



vívofit® Owner's Manual

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

Before you can use the vívofit device, you must set up the device on your computer or compatible mobile device.

- 1 Go to www.GarminConnect.com/vivofit.
- 2 Select an option:
 - If you are using a computer to set up your device, plug the wireless USB ANT Stick™ into an empty USB port, and download and install the Garmin Express™ setup software ([Downloading the Software](#)).
 - If you are using a mobile device to set up your device, install and open the Garmin Connect™ Mobile app ([Downloading the Mobile App](#)).
- 3 Select the device key ① to turn on the device.



When you turn on the device for the first time, it is in pairing mode. If your device is not in pairing mode when you turn it on, you must hold the device key until PAIR appears.

NOTE: Until you pair your device and complete the setup process, the device has limited functionality.

- 4 Follow the instructions on your computer or mobile device to pair your vívofit device and complete the setup process.

Downloading the Software

- 1 From your computer, go to www.GarminConnect.com/vivofit.
- 2 Select an option:
 - If you are using a Windows® operating system, select **Download for Windows**, and follow the on-screen instructions.
 - If you are using a Mac® operating system, select **Download for Mac**, and follow the on-screen instructions.

Downloading the Mobile App

You can use the Garmin Connect Mobile app to pair your vívofit device and complete the setup process. This allows you to share and analyze data and download software updates from your mobile device. Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your mobile device, your vívofit device must be paired directly through the Garmin Connect Mobile app.

NOTE: Your mobile device must support Bluetooth Smart in order to pair with your vívofit device and synchronize data. See the application store for your mobile device for compatibility information.

- 1 From your mobile device, go to www.GarminConnect.com/vivofit.
- 2 Select **Get the App**, and follow the on-screen instructions.

Sending Data to Your Computer

Before you send data to your computer, you must plug the USB ANT Stick into a computer USB port, and you must download the Garmin Express setup software ([Downloading the Software](#)).

- 1 Bring the device within 3 m (10 ft.) of your computer.
- 2 Hold the device key until **SYNC** appears.
- 3 View your data at Garmin Connect.

Pairing Your Device with Multiple Computers

You can pair your vívofit device with multiple computers. For example, you can pair your vívofit device with your home and work computers.

- 1 Plug the USB ANT Stick into a computer USB port.
- 2 Download the Garmin Express setup software for Windows or Mac ([Downloading the Software](#)).
- 3 Hold the device key until **PAIR** appears.
- 4 Follow the instructions on your computer to pair your vívofit device and complete the setup process.
- 5 If necessary, repeat steps 1-4 for each additional computer.

NOTE: You can pair only one computer at a time.

Sending Data to Your Mobile Device

Before you can send data to your mobile device, you must pair the vívofit device with a compatible mobile device ([Downloading the Mobile App](#)).

- 1 Bring the device within 3 m (10 ft.) of your mobile device.
- 2 Hold the device key until **SYNC** appears.
- 3 View your data in the Garmin Connect Mobile app.

Pairing Multiple Mobile Devices

You can pair your vívofit device with multiple mobile devices. For example, you can pair your vívofit device with a smartphone and a tablet.

- 1 Install and open the Garmin Connect Mobile app on your mobile device ([Downloading the Mobile App](#)).
- 2 Hold the device key until **PAIR** appears.
- 3 Follow the instructions on your mobile device to pair your vívofit device and complete the setup process.
- 4 If necessary, repeat steps 1-3 for each additional mobile device.

NOTE: You can pair only one mobile device at a time.

Wearing the Device

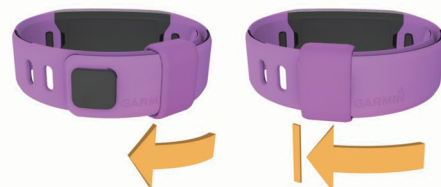
TIP: Your device comes with an optional keeper that can be placed on the clasp side of the band.

- 1 Select a band that fits best on your wrist ([Replacing the Band](#)).
- 2 Make sure the pegs on the clasp are fully inserted into the band.

When both pegs are fully inserted, the device fits securely against your wrist.

- 3 Slide the keeper over the clasp (optional).

The keeper is a small loop designed to fit over both ends of the band and the clasp. It helps keep the band attached.



4 Wear the device all day (Using Sleep Tracking).

Icons

Icons appear at the bottom of the display. Each icon represents a different feature. You can select the device key to cycle through the different device features.

	The total number of steps taken for the day.
GOAL	The number of remaining steps needed to reach your step goal for the day. The device learns and proposes a new goal for you at the beginning of each day.
KM or MI	The distance traveled in kilometers or miles for the current day.
	The amount of total calories burned for the current day, including both active and resting calories.
	The current time of day and date based on your location. The device updates the time and date when you synchronize your device to a computer or mobile device.
	Your current heart rate and heart rate zone from a paired heart rate monitor.

Auto Goal

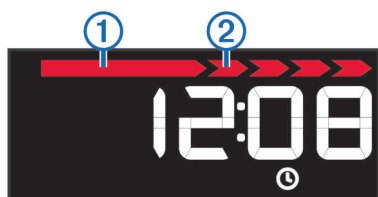
Your device creates a daily step goal automatically based on your previous activity levels. As you begin your walk or run, the device counts down the number of remaining steps in your daily goal. When you reach your step goal, the device displays GOAL+, and begins counting the number of steps taken that exceed your daily goal.

When you set up your device for the first time you must designate an activity level. This level determines your initial step goal.

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

Move Bar

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



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

History

Your device keeps track of your daily steps, calories burned, sleep statistics, and optional ANT+™ sensor information. This history can be sent to your Garmin Connect account.

Your device stores your fitness activity data for up to 3 weeks.

NOTE: When using a heart rate monitor, your data storage is significantly reduced (approximately 12 days).

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

Sleep Tracking

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

Using Sleep Tracking

Before you can track periods of movement and periods of restful sleep, you must be wearing the device.

1 Hold the device key until **SLEEP** appears.

2 When you wake, hold the device key to exit sleep mode.

NOTE: If you forget to put the device in sleep mode, you can enter your sleep and wake times manually on your Garmin Connect account to recover your sleep statistics.

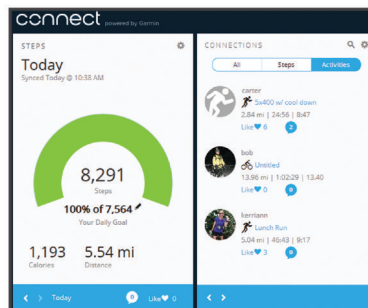
Garmin Connect

You can connect with your friends on your Garmin Connect account. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.GarminConnect.com/vivofit.

Store your activities: After you complete and save an activity with your device, 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, heart rate, calories burned, and customizable reports.

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



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

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

Device Settings

You can customize your device settings and user settings on your Garmin Connect account. From your devices widget, select Device Settings.

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

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

Visible Screens: Allows you to customize the screens your device displays.

Auto Goal: Allows your device to determine your step goal automatically.

NOTE: When you disable this feature, you must enter your step goal manually.

Custom Step Length: Allows your device to more accurately calculate the distance traveled using your custom step length.

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

ANT+ Heart Rate Monitor

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

Putting On the Heart Rate Monitor

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

NOTE: The device may cause chafing when used for long periods of time. To alleviate this issue, apply an anti-friction lubricant or gel to the center of the module where it contacts your skin.

NOTICE

Do not apply anti-friction gel or lubricant on the electrodes.

Do not use gels or lubricants that contain sunscreen.

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

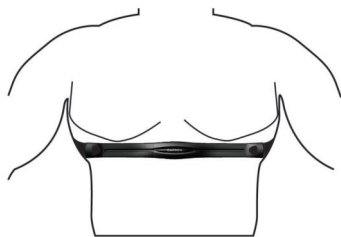
- 1 Push one tab ① of the strap through the slot ② in the heart rate monitor module.



- 2 Press the tab down.
- 3 Wet the electrodes ③ on the back of the module to create a strong connection between your chest and the heart rate monitor module.



- 4 Wrap the strap around your chest and attach it to the other side of the heart rate monitor module.



The Garmin® logo should be right-side up.

- 5 Bring the device within 3 m (10 ft.) of the heart rate monitor. After you put on the heart rate monitor, it is active and sending data.

Pairing Your ANT+ Heart Rate Monitor

Before you can pair your heart rate monitor, you must enable the heart rate data screen on your vívoFit device. For more information about customizing the device screens, see [Device Settings](#).

NOTE: If your device was packaged with a heart rate monitor, the heart rate data screen is already enabled and the heart rate monitor is paired.

- 1 Put on the heart rate monitor.
- 2 Bring the device within 3 m (10 ft.) of the sensor.
NOTE: Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.
- 3 Select the device key until **HEART** appears.

When the sensor is paired with your device, your heart rate and heart rate zone appear. ♥ flashes when the heart rate monitor sends data to your device.

Stopping a Heart Rate Activity

Your device creates and saves a fitness activity when it receives heart rate data, which can be sent to your Garmin Connect account.

Hold the device key to stop recording heart rate data.

The device displays HEART OFF.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

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

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations](#)) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Device Information

vívofit Specifications

Battery type	Two user-replaceable CR1632 batteries
Battery life	Up to 1 yr.
Operating temperature range	From -10° to 60°C (from 14° to 140°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Heart Rate Monitor Specifications

Battery type	User-replaceable CR2032, 3 volts
Battery life	Approximately 3 years (1 hour per day)
Operating temperature range	From -10° to 50°C (from 14° to 122°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol
Water rating	1 ATM* NOTE: This product does not transmit heart rate data while swimming.

*The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.

User Replaceable Batteries

⚠ WARNING

Do not use a sharp object to remove batteries.

Keep the battery away from children.

Never put batteries in mouth. If swallowed, contact your physician or local poison control center.

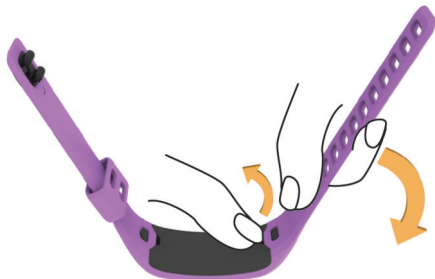
Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

CAUTION

Contact your local waste disposal department to properly recycle the batteries.

Replacing the *vívofit* Device Batteries

1 Remove the module from the band.



2 Use a small Phillips screwdriver to remove the four screws on the front of the module.

3 Remove the cover and batteries.



4 Insert the new batteries.

NOTE: Do not damage or lose the gasket.

5 Replace the front cover and the four screws.

6 Insert the module into the band.

The device key on the module must be aligned with the key on the band.



After you replace the device batteries, you must pair the *vívofit* device with your computer or mobile device again.

Replacing the Heart Rate Monitor Battery

1 Locate the circular battery cover on the back of the heart rate monitor.



2 Use a coin to twist the cover counter-clockwise until it is loose enough to remove (the arrow points to **OPEN**).

3 Remove the cover and the battery.

4 Wait 30 seconds.

5 Insert the new battery with the positive side facing up.

NOTE: Do not damage or lose the O-ring gasket.

6 Use a coin to twist the cover clockwise back into place (the arrow points to **CLOSE**).

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

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

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

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

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

Cleaning the Device

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

2 Wipe it dry.

Caring for the Heart Rate Monitor

NOTICE

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

- Rinse the strap after every use.
- Hand wash the strap occasionally, using a tiny amount of mild detergent, such as dishwashing liquid.
NOTE: Using too much detergent may damage the strap.
- Do not put the strap in a dryer.
- When drying the strap, hang it up or lay it flat.

Troubleshooting

I don't have a computer or mobile device

You can turn on the device and use it with limited functionality, until you complete the setup process on a computer or mobile device. Prior to setup, you can use only the step count, auto goal, move bar, and heart rate monitor (if packaged with your device). Your device resets your step count once a day. The device attempts to reset your step count while you are sleeping, based on your inactivity level from your first day of use. Your device does not store any history data until setup is complete.

Set up the device on a computer or compatible mobile device ([Getting Started](#)) to use additional device features.

NOTE: Setup is a one-time process, and it allows you to use all available device features.

My device does not display the correct time

The device updates the time and date when you synchronize your device to a computer or mobile device. When you change time zones, you should synchronize your device to receive the correct time.

Select an option:

- Synchronize your device to a computer ([Sending Data to Your Computer](#)).
- Synchronize your device to a mobile device ([Sending Data to Your Mobile Device](#)).

The time and date are updated automatically.

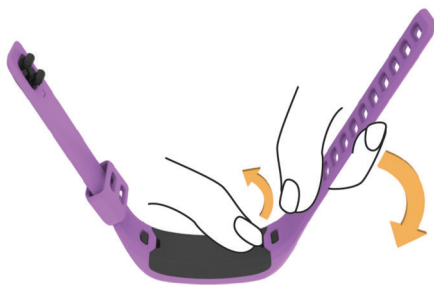
Turning on the Device

Select the device key ①.



Replacing the Band

1 Remove the module from the band.



2 Insert the module into the replacement band.

The device key on the module must be aligned with the key on the band.



Software Update

When a software update is available, your device automatically downloads and installs the update the next time you synchronize your device to your Garmin Connect account.

A countdown appears during the update process. When the update is complete, your device restarts.

Appendix

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

Software License Agreement

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Limited Warranty

This Garmin product is warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not apply to: (i) cosmetic damage, such as scratches, nicks and dents; (ii) consumable parts, such as batteries, unless product damage has occurred due to a defect in materials or workmanship; (iii) damage caused by accident, abuse, misuse, water, flood, fire, or other acts of nature or external causes; (iv) damage caused by service performed by anyone who is not an authorized service provider of Garmin; or (v) damage to a product that has been modified or altered without the written permission of Garmin, or (vi) damage to a product that has been connected to power and/or data cables that are not supplied by Garmin. In addition, Garmin reserves the right to refuse

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Repairs have a 90 day warranty. If the unit sent in is still under its original warranty, then the new warranty is 90 days or to the end of the original 1 year warranty, depending upon which is longer.

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To obtain warranty service, contact your local Garmin authorized dealer or call Garmin Product Support for shipping instructions and an RMA tracking number. Securely pack the device and a copy of the original sales receipt, which is required as the proof of purchase for warranty repairs. Write the tracking number clearly on the outside of the package. Send the device, freight charges prepaid, to any Garmin warranty service station.

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