

**GARMIN®**



# VIVOMOVE® TREND

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Owner's Manual

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# Introduction

## ⚠ WARNING

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

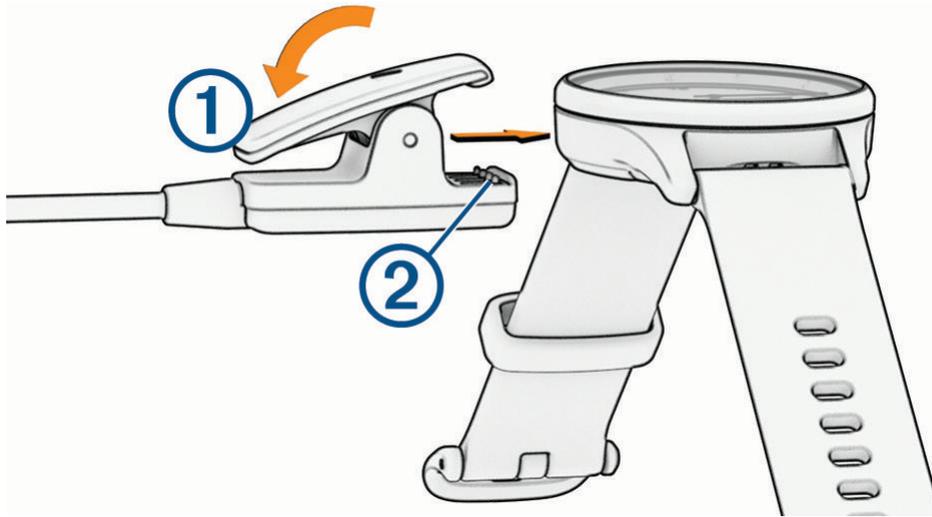
Always consult your physician before you begin or modify any exercise program.

## Setting Up the Watch

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

To use the connected features of the vívomove Trend watch, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your phone.

- 1 From the app store on your phone, install the Garmin Connect app.
- 2 Pinch the charging clip ①.



- 3 Align the clip with the contacts on the back of the watch ②.
- 4 Plug the USB cable into a power source to turn on the watch (*Charging the Watch*, page 27).  
Hello! appears when the watch turns on.



- 5 Select an option to add your watch to your Garmin Connect account:
  - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
  - If you have already paired another device with the Garmin Connect app, from the ☰ or ●●● menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

After you pair successfully, a message appears, and your watch syncs automatically with your phone.

## Watch Modes

Glance	The watch hands show the current time.
Interactive	The watch hands move away from the touchscreen.
Watch only	When the battery is low, the watch hands show the current time, and the touchscreen is off until you charge the watch.

## Using the Watch



**Double-tap:** Double-tap the touchscreen ① to wake the watch.

**NOTE:** The screen turns off when not in use. When the screen is off, the watch is still active and recording data.

**Wrist gesture:** Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.

**Swipe:** When the screen is on, swipe the touchscreen to scroll through widgets and menu options.

Swipe right to return to the previous screen.

Swipe left to view the controls menu.

**Hold:** Hold the touchscreen to open the menu.

**Tap:** Tap the touchscreen to make a selection.

## Menu Options

You can hold the touchscreen to view the menu.

	Displays the timed activity options.
	Displays the heart rate features.
	Displays the countdown timer, stopwatch, and alarm options.
	Displays the watch settings.

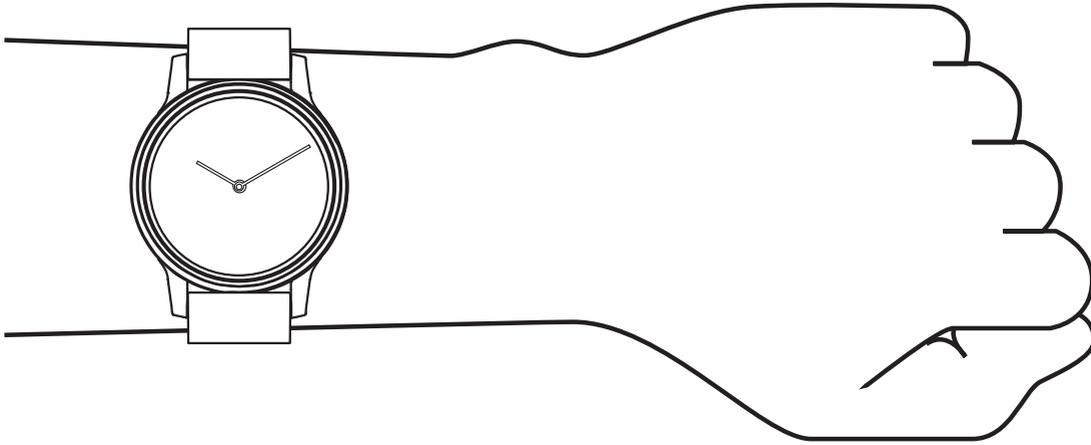
## Wearing the Watch

### ⚠ 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](https://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 [Troubleshooting, page 29](#) for more information about wrist-based heart rate.
- See [Tips for Erratic Pulse Oximeter Data, page 32](#) for more information about the pulse oximeter sensor.
- For more information about accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).
- For more information about watch wear and care, go to [www.garmin.com/fitandcare](https://www.garmin.com/fitandcare).

# Widgets

Your watch comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen up and down to scroll through the widgets. You can tap on some widgets to see more detailed information. Some widgets require a paired phone.

**NOTE:** You can use the Garmin Connect app to add or remove widgets.

	The total number of steps taken and your goal for the day. The watch learns and proposes a new step goal for you each day.
	The total number of floors climbed and your goal for the day.
	Your intensity minutes total and goal for the week.
	Your current Body Battery™ energy level. The watch calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
	Your current stress level. The watch measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
	The total amount of water consumed and your goal for the day.
	The distance traveled in kilometers or miles for the day.
	The amount of total calories burned for the day, including both active and resting calories.
	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
	Your current respiration rate in breaths per minute and seven-day awake average. The watch measures your breathing rate while you are inactive to detect any unusual breathing activity, as well as how it changes in relation to stress.
	Allows you to take a manual pulse oximeter reading.
	Controls for the music player on your phone.
	The current temperature and weather forecast from a paired phone.
	Your sleep data for the previous night, including total sleep time and sleep score.
	Status of your current monthly menstrual cycle. You can view and log your daily symptoms. You can also track your pregnancy with weekly updates and health information.
	Upcoming appointments from your phone calendar.
	Notifications from your phone, including calls, texts, social network updates, and more, based on your phone notification settings.

## Auto Goal

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



If you choose not to use the auto goal feature, you can set personalized step and floors climbed goals 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.

## Turning off the Move Alert

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Move Alert** > **Off** > .

## 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 vívomove Trend 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.

## 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 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very 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 31](#)).

## Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level.

- 1 Swipe to view the Body Battery widget.
- 2 Tap the touchscreen to view the Body Battery graph.

The graph displays your recent Body Battery activity, and high and low levels for the last hour.

## Heart Rate Variability and Stress Level

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

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

## Viewing the Stress Level Widget

The stress level widget displays your current stress level.

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

The stress level graph displays your stress readings, and high and low levels for the last hour.

## Starting a Relaxation Timer

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

- 1 Swipe to view the stress level widget.
- 2 Tap the touchscreen.  
The stress level graph appears.
- 3 Swipe up.
- 4 Select .
- 5 Double-tap the touchscreen to start the relaxation timer.
- 6 Follow the on-screen instructions.
- 7 Double-tap the touchscreen to stop the relaxation timer.
- 8 Select .

Your updated stress level appears.

## Using the Hydration Tracking Widget

The hydration tracking widget displays your fluid intake and your daily hydration goal.

- 1 Swipe to view the hydration widget.
- 2 Select  for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).  
**TIP:** You can customize your hydration settings, such as units used and daily goal, on your Garmin Connect account.

## Improving Calorie Accuracy

The watch displays an estimate of your total calories burned for the current day. You can improve the accuracy of this estimate by walking briskly or running outside for 15 minutes.

- 1 Swipe to view the calories widget.
- 2 Select .  
**NOTE:**  appears when calories need to be calibrated. This calibration process only needs to be completed one time. If you have already recorded a timed walk or run,  may not appear.
- 3 Follow the on-screen instructions.

## Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

- 1 Swipe to view the heart rate widget.  
The widget displays your current heart rate and your average resting heart rate (RHR) value for the last 7 days.
- 2 Tap the touchscreen to view the heart rate graph.  
The graph displays your recent heart rate activity, and high and low heart rate for the last hour.

## 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 user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. You can view your sleep statistics on your Garmin Connect account.

**NOTE:** Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 21).

## 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 8](#)). 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 widgets.

### Logging Your Menstrual Cycle Information

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

- 1 Swipe to view the women's health tracking widget.
- 2 Tap the touchscreen.
- 3 If today is the start or end of your period, select  > .
- 4 Select .
- 5 Select an option:
  - To log your flow, select .
  - To log your physical symptoms, such as acne, backache, and fatigue, select .
  - To log your mood, select .
  - To log your discharge, select .
  - To rate your sex drive from low to high, select .
  - To log your sexual activity, select .
  - To designate the current date as an ovulation day, select .
- 6 Follow the on-screen instructions.

## 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 8](#)). 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.

- 1 Swipe to view the women's health tracking widget.
- 2 Tap the touchscreen.
- 3 Select an option:
  - Select  to log your physical symptoms, mood, and more.
  - Select  to log your glucose levels before and after meals and before bed.
  - Select  to use a stopwatch or timer to log the baby's movements.
- 4 Follow the on-screen instructions.

## Controlling Music Playback

The music control widget allows you to control music on your phone using your vívomove Trend watch. The widget controls the currently active or most recently active media player app on your phone. If no media player is active, the widget does not display track information, and you must start playback from your phone.

- 1 On your phone, start playing a song or playlist.
- 2 On your vívomove Trend watch, swipe to view the music control widget.

## Viewing Notifications

When your watch is paired with the Garmin Connect app, you can view notifications from your phone on your watch, such as text messages and emails.

- 1 Swipe to view the notifications widget.
- 2 Tap the touchscreen.  
The two most recent notifications appear.
- 3 Tap the touchscreen to select a notification.  
**TIP:** Swipe to view older notifications.  
The message appears on the touchscreen. Swipe to scroll through the entire message.
- 4 Tap the touchscreen, and select ✓ to dismiss the notification.

## Replying to a Text Message

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

When you receive a text message notification on your vívomove Trend watch, you can send a quick reply by selecting from a list of messages.

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

- 1 Swipe to view the notifications widget.
- 2 Tap the touchscreen.  
The two most recent notifications appear.  
**TIP:** Swipe to view older notifications.
- 3 Tap the touchscreen to select a text message notification.
- 4 Tap the touchscreen to view the notification options.
- 5 Select .
- 6 Select a message from the list.  
Your phone sends the selected message as a text message.

# Controls

The controls menu lets you quickly view watch features and options. You can add, reorder, and remove the options in the controls menu ([Customizing the Controls Menu, page 10](#)).

From any screen, swipe left.

Icon	Name	Description
	Align Hands	Select to manually align the watch hands ( <a href="#">Aligning the Watch Hands, page 30</a> ).
	Alarm	Select to add or edit an alarm ( <a href="#">Using the Alarm Clock, page 18</a> ).
	Assistance	Select to send an assistance request ( <a href="#">Requesting Assistance, page 20</a> ).
	Brightness	Select to adjust the screen brightness ( <a href="#">Display Settings, page 24</a> ).
	Do Not Disturb	Select to enable or disable do not disturb mode, which turns off alerts and notifications. For example, you can use this mode while watching a movie ( <a href="#">Using Do Not Disturb Mode, page 21</a> ).
	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 vívomove Trend watch screen, and it increases as you move closer to your phone ( <a href="#">Locating a Lost Phone, page 21</a> ).
	Music	Select to control music playback on your phone ( <a href="#">Controlling Music Playback, page 9</a> ).
	Notification	Select to view notifications from your paired phone ( <a href="#">Viewing Notifications, page 9</a> ).
	Phone	Select to enable or disable Bluetooth technology.
	Pulse Ox	Select to take a manual pulse oximeter reading ( <a href="#">Getting Pulse Oximeter Readings, page 14</a> ).
	Stopwatch	Select to open the stopwatch ( <a href="#">Using the Stopwatch, page 18</a> ).
	Sync	Select to sync your watch with your paired phone ( <a href="#">Syncing Your Data with the Garmin Connect App, page 23</a> ).
	Timer	Select to set a countdown timer ( <a href="#">Starting the Countdown Timer, page 18</a> ).
	Wallet	Select to open your Garmin Pay™ wallet and pay for purchases with your watch ( <a href="#">Garmin Pay, page 16</a> ).
	Watch Face	Select to return to the watch face.

## Customizing the Controls Menu

You can add, remove, or replace the options in the controls menu ([Controls, page 10](#)).

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 Select  on the shortcut you want to remove.
- 4 If necessary, select  to add a shortcut to the controls menu.
- 5 Select .

# Training

## Recording a Timed Activity

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

- 1 Hold the touchscreen to view the menu.
- 2 Select .
- 3 Swipe to scroll through the activity list, and select an option:
  - Select  for walking.
  - Select  for running.
  - Select  for a cardio activity.
  - Select  for cycling.
  - Select  for strength training.
  - Select  for a breathwork activity.
  - Select  for a yoga activity.
  - Select  for pool swimming.
  - Select  for a treadmill activity.
  - Select  for other activity types.
  - Select  for an elliptical trainer activity.
  - Select  for a stair stepper activity.
  - Select  for a Pilates activity.
  - Select  for a Toe-to-Toe™ step challenge.

**NOTE:** You can use the Garmin Connect app to add or remove activities.

- 4 Double-tap the touchscreen to start the activity timer.
- 5 Start your activity.
- 6 Swipe to view additional data screens.
- 7 After you complete your activity, double-tap the touchscreen to stop the activity timer.
- 8 Select an option:
  - Select  to save the activity.
  - Select  to delete the activity.
  - Select  to resume the activity.

## Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 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 ([Recording a Timed Activity, page 11](#)).
- 2 Run on the treadmill until your vívomove Trend watch records at least 1.5 km (1 mi.).
- 3 After you complete your run, select .
- 4 Check the treadmill display for the distance traveled.
- 5 Select an option:
  - To calibrate the first time, tap the touchscreen and enter the treadmill distance on your watch.
  - To manually calibrate after the first-time calibration, select **Calibrate & Save**, and enter the treadmill distance on your watch.

## Recording an Activity with Connected GPS

You can connect the watch to your phone to record GPS data for your walk, run, or bike activity.

- 1 Hold the touchscreen to view the menu.
- 2 Select .
- 3 Select , , , or .
- 4 If necessary, wait for the watch to acquire a GPS signal.  
 appears on the watch when you are connected to GPS.  
**NOTE:** If you cannot connect the watch to your phone, select  to continue the activity. GPS data will not be recorded.
- 5 Double-tap the touchscreen to start the activity timer.
- 6 Start your activity.  
Your phone must be in range during the activity.
- 7 After you complete your activity, double-tap the touchscreen to stop the activity timer.
- 8 Select an option:
  - Select  to save the activity.
  - Select  to delete the activity.
  - Select  to resume the activity.

## Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 If necessary, select  to turn on **Rep Counting** or **Auto Set**.
- 4 Double-tap the touchscreen to start the activity timer.
- 5 Start your first set.  
The watch counts your reps.
- 6 Swipe to view additional data screens.
- 7 Select  to finish a set.  
A rest timer appears.
- 8 During a rest, select an option:
  - To view additional data screens, swipe the touchscreen.
  - To edit your rep count, select , swipe to select the number, and select .
- 9 Select  to start your next set.
- 10 Repeat steps 6 through 9 until your activity is complete.
- 11 Double-tap the touchscreen to stop the activity timer.
- 12 Select an option:
  - Select  to save the activity.
  - Select  to delete the activity.
  - Select  to resume the activity.

## 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 Swim Activity

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 If necessary, select  to edit the pool size.
- 4 Double-tap the touchscreen to start the activity timer.
- 5 Start your activity.  
The watch displays the distance you swim along with your recorded swim intervals or pool lengths.
- 6 After you complete your activity, double-tap the touchscreen to stop the activity timer.
- 7 Select an option:
  - Select  to save the activity.
  - Select  to delete the activity.
  - Select  to resume the activity.

## Starting a Toe-to-Toe Challenge

You can start a 2-minute, Toe-to-Toe challenge with a friend who has a compatible watch.

- 1 Hold the touchscreen to view the menu.
  - 2 Select  >  to challenge another player in range (3 m).  
**NOTE:** Both players must start a challenge on their watch.  
If the watch cannot find any players within 30 seconds, the challenge times out.
  - 3 Select the player's name.  
The watch counts down for 3 seconds before the timer starts.
  - 4 Get steps for 2 minutes.  
The screen displays the timer and the number of steps.
  - 5 Bring the watches in range (3 m).  
The screen displays the steps for each player.
- Players can select  to start another challenge or select  to exit the menu.

# Heart Rate Features

The vivomove Trend watch has a heart rate menu, enabling you to view wrist-based heart rate data.

	Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress ( <a href="#">Getting Pulse Oximeter Readings, page 14</a> ). <b>NOTE:</b> The pulse oximeter sensor is located on the back of the watch.
	Displays your current VO2 max., which is an indication of athletic performance and should increase as your level of fitness improves ( <a href="#">Getting Your VO2 Max. Estimate, page 15</a> ).
	Displays your current fitness age, which is based on your VO2 max., resting heart rate, and body mass index (BMI). ( <a href="#">Viewing Your Fitness Age, page 15</a> ) For the most accurate fitness age, complete the user profile setup in your Garmin Connect account.
	Broadcasts your current heart rate to a paired Garmin® device ( <a href="#">Broadcasting Heart Rate Data to Garmin Devices, page 15</a> ).

## Pulse Oximeter

The watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO<sub>2</sub>.

On the watch, your pulse oximeter readings appear as an SpO<sub>2</sub> percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days ([Turning On Pulse Oximeter Sleep Tracking, page 14](#)). For more information on pulse oximeter accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

## Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading on your watch at any time. The accuracy of these readings can vary based on your blood flow, the watch placement on your wrist, and your stillness.

- 1 Wear the watch above your wrist bone.  
The watch should be snug but comfortable.
- 2 Hold the touchscreen to view the menu.
- 3 Select  > .
- 4 Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- 5 Keep still.

The watch displays your oxygen saturation as a percentage.

**NOTE:** You can turn on and view pulse oximeter sleep data in your Garmin Connect account ([Turning On Pulse Oximeter Sleep Tracking, page 14](#)).

## Turning On Pulse Oximeter Sleep Tracking

You can set your watch to continuously measure your blood oxygen saturation, or SpO<sub>2</sub>, while you sleep ([Tips for Erratic Pulse Oximeter Data, page 32](#)).

**NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO<sub>2</sub> readings.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Sleep Pulse Ox** > **On** > .

## 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 cardiovascular strength and should increase as your level of fitness improves.

On the watch, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate.

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 34*), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

## Getting Your VO2 Max. Estimate

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

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .

If you have already recorded a 15 minute brisk walk or run, your VO2 max. estimate may appear. The watch updates your VO2 max. estimate each time you complete a timed walk or run.

- 3 Swipe up (if necessary), and select .
- 4 Select an activity.
- 5 Double-tap the touchscreen to start the timer.

A message appears when the activity is complete.

## Viewing Your Fitness Age

Before the watch can calculate an accurate fitness age, you must complete the user profile setup in the Garmin Connect app.

Your fitness age gives you an idea of how your fitness compares with a person of the same gender. 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 a Garmin 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.

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .

## Broadcasting Heart Rate Data to Garmin Devices

You can broadcast your heart rate data from your vívomove Trend watch and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling.

**NOTE:** Broadcasting heart rate data decreases battery life.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > .

The vívomove Trend watch starts broadcasting your heart rate data.

**NOTE:** You can view only the heart rate monitoring screen and the controls menu while broadcasting heart rate data.

- 3 Pair your vívomove Trend watch with your Garmin ANT+® compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

- 4 Tap the heart rate monitoring screen, and select  to stop broadcasting your heart rate data.

## 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 of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Abnormal HR Alert**.
- 3 Select **High Alert** or **Low Alert**.
- 4 Select **On** > .
- 5 Follow the on-screen instructions to set the heart rate threshold value.

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

## 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](https://garmin.com/garminpay/banks) to find participating financial institutions.

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

### 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  or .
- 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.

## 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 store.

1 Swipe left to open the controls menu.

2 Select .

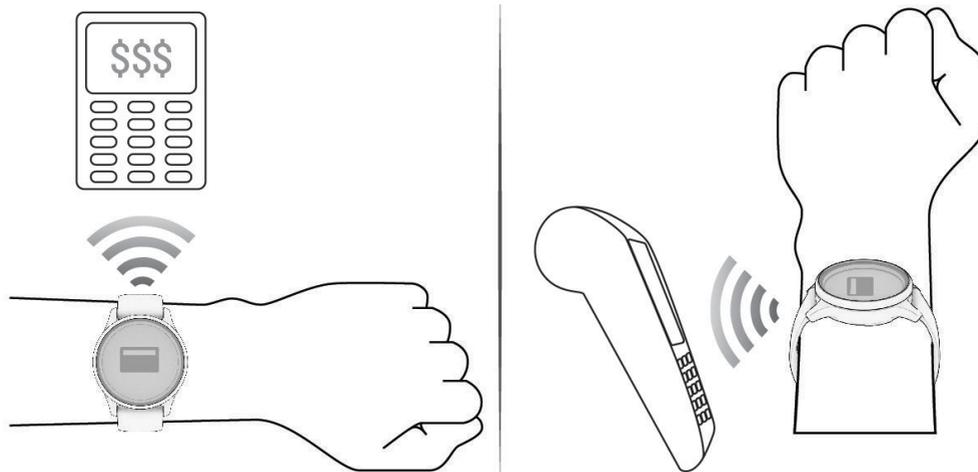
3 Enter your four-digit passcode.

**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 12 o'clock edge of the watch pointed toward 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.

## 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  or .

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 vívomove Trend 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 vívomove Trend watch, create a new passcode, and reenter your card information.

- 1 From the vívomove Trend device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.
- 2 Follow the on-screen instructions.

The next time you pay using your vívomove Trend watch, you must enter the new passcode.

## Clocks

### Starting the Countdown Timer

- 1 Hold the touchscreen to view the menu.
  - 2 Select  > .
  - 3 If necessary, select  to edit the time.
  - 4 Swipe up or down to set the hours, minutes, and seconds.
  - 5 Select .
- A screen appears showing the countdown time.
- 6 Double-tap the touchscreen to start the timer.
  - 7 Double-tap the touchscreen to stop the timer.
  - 8 Select an option:
    - Select  to exit the timer.
    - Select  to reset the timer.
    - Select  to resume the timer.

### Using the Stopwatch

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 Double-tap the touchscreen to start the timer.
- 4 Double-tap the touchscreen to stop the timer.
- 5 Select an option:
  - Select  to exit the timer.
  - Select  to reset the timer.
  - Select  to resume the timer.

### Using the Alarm Clock

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Add**.
- 3 Follow the on-screen instructions to set the alarm time.
- 4 If necessary, select an option:
  - Select **Status** to turn the alarm on or off.
  - Select **Time** to edit the alarm time.
  - Select **Repeat** to set the frequency of the alarm, such as daily or on weekends.
  - Select **Delete** to delete the alarm.

# 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.

## NOTICE

To use the safety and tracking features, the vívomove Trend 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 [www.garmin.com/safety](http://www.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 vívomove Trend 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  or .
- 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

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

After you add contacts, you must sync your data to apply the changes to your vívomove Trend watch (*Syncing Your Data with the Garmin Connect App*, page 23).

## Incident Detection

## ⚠ 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.

## 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 19). 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).

## Turning Incident Detection On and Off

**NOTE:** Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 19](#)). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Incident Detection**.
- 3 Select an activity.

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

When an incident is detected by your vívomove Trend watch with GPS enabled, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. You have 15 seconds to cancel the 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 19](#)). 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 Tap the touchscreen rapidly and firmly until the watch vibrates.  
The countdown screen appears.
- 2 If necessary, select  to cancel the request before the countdown is complete.

## Bluetooth Connected Features

The vívomove Trend watch has several Bluetooth connected features for your compatible phone using the Garmin Connect app.

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

**Assistance:** Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect app.

**Find my watch:** Locates your lost vívomove Trend watch that is paired with your phone and currently within range.

**Find my phone:** Locates your lost phone that is paired with your vívomove Trend watch and currently within range.

**Incident detection:** Allows the Garmin Connect app to send a message to your emergency contacts when the vívomove Trend watch detects an incident.

**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 Garmin Connect tracking page.

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

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

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

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

## Managing Notifications

You can use your compatible phone to manage notifications that appear on your vívomove Trend watch.

Select an option:

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

## Locating a Lost Phone

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

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Find My Phone**.

The vívomove Trend watch begins searching for your paired phone. An audible alert sounds on your phone, and the Bluetooth signal strength appears on the vívomove Trend watch screen. The Bluetooth signal strength increases as you move closer to your phone.

## Receiving an Incoming Phone Call

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

- To accept the call, select .
- 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.

## Using Do Not Disturb Mode

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

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

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .

## Garmin Connect

You can connect with your friends on your Garmin Connect account. Your Garmin Connect account gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, and more.

You can create your free Garmin Connect account when you pair your watch with your phone using the Garmin Connect app, or you can go to [www.garminconnect.com](http://www.garminconnect.com).

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

**Store your activities:** After you complete and save a timed 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, heart rate, calories burned, and customizable reports.



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

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

## Garmin Move IQ™

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect app. These activities are added to your activities list.

## Connected GPS

With the connected GPS feature, your watch uses the GPS antenna in your phone to record GPS data for walk, run, or bike activities ([Recording an Activity with Connected GPS, page 12](#)). The GPS data, including location, distance, and speed, appears in the activity details in your Garmin Connect account.

Connected GPS is also used for the assistance and LiveTrack features.

**NOTE:** To use the connected GPS feature, enable phone app permissions to always share location to the Garmin Connect app.

## 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 user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. You can view your sleep statistics on your Garmin Connect account.

**NOTE:** Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms ([Using Do Not Disturb Mode, page 21](#)).

## Syncing Your Data with the Garmin Connect App

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

- 1 Bring the watch near your phone.
- 2 Open the Garmin Connect app.  
**TIP:** The app can be open or running in the background.
- 3 Hold the touchscreen to view the menu.
- 4 Select  >  > **Sync**.
- 5 Wait while your data syncs.
- 6 View your current data in the Garmin Connect app.

## Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application ([Setting Up Garmin Express, page 23](#)).

- 1 Connect the watch to your computer using the USB cable.
- 2 Open the Garmin Express application.  
The watch enters mass storage mode.
- 3 Follow the on-screen instructions.
- 4 View your data on your Garmin Connect account.

## Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [www.garmin.com/express](http://www.garmin.com/express).
- 3 Follow the on-screen instructions.

# Customizing Your Watch

## Watch Settings

You can customize some settings on your vívomove Trend watch. Additional settings can be customized on your Garmin Connect account.

Hold the touchscreen to view the menu, and select .

: Turns do not disturb mode on and off ([Using Do Not Disturb Mode, page 21](#)).

: Allows you to manually align the watch hands ([Aligning the Watch Hands, page 30](#)).

: Adjusts the display settings, such as brightness, timeout, and gesture ([Display Settings, page 24](#)).

: Sets the vibration level.

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

: Allows you to turn Bluetooth on or off, pair a compatible phone, locate a lost phone that is paired, and sync your watch data with a paired phone ([Bluetooth Settings, page 24](#)).

: Allows you to customize which options appear in the controls menu.

: Allows you to turn the heart rate monitor on and off, set an abnormal heart rate alert, set a relax reminder, and turn on pulse oximeter sleep tracking ([Heart Rate and Stress Settings, page 24](#)).

: Allows you to enable safety and tracking features ([Safety and Tracking Features, page 19](#)).

: Turns activity tracking, move alert, and goal alerts on and off ([Activity Settings, page 24](#)).

: Adjusts the system settings and preferences, such as units of measurement and which wrist the watch is worn on ([System Settings, page 25](#)).

## Display Settings

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

**Brightness:** Sets the brightness level. You can use the Auto option to automatically adjust the brightness based on the ambient light, or manually adjust the brightness level.

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

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

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

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

**Gesture Sensitivity:** Adjusts the gesture sensitivity to turn on the display more or less often.

**NOTE:** A higher gesture sensitivity level decreases battery life.

## Bluetooth Settings

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

**Bluetooth:** Turns Bluetooth technology on and off.

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

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

**Find My Phone:** Allows you to locate a lost phone that is paired using Bluetooth technology and currently within range.

**Sync:** Allows you to sync your watch with a compatible Bluetooth enabled phone.

## Heart Rate and Stress Settings

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

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

**Abnormal HR Alert:** Set the watch to alert you when your heart rate exceeds or drops below a target value ([Setting an Abnormal Heart Rate Alert, page 16](#)).

**Relax Reminder:** Set the watch to alert you when your stress level is unusually high. The alert encourages you to take a moment to relax, and the watch prompts you to begin a guided breathing exercise ([Starting a Relaxation Timer, page 7](#)).

**Sleep Pulse Ox:** Set your watch to continuously measure your blood oxygen saturation while you sleep.

## Activity Settings

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

**Status:** Allows you to turn activity tracking on and off.

**NOTE:** Other activity tracking settings appear only when activity tracking is enabled.

**Move Alert:** Allows you to turn the Move Alert on and off.

**Goal Alert:** Allows you to turn on and off goal alerts, or disable goal alerts during a timed activity. Goal alerts appear for your daily steps goal and weekly intensity minutes goal.

## System Settings

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

**Time:** Sets the watch to display time in a 12-hour or 24-hour format, and allows you to set the time manually ([Setting the Time Manually, page 25](#)).

**Wrist:** Allows you to select which wrist the watch is worn on.

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

**Units:** Sets the watch to display the distance traveled and temperature in statute or metric units.

**Language:** Sets the watch language.

**Reset:** Allows you to reset user data and settings ([Restoring All Default Settings, page 32](#)).

**About:** Displays the unit ID, software version, regulatory information, license agreement, and more ([Viewing E-label Regulatory and Compliance Information, page 28](#)).

## Time Settings

Hold the touchscreen to view the menu, and select  >  > **Time**.

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

**Time Source:** Allows you to set the time manually or automatically based on your paired phone. ([Setting the Time Manually, page 25](#)).

## Setting the Time Manually

By default, the time is set automatically when the vívomove Trend watch is paired with a phone.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Time** > **Time Source** > **Manual** > .
- 3 Select .
- 4 Follow the on-screen instructions to set the time.

## Garmin Connect Settings

You can customize your watch settings, activity options, and user settings on your Garmin Connect account. Some settings can also be customized on your vívomove Trend watch.

- From the Garmin Connect app, select  or , select **Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, you must sync your data to apply the changes to your watch ([Syncing Your Data with the Garmin Connect App, page 23](#)) ([Syncing Your Data with Your Computer, page 23](#)).

## Phone Settings

From your Garmin Connect device menu, select Phone.

**Bluetooth Connection Alert:** Allows you to enable an alert informing you when your paired phone is no longer connected using Bluetooth technology.

**Smart Notifications:** Allows you to enable and configure phone notifications from your compatible phone. You can filter notifications by During an Activity or Not During an Activity.

## Customizing the Watch Face

You can change the watch face style and the type of data that appears on the watch face.

- 1 From your Garmin Connect device menu, select **Watch Face**.
- 2 Select an option:
  - To change the watch face style, select the current style.
  - To change the type of data that appears on the selected watch face style, select a complication.

Your watch face immediately updates with the new selections.

## Customizing Activity Options

You can select activities to display on your watch.

- 1 From your Garmin Connect watch menu, select **Activity Options**.
- 2 Select the activities to display on your watch.  
**NOTE:** The walking and running activities cannot be removed.
- 3 If necessary, select an activity to customize its settings, such as alerts and data fields.

## Marking Laps

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

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

- 1 From your Garmin Connect device menu, select **Activity Options**.
- 2 Select an activity.
- 3 Select **Auto Lap**.

## Customizing Data Fields

You can change the data field combinations for the screens that appear while the activity timer is running.

**NOTE:** You cannot customize Pool Swim.

- 1 From the settings menu in the Garmin Connect app, select **Garmin Devices**.
- 2 Select your device.
- 3 Select **Activity Options**.
- 4 Select an activity.
- 5 Select **Data Fields**.
- 6 Select a data field to change it.

## Activity Tracking Settings

From your Garmin Connect device menu, select Activity Tracking.

**NOTE:** Some settings appear in a subcategory in the settings menu. App or website updates may change these settings menus.

**Status:** Turns activity tracking features on and off.

**Auto Activity Start:** Allows your watch to create and save timed activities automatically when the Move IQ feature detects you have been walking or running for a minimum time threshold. You can set the minimum time threshold for running and walking.

**Custom Stride Length:** Allows your watch to more accurately calculate the distance traveled using your custom stride length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

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

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

**Goal Alerts:** Allows you to turn on and off goal alerts, or turn them off only during activities. Goal alerts appear for your daily steps goal and weekly intensity minutes goal.

**Move Alert:** Allows you to turn the Move Alert on and off.

**Move IQ:** Allows you to turn on and off Move IQ events. The Move IQ feature automatically detects activity patterns, such as walking and running.

**Weekly Intensity Minutes:** Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities. The watch also allows you to set a heart rate zone for moderate intensity minutes and a higher heart rate zone for vigorous intensity minutes. You can also use the default algorithm.

## User Profile

From your Garmin Connect device menu, select User Profile.

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

**Sleep:** Allows you to enter your normal sleep and wake times.

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

## Device Information

### 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.

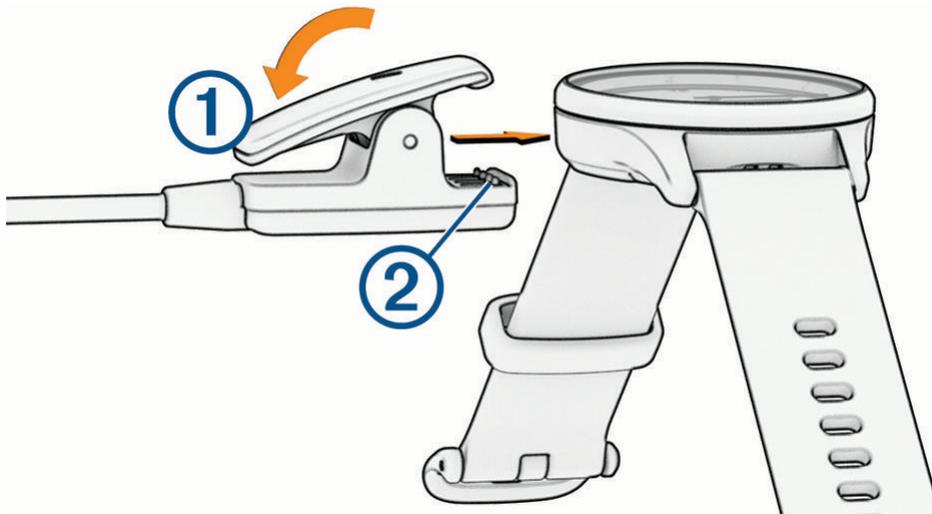
Do not use a power cable, data cable, and/or power adapter that is not supplied by Garmin or is not properly certified.

Do not use a third-party wireless charger (not included) that is incompatible with the device or is not properly certified.

#### 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 28](#)).

- 1 Pinch the charging clip ①.



- 2 Align the clip with the contacts on the back of the watch ②.
- 3 Plug the USB cable into a power source.
- 4 Charge the watch completely.

**TIP:** You can use a compatible, Qi® certified charging pad (not included) to charge the watch wirelessly. While charging the watch wirelessly, you can double-tap the touchscreen to view the battery level.

### Tips for Charging Your Watch

- Connect the charger securely to the watch to charge it using the USB cable ([Charging the Watch, page 27](#)).  
You can charge the watch by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer.
- Swipe left to view the remaining battery graphic in the controls menu.

## Device Care

### NOTICE

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

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.

Do not place in high temperature environments, such as a clothes dryer.

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

## 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.

## Viewing E-label Regulatory and Compliance Information

The label for this watch 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 Hold the touchscreen to view the menu.
- 2 Select  >  > **About** > **Regulatory**.

## Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 5 days in smart mode Up to 1 additional day in watch mode
Operating temperature range	From -10° to 55°C (from 14° to 131°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F) with the USB charger From 0° to 32°C (from 32° to 90°F) with a compatible, Qi certified wireless charger (not included)
Wireless frequency	2.4 GHz @ 2.43 dBm maximum 13.56 MHz @ -48.2 dBm maximum 0.1483 MHz @ -45.8 dBm maximum
Water rating	5 ATM <sup>1</sup>

## Troubleshooting

### Is my phone compatible with my watch?

The vívomove Trend watch is compatible with phones using Bluetooth technology.

Go to [www.garmin.com/ble](http://www.garmin.com/ble) for Bluetooth compatibility information.

### My phone will not connect to the watch

- Bring the watch within range of your phone.
- If your watch is already paired, turn Bluetooth technology off on both your watch and phone, and turn it back on.
- If your watch is not paired, enable Bluetooth technology on your phone.
- On your phone, open the Garmin Connect app, select  or , and select **Garmin Devices > Add Device** to enter pairing mode.
- On your watch, hold the touchscreen to view the menu, and select  >  > **Pair Phone** to enter pairing mode.

### My watch does not display the correct time

The watch updates the time and date when you sync it. You should sync your watch to receive the correct time when you change time zones, and to update for daylight saving time.

If the watch hands do not match the digital time, you should align them manually (*Aligning the Watch Hands*, page 30).

- 1 Confirm that the time is set to automatic (*Time Settings*, page 25).
- 2 Confirm that your computer or phone displays the correct local time.
- 3 Select an option:
  - Sync your watch to a computer (*Syncing Your Data with Your Computer*, page 23).
  - Sync your watch to a phone (*Syncing Your Data with the Garmin Connect App*, page 23).The time and date are updated automatically.

<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

## Aligning the Watch Hands

Your vívomove Trend device contains precision watch hands. Intense activities can alter the position of the watch hands. If the watch hands do not match the digital time, you should align them manually.

**TIP:** Alignment of the watch hands may be necessary after a few months of normal use.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Align Hands to 12:00**.
- 3 Tap  or  until the minute hand points to the 12 o'clock position.
- 4 Select .
- 5 Tap  or  until the hour hand points to the 12 o'clock position.
- 6 Select .

The message **Alignment Complete** appears.

**NOTE:** You can also use the Garmin Connect app to align the watch hands.

## My watch display is difficult to see outside

The watch detects ambient light and automatically adjusts the backlight brightness to maximize battery life. In direct sunlight, the screen gets brighter, but it may still be difficult to read. The automatic activity detection feature can be helpful when starting outdoor activities ([Activity Tracking Settings, page 26](#)).

## My watch will not charge wirelessly

If your watch will not charge when connected to a Qi certified charging pad (not included), you can try these tips.

- Verify the charging pad is Qi certified and compatible with your watch. Upright charging stands and automotive wireless chargers may not be compatible with your watch.
- Ensure the watch is properly aligned with the charging pad coil.
- If the charging pad has multiple charging coils, align the watch with the primary coil as indicated by the markings or the manufacturer documentation. If the primary coil does not charge the watch, try each of the other coils.
- Remove the watch from the charging pad for at least three seconds, and replace it on the charging pad slowly to establish a connection.
- After removing the watch from the charging pad, unplug the charging pad from its power source for several seconds, and reconnect it.
- Avoid using the charging pad in a hot environment or in direct sunlight.

If your watch is still unable to charge, you may need to use a different Qi certified charging pad. For more information about wireless charging, go to [www.garmin.com/wirelesscharging](http://www.garmin.com/wirelesscharging).

## Activity Tracking

For more information about activity tracking accuracy, go to [garmin.com/ataccuracy](http://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 (*Syncing Your Data with Your Computer*, page 23).
- Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 23).

### 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.

## My stress level does not appear

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

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

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

## My intensity minutes are flashing

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

## 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.

## 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.

## 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.

## Maximizing Battery Life

- Decrease the screen brightness and timeout ([Display Settings, page 24](#)).
- Reduce wrist gesture sensitivity ([Display Settings, page 24](#)).
- Turn off wrist gestures ([Display Settings, page 24](#)).
- In your phone notification center settings, limit the notifications that appear on your vívomove Trend watch ([Managing Notifications, page 21](#)).
- Turn off smart notifications ([Bluetooth Settings, page 24](#)).
- Turn off Bluetooth technology when you are not using connected features ([Bluetooth Settings, page 24](#)).
- Stop broadcasting heart rate data to paired Garmin devices ([Broadcasting Heart Rate Data to Garmin Devices, page 15](#)).
- Turn off wrist-based heart rate monitoring ([Heart Rate and Stress Settings, page 24](#)).

**NOTE:** Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes, VO2 max., stress level, and calories burned ([Intensity Minutes, page 6](#)).

## Restoring All Default Settings

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

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **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 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**.

An informational message appears.

- 4 Tap the touchscreen.
- 5 Follow the on-screen instructions.

## 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 ([Setting Up the Watch, page 1](#)).

Sync your watch with the Garmin Connect app ([Syncing Your Data with the Garmin Connect App, page 23](#)).

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

The update is applied when you are not actively using the watch. When the update is complete, your watch restarts.

## Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Syncing Your Data with Your Computer, page 23*).

- 1 Connect the watch to your computer using the USB cable.  
When new software is available, the Garmin Express application sends it to your watch.
- 2 After the Garmin Express application finishes sending the update, disconnect the watch from your computer.  
Your watch installs the update.

## Product Updates

On your computer, install Garmin Express ([www.garmin.com/express](http://www.garmin.com/express)). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

## Getting More Information

- Go to [support.garmin.com](http://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to [www.garmin.com/ataccuracy](http://www.garmin.com/ataccuracy).

This is not a medical device. The pulse oximeter feature is not available in all countries.

## Device Repairs

If your device needs to be repaired, go to [support.garmin.com](http://support.garmin.com) for information about submitting a service request with Garmin Product Support.

# Appendix

## Fitness Goals

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

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations, page 34*) to determine the best heart rate zone for your fitness objectives.

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

## About Heart Rate Zones

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

## Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
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

## VO2 Max. Standard Ratings

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

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

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

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