



# FLOG - Golf Rangefinder

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**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

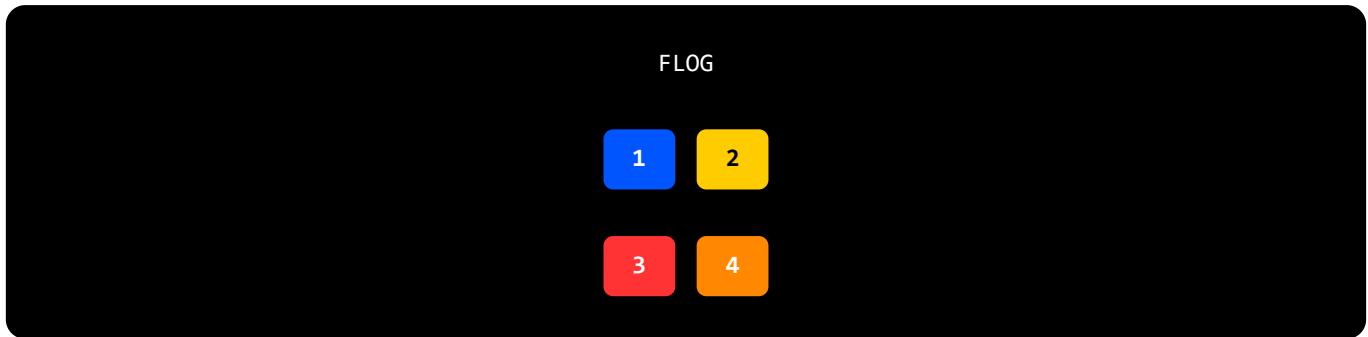
- **EDIT Mode:** Mark green locations for each hole

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

## | Using FLOG

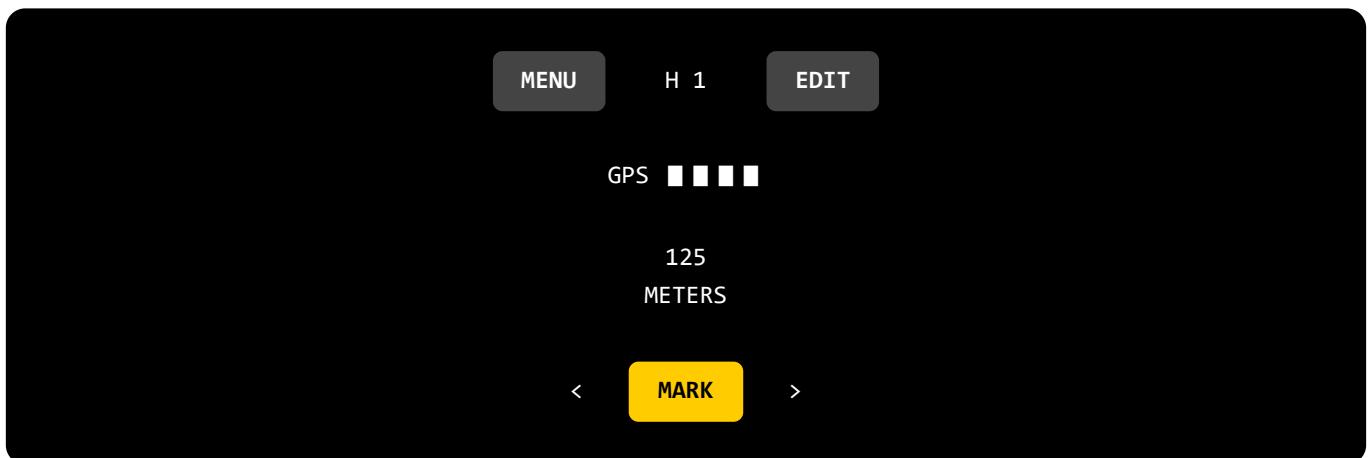
### Course Selection

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.

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## 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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