

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

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

Rename: Sets the activity name.

Health Snapshot™

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps (*Customizing the Activities and Apps List*, page 19).

Adding a Custom Activity

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

- 1 Press **A**.
- 2 Select **✎** > **+** > **□**.
- 3 Select an activity type to copy.
- 4 Select an activity name.
- 5 If necessary, edit the activity app settings (*Activities and App Settings*, page 19).
- 6 When you are finished editing, select **Done**.

Apps

You can customize your watch using the apps menu, which lets you quickly access watch features and options. Some apps require a Bluetooth connection to a compatible phone. Many apps can also be found in the glances ([Glances](#), page 24).

Press **(A)**, and select Apps.



Icon	Name	More Information
	Alarms	Setting an Alarm, page 70
	Alt. Time Zones	Adding Alternate Time Zones, page 32
	Body Battery™	Body Battery, page 27
	Calendar	Select to view upcoming events from your phone calendar.
	Calories	Select to view your active and resting calorie information for the current day.
	Challenges	Select to view your current leaderboard ranking if you participate in a Garmin Connect challenge.
	Connect IQ Store	Downloading Connect IQ Features, page 66
	Contacts	Select to open your Garmin Connect contact list on your watch.
	Dial Pad	Select to open the phone dial pad (Calling from the Watch, page 61).
	Flashlight	Select to turn on the AMOLED display as a flashlight. NOTE: Using the flashlight can reduce battery life.
	Floors Climbed	Select to view your daily floors climbed and goal streak information.
	Garmin Coach	Adaptive Training Plans, page 42
	Health Snapshot	Health Snapshot™, page 15
	Heart Rate	Viewing the Heart Rate Glance, page 46
	History	Using History, page 43
	HRV Status	Heart Rate Variability Status, page 28
	Hydration	Hydration Tracking, page 31
	Intensity Minutes	Intensity Minutes, page 40
	Jet Lag	Using the Jet Lag Adviser, page 33
	Last Activity	Select to view a brief summary of your last recorded activity.
	Last Golf	Select to view a brief summary of your last recorded golf activity and golf history.
	Last Push	Select to view a brief summary of your last recorded wheelchair push activity and push history.

Icon	Name	More Information
	Last Ride	Select to view a brief summary of your last recorded cycling activity and cycling history.
	Last Run	Select to view a brief summary of your last recorded run activity and run history.
	Last Strength	Select to view a brief summary of your last recorded strength activity and strength history.
	Last Swim	Select to view a brief summary of your last recorded swim activity and swim history.
	Lights	Using the Varia Camera Controls, page 33
	Messenger	Garmin Messenger App, page 67
	Music	Music, page 57
	Naps	Select to start a nap timer and set an alarm to wake you up.
	Notifications	Enabling Bluetooth Notifications, page 62
	Phone	Select to open the phone controls, such as contacts and the dial pad.
	Pulse Ox	Pulse Oximeter, page 50
	Recovery	Select to view your recovery time. The maximum time is 4 days, and the minimum time is 6 hours.
	Respiration	Select to view your respiration rate history, and do a breathing activity to help you relax.
	Save Location	Select to save your current location to navigate back to it later.
	Sleep Coach	Select to view your recommended sleep need based on sleep history, activity history, HRV status, and naps.
	Sleep Score	Select to view your sleep score based on the quality and duration of the previous night's sleep.
	Steps	Auto Goal, page 39
	Stopwatch	Using the Stopwatch, page 70
	Stress	Using the Stress Level Glance, page 29
	Timer	Starting the Countdown Timer, page 70
	Tips	Select to view interactive watch tips and scan a direct link to support.garmin.com to access the owner's manual for your watch.

Icon	Name	More Information
	Voice Assistant	Using the Voice Assistant, page 63
	Wallet	Select to open your Garmin Pay wallet (Garmin Pay, page 36).
	Weather	Select to view the current weather forecast and conditions.
	Women's Health	Menstrual Cycle Tracking, page 30

Customizing the Activities and Apps List

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

Activities and App Settings

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

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

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

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

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

Alerts: Sets the training alerts for the activity ([Activity Alerts, page 21](#)).

Auto Lap: Sets the options for the Auto Lap® feature ([Auto Lap, page 22](#)).

Auto Pause: Sets the watch to stop recording data when you stop moving or when you drop below a specified speed ([Using Auto Pause®, page 22](#)).

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

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running ([Using Auto Scroll, page 22](#)).

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

Broadcast Heart Rate: Enables automatic heart rate data broadcasting when you start the activity ([Broadcasting Heart Rate to Garmin Devices, page 47](#)).

Broadcast to GameOn: Enables automatic biometrics data broadcasting to the Garmin GameOn app when you start a gaming activity ([Using the Garmin GameOn™ App, page 6](#)).

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

Data Screens: Enables you to customize data screens and add new data screens for the activity ([Customizing the Data Screens, page 20](#)).

Distance Unit: Sets the unit of measure for the distance.

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

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

Enable Videos: Enables instructive workout animations for a strength, cardio, yoga, HIIT, or Pilates activity.

Animations are available for pre-installed workouts and workouts downloaded from Garmin Connect.

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

GPS: Sets the mode for the GPS antenna ([Changing the GPS Setting, page 23](#)).

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

Pool Size: Sets the pool length for pool swimming ([Setting the Pool Size, page 7](#)).

Power Averaging: Controls whether the watch includes zero values for bike power data that occur when you are not pedaling.

Prompt: Enables or disables setting the pool size every time you start a pool swim activity.

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

Rename: Sets the activity name.

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

Running Power: Allows you to record running power data and customize the settings ([Running Power Settings, page 55](#)).

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

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

Self Evaluation: Sets how often you evaluate your perceived effort for the activity ([Evaluating an Activity, page 4](#)).

Stat Tracking: Enables statistics tracking while playing golf.

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

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

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

Customizing the Data Screens

You can customize data screens based on your training goals or optional accessories. For example, you can customize one of the data screens to display your lap pace or heart rate zone ([Data Fields, page 81](#)).

1 Press .

2 Select an activity.

3 Select .

4 Select the activity settings.

5 Select **Data Screens**.

6 Select a data screen to customize.

7 Select one or more options:

NOTE: Not all options are available for all activities.

- To adjust the style and number of data fields on each data screen, select **Layout**.
- To customize the fields on a data screen, select the screen, and select **Edit Data Fields**.
- To show or hide a data screen, select the toggle switch next to the screen.
- To show or hide the heart rate zone gauge screen, select **HR Zone Gauge**.

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals or increase your awareness of your environment. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.

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

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert 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.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes (Heart Rate Zone Calculations, page 48).
Pace	Range	You can set minimum and maximum pace values.
Power	Range	You can set the high or low power level.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

Setting an Alert

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

For event and recurring alerts, a message appears each time you reach the alert value ([Activity Alerts, page 21](#)). For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Auto Lap

Marking Laps Using the Auto Lap Feature

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

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

Each time you complete a lap, a message appears that displays the time for that lap. The watch also vibrates if vibration is turned on ([System Settings, page 71](#)).

Using Auto Pause*

You can use the Auto Pause feature to pause the timer automatically when you stop moving or when your pace or speed drops below a specified value. This feature is helpful if your activity includes stop lights or other places where you need to slow down or stop.

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

- 1 Press .
- 2 Select an activity.
- NOTE:** This feature is not available for all activities.
- 3 Select  > **Settings** > **Auto Pause**.
- 4 Select an option:
 - NOTE:** Not all options are available for all activities.
 - To pause the timer automatically when you stop moving, select **When Stopped**.
 - To pause the timer automatically when your pace drops below a specified value, select **Pace**.
 - To pause the timer automatically when your speed drops below a specified value, select **Speed**.

Using Auto Scroll

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

- 1 Press .
- 2 Select an activity.
- NOTE:** This feature is not available for all activities.
- 3 Select  > **Settings** > **Auto Scroll**.
- 4 Select a display speed.

Changing the GPS Setting

For more information about GPS, go to garmin.com/aboutGPS.

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

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

Appearance

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

Watch Face Settings

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

Changing the Watch Face

You can choose from several preloaded watch faces or use a Connect IQ watch face that is downloaded to your watch (*Downloading Connect IQ Features*, page 66). You can also edit an existing watch face (*Editing a Watch Face*, page 24) or create a new one (*Creating a Custom Watch Face*, page 23).

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

Creating a Custom Watch Face

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

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

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

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

Editing a Watch Face

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

NOTE: You cannot edit some watch faces.

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

Glances

Your watch comes preloaded with glances that provide quick information ([Viewing Glances, page 27](#)). Some glances require a Bluetooth connection to a compatible phone.

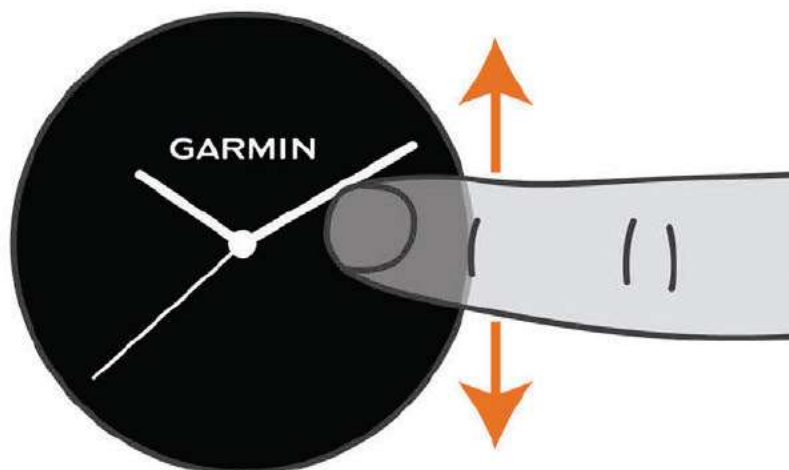
Some glances are not visible by default. You can add them to the glance loop manually ([Customizing the Glance Loop, page 27](#)).

Name	Description
Alternate time zones	Displays the current time of day in additional time zones (Adding Alternate Time Zones, page 32).
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 27).
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.
Floors climbed	Tracks your floors climbed and progress toward your goal.
Garmin coach	Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date.
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 15).
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.
HRV Status	Displays your seven-day average of your overnight heart rate variability (Heart Rate Variability Status, page 28).
Hydration	Allows you to track the amount of water you consume and the progress toward your daily goal (Downloading Connect IQ Features, page 66).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Jet Lag Adviser	Displays your internal clock during travel, and provides guidance to help you acclimate to the time zone of your destination (Using the Jet Lag Adviser, page 33).
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 Venu 3 series watch.
Messenger	Displays your Garmin Messenger™ app conversations and allows you to reply to messages from your watch (Garmin Messenger App, page 67).
Music controls	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 Bluetooth Notifications, page 62).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (Getting Pulse Oximeter Readings, page 50). 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 57).
RCT camera controls	Allows you to manually take a photo and record a video clip (Using the Varia Camera Controls, page 33).
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.
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 29).
Weather	Displays the current temperature and weather forecast.
Women's health	Displays your current cycle or pregnancy tracking status. You can view and log your daily symptoms.

Viewing Glances

- From the watch face, swipe up or down.



The watch scrolls through the glance loop.

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

Customizing the Glance Loop

- 1 From the watch face, swipe up or down.

The watch scrolls through the glance loop.

- 2 Select .
- 3 Select a glance.
- 4 Select an option:
 - To remove a glance from the loop, select **X**.
 - To change the location of a glance in the loop, select and hold , and drag the glance to the desired location on the screen.
- 5 If necessary, select **+** to add a glance to the loop.

Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 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 28](#)).

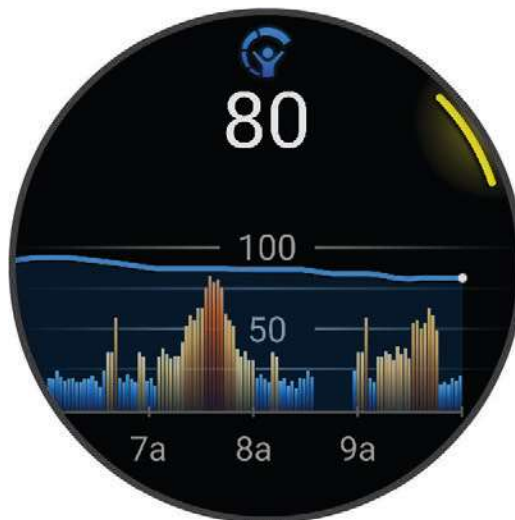
Viewing the Body Battery Glance

The Body Battery glance displays your current Body Battery level.

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

NOTE: You may need to add the glance to your glance loop ([Customizing the Glance Loop, page 27](#)).

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



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

Tips for Improved Body Battery Data

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

Heart Rate Variability Status

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



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.

Using the Stress Level Glance

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

- 1 While you are sitting or inactive, swipe up or down to view the stress level glance.
TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.
- 2 Tap the glance to view a graph of your stress level since midnight.
Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.
- 3 To start a breathing activity, swipe up, and select .

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.

Viewing Your Recovery Time

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 57](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 47](#)).

- 1 Start a running activity.
- 2 After your run, select .
- 3 Swipe up to view the activity summary and recovery time.
The maximum recovery time is 4 days.

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.

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 30](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

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

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

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Venu 3 series watch, you must set up menstrual cycle tracking in the Garmin Connect app.

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

Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement ([Logging Your Pregnancy Information, page 31](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.