

## 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.

