

**GARMIN.**



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M/N: A04065

El número de registro COFETEL/ FETEL puede ser  
revisado en el manual a través de la siguiente página  
de internet.

# Quick Start Manual

## Introduction

### WARNING

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

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

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### **Pairing with Your Smartphone**

Before you can pair your device with a smartphone, at least one user must have a Garmin Connect™ account.

Your device must be paired directly through the app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin app.
- 2 Log on using your Garmin Connect username and password.
- 3 Follow the instructions in the app to set up and add each person.
- 4 On the device, hold the key  until  appears. ①

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The device enters pairing mode.

- 5** Follow the instructions in the app to complete the setup process.

**NOTE:** You can pair multiple mobile devices, such as a tablet or a smartphone. See the owner's manual for more information.

### **App**

The free Garmin app lets you track your daily activity and progress.

**Activity tracking:** Allows you to track your daily steps, active minutes, timed activities, and sleep data.

**Chore progress:** Allows you to create and manage chores, award for completion, and redeem for custom rewards.

**Adventure map:** Allows you to view your progress each day reaching the 60 minute activity goal.

**Leaderboard:** Allows you to compare steps for the whole family and connections from your Garmin Connect community.



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**Settings:** Allows you to customize your device and user settings, including alert tones, emergency contact information, profile pictures, and more.

## Device Overview


### Icons

Icons represent the device features. You can press the key to scroll through the features.

	The current date. The device updates the time and date when you send data to your smartphone.
	The total number of steps taken for the day.

	The total number of active minutes for the day and progress toward the 60 minute activity goal.
	The number of chores completed and assigned for the day.
	The total number of earned.
	New level. You can earn moves and complete missions on the adventure map.
	Emergency contact information. The ICE (in case of emergency) page appears after you set it up in the Garmin app.

## Menu Options








You can hold the key for 1 second, and release it to view the menu .

**TIP:** You can press the key to scroll through the menu options.






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	Sends data to your Bluetooth enabled smartphone.
	Displays task timer options.
	Starts the stopwatch.
	Starts a Toe-to-Toe™ challenge.
	Starts a timed activity.
	Displays device information.
	Returns to the previous screen.

### ***Using the Task Timer***

You can use your device to start a countdown timer.

- 1 Hold the key to view the menu.

- 2 Hold .
- 3 Press the key to scroll through the task timer options.
- 4 Hold the key to select and start a timer.

The device beeps, the timer begins counting down, and the device sends a notification to the nearest paired smartphone. When 3 seconds remain, the device beeps until the time expires.



**TIP:** You can hold the key to stop the timer.

### ***Task Timer Options***




Your device comes preloaded with task timers that can be used for common activities. For example, you can use the 2-minute timer for any task that takes 2 minutes. Each task is timed for a preset number of minutes.

### ***Starting a Toe-to-Toe Step Challenge***

You can start a 2-minute, Toe-to-Toe step challenge with yourself or with a friend.

**NOTE:** This procedure describes a two-player  step challenge, and both players must start a challenge on their device. During a single-player challenge, the timer starts when you hold .


- 1 Hold the key to view the menu.

- 2 Hold .
- 3 Select  to challenge another player in range (3 m).
- 4 When the player name appears, hold .
- 5 Get steps for 2 minutes.  
When 3 seconds remain, the device beeps until the time expires.
- 6 Bring the devices in range (3 m).  
The devices display the steps for each player and first or second place.

Players can start another challenge or exit the menu.

### ***Recording a Timed Activity***

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

- 1 Hold the key to view the menu.
- 2 Hold .
- 3 Press the key to start the activity timer.
- 4 Start your activity.
- 5 Press the key to stop the activity timer.
- 6 Select an option:
  - To resume the activity, press the key.
  - To save the activity, hold the key.

You can sync your device to view activity details in the Garmin app.

## Device Information

### Specifications

**Battery type:** User-replaceable CR2025 battery

**TIP:** To replace the battery, see the owner's manual.

**Battery life:** Up to 1 yr.

**Operating temperature range:** From -15° to  
45°C (from 5° to 113°F)

**Radio frequency:** 2.4 GHz @ 2 dBm nominal

**Getting the Owner's Manual**