



FLOG - Golf Rangefinder

Version: 4.1

Compatible with: Fitbit Versa 3, Fitbit Sense

Quick Start

1. Install FLOG from the Fitbit app gallery
2. Open FLOG on your watch
3. Select one of 4 courses: 1 2 3 4
4. Start playing golf!

Main Features

4 Fixed Courses

FLOG provides 4 pre-configured courses, each with 18 holes. Simply select your course and start playing.

GPS Distance Measurement

Automatically calculates distance to the green using GPS coordinates you've marked for each hole.

Two Modes

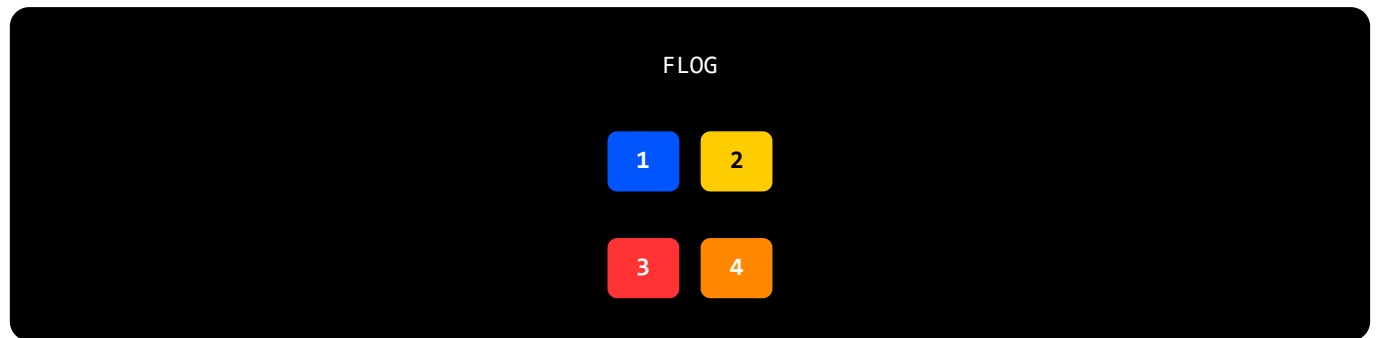
- **EDIT Mode:** Mark green locations for each hole

- **PLAY Mode:** View distances to marked greens

Using FLOG

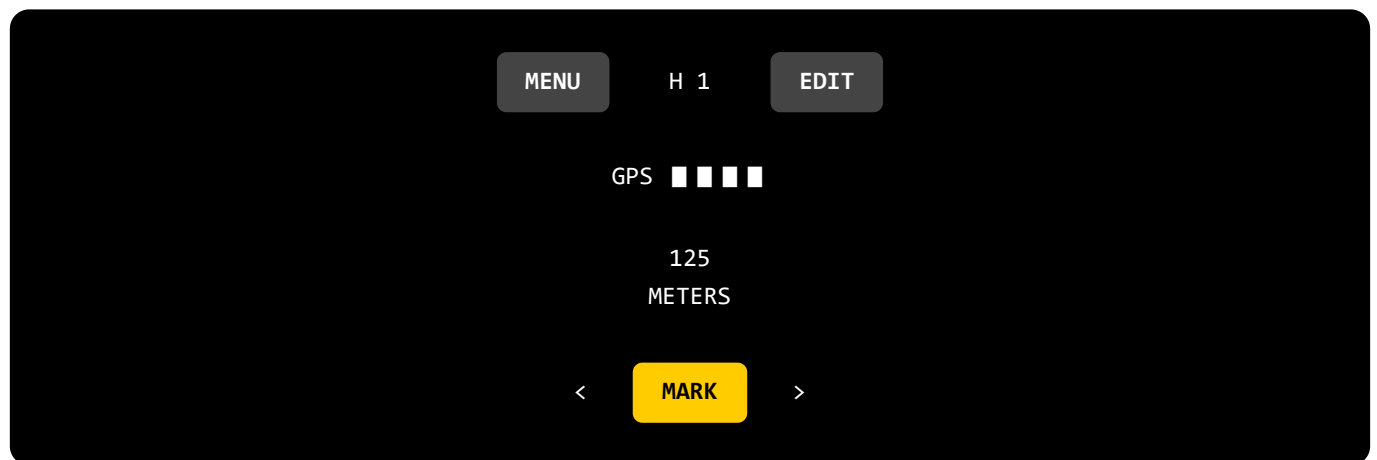
Course Selection

When you open FLOG, you'll see 4 colored course buttons:



Tap any course to start. Each course has 18 holes.

Main Screen




Display Elements:

- **MENU:** Tap anywhere in the top area to return to course selection
- **H 1-18:** Current hole number
- **EDIT/DONE:** Toggle between EDIT and PLAY modes
- **GPS Bars:** GPS signal strength (4 bars = excellent)
- **Distance:** Distance to green in meters or yards
- **< > Arrows:** Navigate between holes
- **MARK Button:** Only visible in EDIT mode

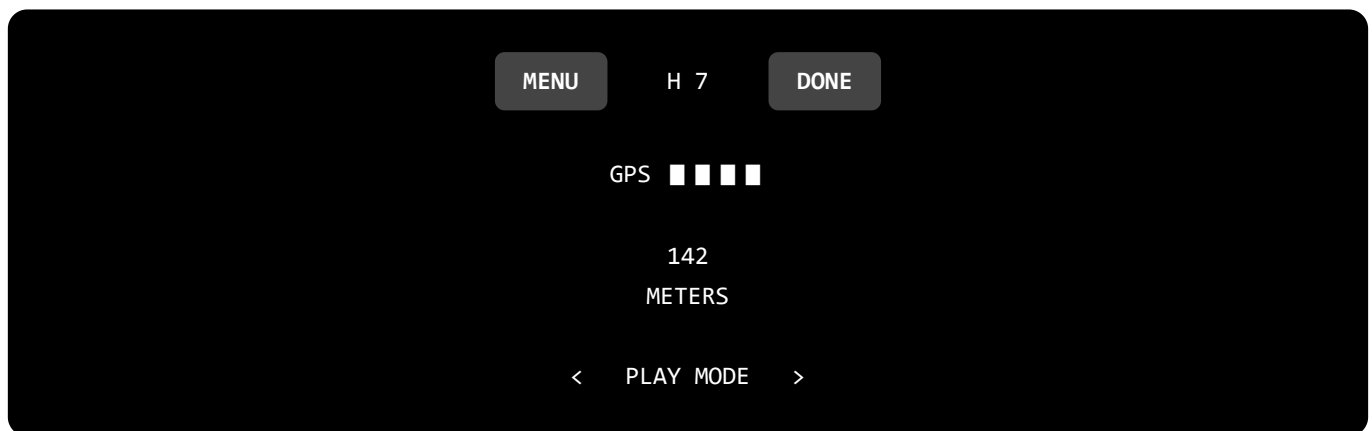
Setting Up a Course (EDIT Mode)

1. Select your course from the start screen
2. The app starts in **EDIT** mode (red button on right)
3. Walk to the green of hole 1
4. Wait for good GPS signal (3-4 bars)
5. Tap the **MARK** button
6. Confirm by tapping **YES, SET HERE**
7. Use the > arrow to go to hole 2
8. Repeat for all 18 holes

 **Tip:** You don't need to mark all 18 holes at once. Mark holes as you play, and the app will remember them for next time.

Playing a Round (PLAY Mode)

1. Select your course
2. Tap **EDIT** to switch to **DONE** (PLAY mode)
3. The **MARK** button disappears
4. Walk towards the green - distance updates automatically
5. Use < and > arrows to navigate holes



Switching Courses

Tap anywhere in the top area (where MENU is shown) to return to course selection. Your progress is automatically saved.

Settings (Phone App)

Open the Fitbit app on your phone and go to FLOG settings:

Distance Units

- **Meters:** Default metric measurement
- **Yards:** Imperial measurement

Vibration Feedback

Toggle haptic feedback when marking holes and navigating.

| ? Troubleshooting

GPS Not Working


- Make sure Location Services are enabled for Fitbit
- Wait 30-60 seconds for GPS to acquire signal
- Ensure you're outdoors with clear sky view
- Check GPS bars - wait for 3-4 bars before marking

Distance Shows "---"

- You haven't marked this hole yet (use EDIT mode)
- GPS signal is lost (check GPS bars)

Can't See Full Hole Number

- Make sure you're running the latest version
- Uninstall and reinstall the app

 **Note:** FLOG requires GPS to function. Battery usage will be higher than normal watch faces. For best battery life, close the app when not playing golf.

| 📊 Course Management

How Courses Work

- FLOG has 4 fixed courses (numbered 1-4)
- Each course has 18 holes
- GPS data is saved automatically when you mark holes
- You can use different courses for different golf courses
- Data persists even if you uninstall (stored on watch)

Updating a Hole

To update a hole's green location:

1. Navigate to that hole
2. Switch to EDIT mode
3. Tap **MARK**
4. The new location overwrites the old one

Battery Tips

- GPS uses significant battery - charge before your round
- Close FLOG when not playing to save battery
- The app auto-sleeps when you lower your wrist
- Typical usage: 4-5 hours of active GPS tracking

Best Practices

For Best Results:

- Mark greens from the center of the green
- Wait for 3-4 GPS bars before marking
- Mark holes in EDIT mode, play rounds in PLAY mode
- Use course 1 for your home course, others for away courses
- The app remembers your last hole - it will resume where you left off

Version History

v4.1 (Current)

- Fixed hole number display for holes 10-18
- Improved text rendering with proper spacing
- 4 fixed courses with 18 holes each
- Simplified course selection with colored buttons
- MENU button for easy navigation
- Auto-resume last played hole

Support

For issues or questions:

- Check this manual first
- Ensure you have the latest version

- Try uninstalling and reinstalling
 - Contact: [GitHub Repository](#)
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