

Activity Tracking

Total steps & distance estimate, calories burned, heart rate and zone when paired with HRM, Auto Step Goal, Floors Climbed, and Activity Timer

Move IQ

Automatically recognizes activities - tracks walking, running, biking, swimming and elliptical training during the day without needing to start a timed activity

Record activities with or without a heart rate monitor, or using a bike speed sensor

Backlit Display shows activity data and time of day

Water resistant to 50 meters (5ATM)

Over One Year Battery Life

Autosync

Syncs with mobile devices automatically throughout the day

Move Bar with Audible Alert

Displays a red move bar after one hour of inactivity. Additional segments appear each 15 minutes of inactivity.

Intensity Minutes

Monitor your progress against aerobic activity goals recommended by health organizations such as the American Heart Association.

Band Options

Many sculpted, and color band options available



vívofit® Features

Auto-Goal:

- Personalized daily goal is calculated based on data you enter at setup (i.e. current activity level: low, medium, high) and adjusts daily per activities tracked.

Inactivity Meter – Move Bar:

- A red move bar appears on the display after one hour of inactivity and builds when you've been sitting too long. Just walk for a couple of minutes to reset the move bar.

Sleep Tracking Mode:

- Detects movement while you sleep and when synced with Garmin Connect users will see a graph of movement throughout the night.

HRM Compatibility:

- When used with a compatible heart rate monitor, displays heart rate and heart rate zones. Using a heart rate monitor with vívofit to record heart rate and zone data will achieve more accurate calorie burn information for any fitness activity, such as a run or a cardio class at the gym.

