GARMIN.

APPROACH® S44

Owner's Manual

Table of Contents

Introduction

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

Device Overview

① **Touchscreen**: Tap to choose an option in a menu.

Swipe up or down to scroll through the glance loop and menus (*Glances*, page 13).

② **Top button** ⬭: Press to start a round of golf.

Press to start an activity or app.

Hold to turn the watch on.

Hold to view the controls menu and watch settings (*Controls*, page 15).

③ **Bottom button** ⬭: Press to return to the previous screen.

During an activity, press to record a lap or rest.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1 Hold ⬭ to turn on the watch (*Device Overview*, page 1).
2 Answer the watch prompts about your preferred language, units of measure, and driver distance.
3 Pair your phone (*Pairing Your Phone*, page 2).
   Pairing your phone gives you access to scorecard syncing, notifications, and more.
4 Charge the watch completely so that you have enough charge for a round of golf (*Charging the Watch*, page 2).

Using the Watch Features

- From the watch face, swipe up or down to scroll through the glance loop.
  Your watch comes preloaded with glances that provide quick information. More glances are available when you pair your watch with a phone.
- From the watch face, press ⬭, and select 🔴🔵🟢 to start an activity or open an app.
- Hold ⬭, and select **Settings** to adjust settings and customize the watch face.

Pairing Your Phone

To use the connected features on your watch, you must pair it directly through the Garmin Golf™ app, instead of from the Bluetooth® settings on your phone.

1 During the initial setup on your watch, select ✔ when you are prompted to pair with your phone.

   NOTE: If you previously skipped the pairing process, you can hold ◯, and select **Settings** > **Phone** > **Pair Phone**.

2 Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Charging the Watch

⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care*, page 28).

1 Plug the cable (▲ end) into the charging port on your watch.
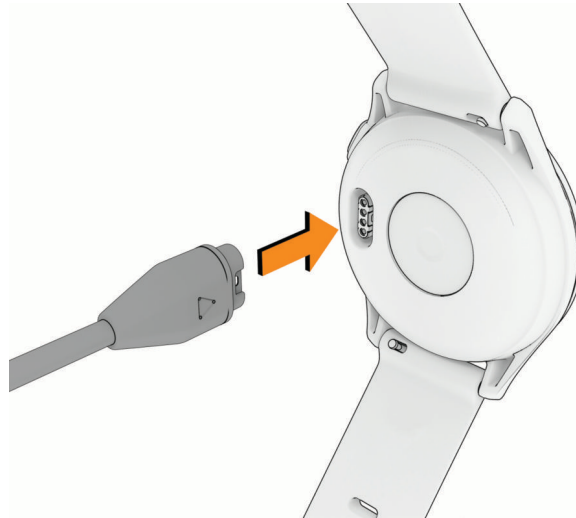
2 Plug the other end of the cable into a USB charging port.

   The watch displays the current battery charge level.

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express). On your smartphone, install the Garmin Golf app.

This provides easy access to these services for Garmin® devices:

• Software updates
• Course updates
• Data uploads to Garmin Golf
• Product registration

Setting Up Garmin Express

1 Connect the device to your computer using a USB cable.
2 Go to garmin.com/express.
3 Follow the on-screen instructions.

Playing Golf

Before you play golf, you should charge the watch (*Charging the Watch*, page 2).

NOTE: Some features are only available with a Garmin Golf subscription.

1 Press ⟳.
2 Select **Play Golf**.

  The device locates satellites, calculates your location, and selects a course if there is only one course nearby.

3 If the course list appears, select a course from the list.
4 Select ✔ to keep score.
5 Select a tee box.

  The hole information screen appears.

①	Current hole number
②	Par for the hole
③	Map of the hole.
④	Distances to the front, middle, and back of the green.

NOTE: Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.

6 Select an option:
   - Tap the front, middle, or back distances to the green to view the PlaysLike distance (*PlaysLike Distance Icons*, page 9).
   - Swipe up or down on the front, middle, or back distances to the green to view additional data, including your handicap rating and the PlaysLike factors.
   - Tap the map to view more detail or measure distance with touch targeting (*Measuring Distance with Touch Targeting*, page 5).
   - Tap the map and select ∧ or ∨ to view the location and distance to a layup or to the front and back of a hazard (*Hazards and Layups*, page 5).
   - Press ⟳ to open the golf menu (*Golf Menu*, page 4).

When you move to the next hole, the watch automatically transitions to display the new hole information.

Golf Menu

During a round, you can press ◯ to access additional features in the golf menu.

View Green: Allows you to move the pin location to get a more precise distance measurement (*Viewing the Green*, page 4).

Change Hole: Allows you to manually change the hole (*Changing Holes*, page 5).

Change Green: Allows you to change the green when more than one green is available for a hole (*Changing Holes*, page 5).

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 5).

PinPointer: The PinPointer feature is a compass that points to the pin location when you are unable to see the green (*Viewing the Direction to the Pin*, page 8). This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

> **NOTE:** Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

Round Info: Shows your score, statistics, and step information (*Viewing Round Information*, page 8).

Last Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature (*Viewing Measured Shots*, page 8). You can also manually record a shot (*Adding a Shot Manually*, page 8).

Club Stats: Shows your statistics with each club (*Viewing Club Statistics*, page 8). Appears when you pair Approach club tracking accessories or enable the Club Prompt setting.

Custom Targets: Allows you to save a location, such as an object or obstacle, for the current hole (*Saving Custom Targets*, page 9).

Sunrise & Sunset: Shows the sunrise, sunset, and twilight times for the current day.

Settings: Allows you to customize the golf activity settings (*Activities and App Settings*, page 21).

End Round: Ends the current round (*Ending a Round*, page 10).

Viewing the Green

While playing a round, you can take a closer look at the green and move the pin to get a more precise distance measurement.

1 Press ◯.
2 Select **View Green**.
3 Tap or drag 🚩 to move the pin location.

The distances on the hole information screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Hazards and Layups

You can tap the map to view the hazards and layups for the current hole.
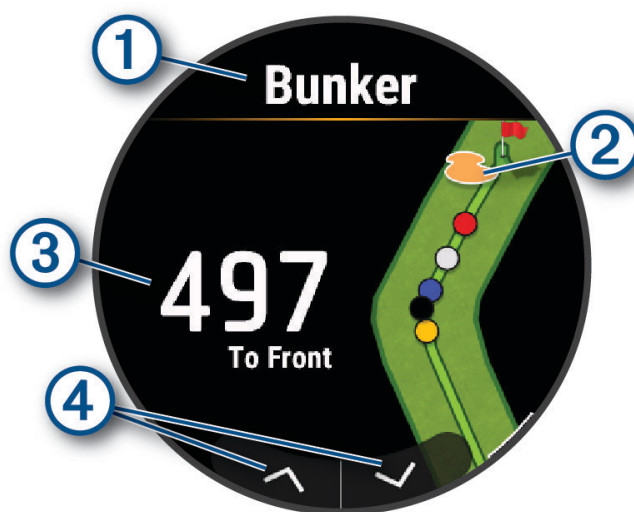
①	The type of hazard or the layup distance.
②	The location of the hazard or layup.
③	The distance to the layup or to the front and back of the hazard.
④	Arrows you can tap to view other hazards or layups for the hole.

Measuring Distance with Touch Targeting

While playing a game, you can use touch targeting to measure the distance to any point on the map.

NOTE: This feature requires a Garmin Golf subscription.

1   While playing golf, tap the map.
2   Tap the map to position the target circle ✛.

   You can view the distance from your current position to the target circle, and from the target circle to the pin location.

Changing Holes

You can change holes manually from the hole view screen.

1   Press ◯.
2   Select **Change Hole**.
3   Swipe up or down to select the hole.

Keeping Score

1   Press ◯.
2   Select **Scorecard**.

   NOTE: If scoring is not enabled, you can select Start Scoring.

3   Select a hole.
4   Select ▬ or ✚ to set the score.

Enabling Statistics Tracking

When you enable statistics tracking on the device, you can view your statistics for the current round (*Viewing Round Information*, page 8). You can compare rounds and track improvements using the Garmin Golf app.

1 Hold ⌾.
2 Select **Settings** > **Golf Settings** > **Scoring** > **Stat Tracking**.

Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Enabling Statistics Tracking*, page 6).

1 From the scorecard, select a hole.
2 Enter the total number of strokes taken, including putts, and select **Next**.
3 Set the number of putts taken, and select **Next**.

   NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4 If necessary, select an option:

   NOTE: If you are on a par 3 hole or using Approach sensors, fairway information does not appear.
   - If your ball hit the fairway, select ⬆.
   - If your ball missed the fairway, select ↰ or ↱.
5 If necessary, enter the number of penalty strokes.

Setting the Scoring Method

You can change the method the watch uses to keep score.

1 Hold ⌾.
2 Select **Settings** > **Golf Settings** > **Scoring** > **Scoring Method**.
3 Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 6), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Score History

While playing a round, your watch displays a color ① next to each of the hole indicators ② along the bezel to indicate your score on that hole.
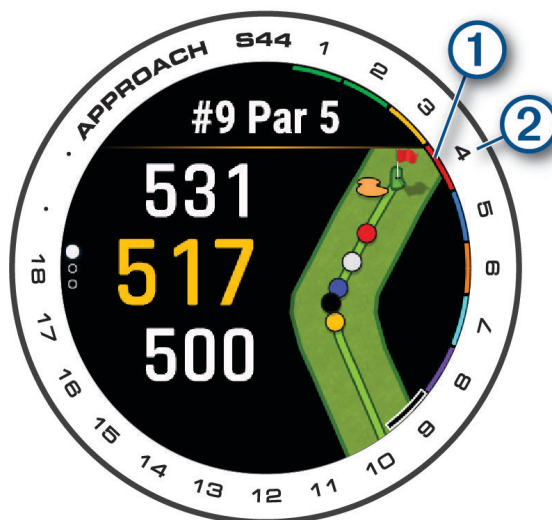
Color	Strokes Taken Relative to Par
Purple	5 or more over
Pink	4 over
Red	3 over
Orange	2 over
Yellow	1 over
Green	Par
Light blue	1 under
Dark blue	2 or more under

Enabling Handicap Scoring

1 Hold ⌾.
2 Select **Settings** > **Golf Settings** > **Scoring** > **Handicap Scoring**.
3 Select an option:
   - Select **Use Garmin Golf** to use the handicap configured in the Garmin Golf app.
   - Select **Local Handicap** to enter the number of strokes to be subtracted from the player's total score.
   - Select **Index/Slope** to enter the player's Handicap Index® to calculate a course handicap for the player.
     NOTE: The Slope Rating® is automatically calculated based on your tee box selection.

You can swipe down on the hole information screen to view the number of handicap strokes and your handicap rating. The scorecard displays your handicap-adjusted score for the round.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1   Press ○.
2   Select **PinPointer**.

   The arrow points to the pin location.

Viewing Round Information

During a round, you can view your score, statistics, and step information.

1   Press ○.
2   Select **Round Info**.
3   Swipe up.

Viewing Measured Shots

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

TIP: Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

1   While playing golf, press ○.
2   Select **Last Shot**.

   Your last shot distance appears.

   NOTE: The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.

3   Select ⌃ > **View More** to view all recorded shot distances.

   NOTE: The distance from the most recent shot also displays at the top of the hole information screen.

Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

1   Press ○.
2   Select **Last Shot** > ⌃ > **Add Shot**.
3   Select ✔ to start a new shot from your current location.

Viewing Club Statistics

Before you can view club statistics, you have to pair Approach club tracking accessories or enable the Club Prompt setting (*Golf Settings*, page 20).

During a round, you can view your club statistics, such as distance and accuracy information.

1   Press ○.
2   Select **Club Stats**.
3   Select a club.
4   Swipe up.

Saving Custom Targets

While playing a round, you can save up to five custom targets for each hole. Saving a target is useful for recording objects or obstacles that are not shown on the map. You can view the distances to these targets from the hazards and layups screen (*Hazards and Layups*, page 5).

1 Stand near the target you want to save.

NOTE: You cannot save a target that is far from the currently selected hole.

2 From the hole information screen, press $\bigcirc$.

3 Select **Custom Targets**.

4 Select a target type.

Using Big Numbers Mode

You can change the size of the numbers on the hole view screen.

1 Press $\bigcirc$.

2 Select **Settings** > **Big Numbers**.

3 Press $\bigcirc$.

The distances to the front, middle, and back of the green appear in large font.

4 Swipe up or down to view additional data.

PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course by showing the adjusted distance to the green. During a round, you can tap a distance to the green to view the PlaysLike distance.

NOTE: This feature requires a Garmin Golf subscription.

▲: Distance plays longer than expected due to a change in elevation.

■: Distance plays as expected.

▼: Distance plays shorter than expected due to a change in elevation.

Ending a Round

1 Press ⬤.

2 Select **End Round**.

3 Swipe up.

4 Select an option:

- To save the round and return to watch mode, select **Save**.
- To edit your scorecard, select **Edit Score**.
- To discard the round and return to watch mode, select **Discard**.
- To pause the round and resume it at a later time, select **Pause**.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone*, page 2).

Phone Connectivity Features

Phone connectivity features are available for your Approach watch when you pair it using the Garmin Golf app (*Pairing Your Phone*, page 2).

- App features from the Garmin Golf app (*Garmin Golf App*, page 11)
- App features from the Garmin Connect™ app (*Garmin Connect*, page 12)
- Glances (*Glances*, page 13)
- Controls menu features (*Controls*, page 15)
- Safety and tracking features (*Safety and Tracking Features*, page 23)
- Phone interactions, such as notifications (*Enabling Bluetooth Notifications*, page 10)

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Approach watch with a compatible phone (*Pairing Your Phone*, page 2).

1 Hold ⬤.

2 Select **Settings** > **Notifications & Alerts** > **Smart Notifications**.

3 Select an option:

- Select **General Use** to set preferences for notifications that appear when in watch mode.
- Select **During Activity** to set preferences for notifications that appear when recording an activity.
- Select **During Sleep** to turn **Do Not Disturb** on or off.
- Select **Privacy** to set a privacy preference.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your Approach S44 watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings to select the items to show on the watch.
- If you are using an Android™ phone, from the Garmin Connect app, select ••• > **Settings** > **Notifications**.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off the backlight and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account.

1 Hold ⬤.

2 Select **Do Not Disturb**.

Turning Off the Bluetooth Phone Connection

1 Hold ⌾.
2 Select **Settings** > **Phone** > **Status** > **Off** to turn off the Bluetooth phone connection on your Approach watch.
   Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

Turning On and Off Phone Connection Alerts

You can set the Approach S44 watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

NOTE: Phone connection alerts are turned off by default.

1 Hold ⌾.
2 Select **Settings** > **Phone** > **Connected Alerts**.

Finding Your Phone

You can use this feature to help locate a lost phone that is paired using Bluetooth technology and currently within range.

1 Hold ⌾.
2 Select 📞.
   Signal strength bars appear on the Approach S44 screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.
3 Press ⌾ to stop searching.

Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your Approach S44 device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete. Additional features are available for your Approach S44 device with a Garmin Golf membership, such as more detailed course maps, green contour data, touch targeting (*Measuring Distance with Touch Targeting*, page 5), and PlaysLike distance (*PlaysLike Distance Icons*, page 9).

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone (garmin.com/golfapp).

Automatic Course Updates

Your Approach device features automatic course updates with the Garmin Golf app. When you connect your device to your smartphone, the golf courses you use most frequently are updated automatically.

Garmin Connect

When you pair your watch with your phone using the Garmin Golf app, a Garmin Connect account is automatically created. The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Connect app from the app store on your phone.

Your Garmin Connect account allows you to track your fitness and wellness performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, rides, swims, and more.

Store your activities: After you complete and save a timed activity with your watch, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your fitness and outdoor activities, including time, distance, calories burned, an overhead map view, and pace and speed charts. You can also view customizable reports.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Phone*, page 2), you can use the Garmin Golf and Garmin Connect apps to upload all of your data to your Garmin account.

1 Open the Garmin Golf or Garmin Connect app on your smartphone.

   TIP: The app can be open or running in the background.

2 Bring your device within 10 m (30 ft.) of your smartphone.

   Your device automatically syncs your data with your account.

Updating the Software Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Phone*, page 2), you can use the Garmin Golf and Garmin Connect apps to update your device software.

   Sync your device with one of the apps (*Using the Smartphone Apps*, page 12).

   When new software is available, the app automatically sends the update to your device.

Using Garmin Connect on Your Computer

The Garmin Express application connects your compatible Garmin golf watch to your Garmin Connect account using a computer.

1 Connect your Garmin golf watch to your computer using the USB cable.

2 Go to garmin.com/express.

3 Download and install the Garmin Express application.

4 Open the Garmin Express application, and select **Add Device**.

5 Follow the on-screen instructions.

Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Using Garmin Connect on Your Computer*, page 12).

1 Connect the watch to your computer using the USB cable.

   When new software is available, the Garmin Express application sends it to your watch.

2 After the Garmin Express application finishes sending the update, disconnect the watch from your computer.

   Your watch installs the update.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing the Glance Loop*, page 14).
Some glances require a Bluetooth connection to a compatible phone.

Some glances are not visible by default. You can add them to the glances list manually (*Customizing the Glance Loop*, page 14).

Name	Description
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Golf	Displays golf scores and statistics for your last round.
Golf performance	Displays golf performance statistics that help you track and understand improvements to your golf game.
History	Displays your activity history and a graph of your recorded activities.
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Last activity	Displays a brief summary of your last recorded activity.
Music	Provides music player controls for your phone.
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications*, page 10).
Steps	Tracks your daily step count, step goal, and data for previous days.
Sunrise and sunset	Displays sunrise, sunset, and civil twilight times.
Weather	Displays the current temperature and weather forecast.

Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.

1 From the watch face, swipe up or down.

The watch scrolls through the glance loop and displays summary data for each glance.
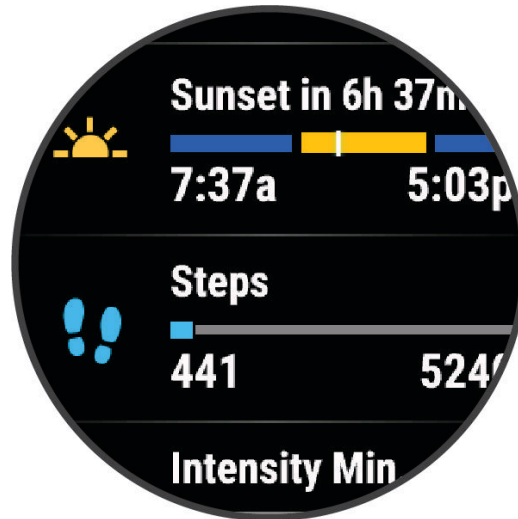
2 Tap the touchscreen to view more information for the glance.

3 Select an option:
- Swipe up to view details about a glance.
- Press ⭕ to view additional options and functions for a glance.

Customizing the Glance Loop

1 Swipe up or down to view the glance loop.

2 Select **Edit**.

3 Select an option:
- To change the location of a glance in the loop, select a glance, and swipe up or down.
- To remove a glance from the loop, select a glance, and select 🗑.
- To add a glance to the loop, select **Add**, and select a glance.

Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 15).

Hold ⬯.

Icon	Name	Description
✳	Assistance	Select to send an assistance request (*Requesting Assistance*, page 24).
☀	Brightness	Select to adjust the screen brightness (*Customizing the Display Settings*, page 25).
⏲	Clocks	Select to open the Clocks app to set an alarm, timer, or stopwatch (*Clocks*, page 17).
⊖	Do Not Disturb	Select to enable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.
📞?	Find My Phone	Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the Approach watch screen, and it increases as you move closer to your phone.
🔒	Lock Screen	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
📞	Phone Connection	Select to disable Bluetooth technology and your connection to your paired phone.
⏻	Power Off	Select to turn off the watch.
⚙	Settings	Select to open the settings menu.
💤	Sleep Mode	Select to enable Sleep Mode.
⟳	Sync	Select to sync your watch with your paired phone.
🌐	Time Sync	Select to sync your watch with the time on your phone or using satellites.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Controls*, page 15).

1 Hold ⬯.
2 Select **Edit**.
3 Select a shortcut to customize.
4 Select an option:
   - To change the location of the shortcut in the controls menu, swipe up or down.
   - To remove the shortcut from the controls menu, select 🗑.
5 If necessary, select **Add** to add an additional shortcut to the controls menu.

Activities

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1   Press ⊙.
2   Select ⊙⊙.
3   Select an activity.
4   If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.
5   Press ⊙ to start the activity timer.

    The device records activity data only while the activity timer is running.

Stopping an Activity

1   Press ⊙.
2   Select an option:
    · To save the activity, select ✔.
    · To discard the activity, select 🗑.
    · To resume the activity, press ⊙.

Going for a Pool Swim

NOTE: The touchscreen is not available during swim activities.

1   Press ⊙.
2   Select ⊙⊙.
3   Select **Pool Swim**.
4   Select your pool size, or enter a custom size.
5   Press ⊙ to start the activity timer.
6   Start swimming.

    The watch automatically records swim intervals and lengths.

7   Press ⊙ when you rest.

    TIP: You can enable the Auto Rest feature to set the watch to automatically detect when you are resting and create a rest interval.

    The rest screen appears.

8   Press ⊙ to restart the interval timer.
9   After you complete your activity, press ⊙ to stop the activity timer.
10 Select an option:
    · To save the activity, hold ⊙.
    · To discard the activity, hold ⊙.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the device completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Outdoor Activities

The Approach watch comes preloaded with outdoor activities, such as running and biking. GPS is turned on for outdoor activities.

Clocks

Setting an Alarm

You can set multiple alarms. You can set each alarm to occur once or to repeat regularly.

1 Hold ⟳.
2 Select **Clocks** > **Alarms** > **Add Alarm**.
3 Enter a time.
4 Select the alarm.
5 Select **Repeat**, and select an option.
6 Select **Label**, and select a description for the alarm.

Using the Stopwatch

1 Hold ⟳.
2 Select **Clocks** > **Stopwatch**.
3 Press ⟳ to start the timer.
4 Press ⟳ to restart the lap timer.
   The total stopwatch time continues running.
5 Press ⟳ to stop the timer.
6 Select an option:
   • To reset the timer, swipe down.
   • To save the stopwatch time as an activity, swipe up, and select **Save**.
   • To review the lap timers, swipe up, and select **Review Laps**.
   • To exit the stopwatch, swipe up, and select **Done**.

Starting the Countdown Timer

1 Hold ⟳.
2 Select **Clocks** > **Timer**.
3 Enter the time, and select ✔.
4 Press ⟳.

Activity Tracking

You can view activity tracking data and recorded activities in the Garmin Connect app.

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, a message appears. The watch also vibrates, if vibration is turned on (*System Settings*, page 25).

Go for a short walk (at least a couple of minutes), or complete the suggested on-screen movements to reset the move alert.

Turning on the Move Alert

1   Hold ⬡.
2   Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Move Alert** > **On**.

Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking.

The device monitors your activity intensity and tracks your intensity minutes. You can work toward achieving your weekly intensity minutes goal by walking briskly for at least 10 consecutive minutes.

Move IQ˙

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect app or the watch activity settings. These activities are added to your activities list.

Activity Tracking Settings

Hold ⬡, and select **Settings** > **Activity Tracking**.

Status: Turns off the activity tracking features.

Move IQ: Allows you to turn on and off Move IQ events.

Auto Activity Start: Allows your watch to create and save timed activities automatically when the Move IQ feature detects you are walking or running. You can set the minimum time threshold for running and walking.

Turning Off Activity Tracking

When you turn off activity tracking, your steps, floors climbed, intensity minutes, sleep tracking, and Move IQ events are not recorded.

1   From the watch face, hold ⬡.
2   Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Customizing Your Device

Changing the Watch Face

You can choose from several preloaded watch faces. You can edit an existing watch face (*Editing a Watch Face*, page 19) or create a new one (*Creating a Custom Watch Face*, page 19).

1   Hold ⬡.
2   Select **Settings** > **Watch Face**.
3   Swipe right or left to scroll through the available watch faces.
4   Tap the touchscreen to select the watch face.

Creating a Custom Watch Face

You can create a new watch face by selecting the layout, colors, and additional data.

1 Hold ⌾.

2 Select **Settings** > **Watch Face**.

3 Swipe left, and select ✚.

4 Select the type of watch face.

5 Select the type of background.

6 Swipe up or down to scroll through the background options, and tap the screen to select the displayed background.

7 Swipe up or down to scroll through the analog and digital dials, and tap the screen to select the displayed dial.

8 Select each data field you want to customize, and select the data to display in it.

A green border indicates the customizable data fields for this dial.

9 Swipe left to customize the time markers.

10 Swipe up or down to scroll through the time markers, and tap the screen to select a time marker.

11 Swipe up or down to scroll through the accent colors, and tap the screen to select the displayed color.

12 Press ⌾.

The watch sets the new watch face as your active watch face.

Editing a Watch Face

You can customize the style and data fields for the watch face.

NOTE: You cannot edit some watch faces.

1 Hold ⌾.

2 Select **Settings** > **Watch Face**.

3 Swipe right or left to scroll through the available watch faces.

4 Select 🖊 to edit a watch face.

5 Select an option to edit.

6 Swipe up or down to scroll through the options.

7 Press ⌾ to select the option.

8 Tap the touchscreen to select the watch face.

Golf Settings

Hold ⟳, and select **Settings** > **Golf Settings** to customize golf settings and features.

NOTE: Some settings are only available with a Garmin Golf subscription.

Scoring: Allows you to set your scoring preferences and turn on statistics tracking.

Driver Distance: Sets the average distance the ball travels from the tee box on your drive. The driver distance appears as an arc on the map if you have a Garmin Golf subscription.

PlaysLike: Enables the "plays like" distance feature while playing golf, which accounts for elevation changes on the course by showing the adjusted distance to the green (*PlaysLike Distance Icons*, page 9).

Contour Shading: Allows you to select elevation or slope contour shading for the greens on courses with green contour data (*Garmin Golf App*, page 11).

Big Numbers: Changes the size of the numbers on the hole view screen.

Tournament Mode: Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

Golf Distance: Sets the unit of measure for distance while playing golf.

Club Tracking: Displays a prompt that enables you to enter which club you used after each detected shot, and allows you to set up compatible Garmin club tracking accessories.

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for the Garmin Connect app.

Pair Rangefinder: Allows you to pair the watch to your compatible rangefinder.

Scoring Settings

Hold ⟳, and select **Settings** > **Golf Settings** > **Scoring**.

Scoring Method: Changes the method the watch uses to keep score.

Handicap Scoring: Enables handicap scoring (*Enabling Handicap Scoring*, page 7).

Set Handicap: Sets your handicap when handicap scoring is enabled.

Stat Tracking: Enables statistics tracking for the number of putts, greens in regulation, and fairways hit while playing golf.

Penalties: Enables penalty stroke tracking while playing golf.

Prompt: Enables the prompt at the start of a round asking if you want to keep score.

2 Players: Sets the scorecard to keep score for two players.

> **NOTE:** This setting is only available during a round. You must enable this setting each time you begin a round.

Club Tracking Accessories

Your watch is compatible with Approach golf club tracking accessories. You can use paired club tracking accessories to track your golf shots, including location, distance, and club type. See the owner's manual for your club tracking accessories for more information.

Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.

From the watch face, press ⬡, select ⬢, select an activity, select ⚙, and select the activity settings.

TIP: You can also edit the activity settings while you are exercising. During an activity, hold ⬡, select **Settings**, and select Current Activity.

Accent Color: Sets the accent color of each activity to help identify which activity is active.

Alerts: Sets the training or navigation alerts for the activity (*Activity Alerts*, page 22).

Auto Lap: Marks laps automatically at a specified distance. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Rest: Automatically creates a rest interval when you stop moving during a pool swim activity.

Data Screens: Customizes data screens and adds new data screens for the activity (*Customizing the Data Screens*, page 21).

GPS: Sets the satellite system to use for the activity (*Satellite Settings*, page 21).

Pool Size: Sets the pool length for pool swimming.

Rename: Sets the activity name.

Customizing the Data Screens

You can customize the data fields for each data screen.

1 Press ⬡.
2 Select ⬢.
3 Select an activity.
4 Select ⚙.
5 Select the activity settings.
6 Select **Data Screens**.
7 Select one or more options:
   NOTE: Not all options are available for all activities.
   - To adjust the style and number of data fields on each data screen, select the screen, and select **Layout**.
   - To customize the fields on a data screen, select the screen, and select **Edit Data Fields**.
   - To show or hide a data screen, select the toggle switch next to the screen.

Satellite Settings

You can change the satellite settings to customize the satellite systems used for each activity. For more information about satellite systems, go to garmin.com/aboutGPS.

Press ⬡, select ⬢, select an activity, select ⚙, select the activity settings, and select **GPS**.

NOTE: This feature is not available for all activities.

Off: Disables satellite systems for the activity.

GPS Only: Enables the GPS satellite system.

All Systems: Enables multiple satellite systems. Using multiple satellite systems together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple systems can reduce battery life more quickly than using GPS only.

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals or increase your awareness of your environment. Some alerts are available only for specific activities. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you once. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert you when your pace is above 10 minutes per mile and below 15 minutes per mile.

Recurring alert: A recurring alert notifies you each time the watch records a specified value or interval. For example, you can set the watch to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

Setting an Alert

1 Press ⬯.
2 Select ⚫⚫.
3 Select an activity.
4 Select ⚙.
5 Select the activity settings.
6 Select **Alerts**.
7 Select an option:
   • Select **Add New** to add a new alert for the activity.
   • Select the alert name to edit an existing alert.
8 If necessary, select the type of alert.
9 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
10 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

User Profile

You can update your user profile on your watch or on the Garmin Connect app.

Setting Up Your User Profile

You can update your sex, birth year, height, weight, wrist, and sleep schedule. The watch uses this information to calculate accurate training data.

1 Hold ⬤.

2 Select **Settings** > **User Profile**.

3 Select an option.

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Safety and Tracking Features

> ⚠️ **CAUTION**
>
> The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

> **NOTICE**
>
> To use the safety and tracking features, the Approach S44 watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to garmin.com/safety.

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

Incident detection: When the Approach S44 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1 From the Garmin Connect app, select •••.

2 Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.

3 Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

Incident Detection

> ⚠️ **CAUTION**
>
> Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.

> **NOTICE**
>
> Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 23). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

Turning Incident Detection On and Off

> **⚠ CAUTION**
>
> Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

> **NOTICE**
>
> Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 23). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1 Hold ⦾.

2 Select **Settings** > **Safety & Tracking** > **Incident Detection**.

3 Select a GPS activity.

   NOTE: Incident detection is available only for certain outdoor activities.

When an incident is detected by your Approach S44 watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your device and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Requesting Assistance

> **⚠ CAUTION**
>
> Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

> **NOTICE**
>
> Before you can request assistance, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 23). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1 Hold ⦾.

2 When you feel three vibrations, release the button to activate the assistance feature.

   The countdown screen appears.

3 If necessary, select an option before the countdown is complete:

   • To send a customized message with your request, select ▬.

   • To cancel the message, select ✕.

Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 23).

1 Hold ⦾.

2 Select **Settings** > **Safety & Tracking** > **LiveTrack**.

3 Select **Auto Start** > **On** to start a LiveTrack session each time you start an outdoor activity.

System Settings

Hold ⬡, and select **Settings** > **System**.

Display: Adjusts the screen settings (*Customizing the Display Settings*, page 25).

Vibration: Turns vibration on or off and sets the vibration intensity.

Time: Adjusts the time settings (*Time Settings*, page 25).

Units: Sets the units of measure used on the watch (*Changing the Units of Measure*, page 25).

Auto Lock: Locks the buttons and touchscreen automatically to prevent accidental button presses and touchscreen swipes.

Language: Sets the language displayed on the watch.

Reset: Resets the default settings or deletes personal data and resets the settings (*Resetting All Default Settings*, page 26).

Software Update: Checks for software updates.

About: Displays device, software, license, and regulatory information.

Advanced: Sets advanced system settings (*Advanced Settings*, page 26).

Time Settings

Hold ⬡, and select **Settings** > **System** > **Time**.

Time Format: Sets the watch to show time in a 12-hour, 24-hour, or military format.

Time Source: Sets the time for the watch. The Auto option sets the time automatically based on your GPS position.

Time: Adjusts the time if the Time Source option is set to Manual.

Time Sync: Allows you to manually sync the time when you change time zones, and to update for daylight saving time.

Customizing the Display Settings

1 Hold ⬡.
2 Select **Settings** > **System** > **Display**.
3 Turn **Large Fonts** on to increase the size of the text on the screen.
4 Select **Brightness** to set the brightness level of the screen.
5 Select **General Use** or **During Activity**.
6 Select an option:
   - Select **Timeout** to set the length of time before the screen turns off.
   - Select **Always On** to keep the watch face data visible and turn down the brightness and background. This option impacts the battery and display life (*About the AMOLED Display*, page 26).
   - Select **Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
   - Select **Sensitivity** to adjust the gesture sensitivity to turn on the display more or less often.
7 Select **During Sleep** > **Watch Face** to choose a sleep watch face with minimal, dim settings or to keep the default watch face on during your defined sleep window.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, weight, height, and temperature.
1 Hold ⬡.
2 Select **Settings** > **System** > **Units**.
3 Select a measurement type.
4 Select a unit of measure.

Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect app to upload your activity data.

You can reset all of the watch settings to the factory default values.

1 Hold ⊙.

2 Select **Settings** > **System** > **Reset**.

3 Select an option:
- To reset all of the watch settings to the factory default values, including user profile data, but save activity history and downloaded apps and files, select **Reset Default Settings**.
- To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

Advanced Settings

Hold ⊙, and select **Settings** > **System** > **Advanced**.

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.

USB Mode: Sets the watch to use MTP (media transfer protocol) or Garmin mode when connected to a computer. Garmin mode allows you to continue using the watch while it is plugged in to a power source.

Calibrate Compass: Allows you to manually calibrate the compass if you experience irregular compass behavior. For example, after moving long distances or after extreme temperature changes.

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Maximizing Battery Life*, page 29).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the Approach S44 display turns off after the selected timeout (*Customizing the Display Settings*, page 25). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

Changing the Bands

You can replace the bands with new Approach S44 bands. To purchase replacement bands, go to buy.garmin.com.

NOTE: The watch is not compatible with third-party bands.

1 Slide the quick-release pin on the spring bar to remove the band.

2 Insert one side of the spring bar for the new band into the watch.

3 Slide the quick-release pin, and align the spring bar with the opposite side of the watch.

4 Repeat steps 1 through 3 to change the other band.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	5 ATM[1]
Operating and storage temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
European Union (EU) wireless frequencies (power)	2.4 GHz @ 4 dBm maximum, 13.56 MHz @ 70 dBuV/m

Battery Information

The actual battery life depends on the features enabled on your watch, such as phone notifications, GPS, internal sensors, and connected sensors.

Mode	Battery Life
Smartwatch mode	Up to 10 days typical use
All satellite systems mode	Up to 15 hr. typical use

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[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Device Care

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the buttons under water.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Watch

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

TIP: For more information, go to garmin.com/fitandcare.

1 Rinse with water, or use a damp lint-free cloth.
2 Allow the watch to dry completely.

Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.

Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1 Hold ◯.
2 Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1 Hold ◯.
2 From the settings menu, select **System**.
3 Select **About**.

Data Management

NOTE: The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.

2 If necessary, open a folder or volume.

3 Select a file.

4 Press the **Delete** key on your keyboard.

NOTE: Mac operating systems provide limited support for MTP file transfer mode. You must open the Garmin drive on a Windows operating system.

Troubleshooting

Getting More Information

You can find more information about this product on the Garmin website.

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Stop using the **Always On** display timeout option, and select a shorter display timeout (*Customizing the Display Settings*, page 25).
- Reduce the display brightness (*Customizing the Display Settings*, page 25).
- Switch from a live watch face to a watch face with a static background (*Changing the Watch Face*, page 18).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Phone Connection*, page 11).
- Turn off activity tracking (*Activity Tracking Settings*, page 18).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 10).

My device cannot find nearby golf courses

If a course update is interrupted or canceled before it completes, your device may be missing course data. To repair missing course data, you must update the courses again.

1 Download and install course updates from the Garmin Express application (*Updating the Software Using Garmin Express*, page 12).

2 Safely disconnect your device.

3 Go outside, and start a test round of golf to verify the device finds nearby courses.

Is my phone compatible with my watch?

The Approach S44 watch is compatible with phones using Bluetooth technology.

Go to garmin.com/ble for Bluetooth compatibility information.

My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Golf app to the latest version.
- Remove your watch from the Garmin Golf app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Golf app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Golf app, and select ••• > **Garmin Devices** > **Add Device** to enter pairing mode.
- From the watch face, hold ⏱, and select **Settings** > **Phone** > **Pair Phone**.

My device is in the wrong language

1. Hold ⏱.
2. Select ⚙.
3. Scroll down to the last item in the list, and select it.
4. Scroll down to the sixth item in the list, and select it.
5. Select your language.

My device displays the wrong units of measure

- Verify you selected the correct units of measure setting on the device (*Changing the Units of Measure*, page 25).
- Verify you selected the correct units of measure setting on your Garmin Golf account.

  If the units of measure on the device do not match your Garmin Golf account, your device settings may be overwritten when you sync your device.

Restarting Your Watch

1. Hold ⏱ until the watch turns off.
2. Hold ⏱ to turn on the watch.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to garmin.com/aboutGPS.

1. Go outdoors to an open area.

   The front of the device should be oriented toward the sky.
2. Wait while the device locates satellites.

   It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the watch to your Garmin account:
  - ◦ Connect your watch to a computer using the USB cable and the Garmin Express application.
  - ◦ Sync your watch to the Garmin Golf app using your Bluetooth enabled phone.

  While connected to your Garmin account, the watch downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your watch outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

  NOTE: The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my watch and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your watch.

1 Select an option:
- Sync your step count with the Garmin Express application (*Using Garmin Connect on Your Computer*, page 12).
- Sync your step count with the Garmin Connect app (*Using the Smartphone Apps*, page 12).

2 Wait while your data syncs.

Syncing can take several minutes.

NOTE: Refreshing the Garmin Connect app or the Garmin Express application does not sync your data or update your step count.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Appendix

Data Fields

24-Hour Max.: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

Active Calories: The calories burned during the activity.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Speed: The average speed for the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology*, page 16).

Avg. Pace: The average pace for the current activity.

Avg. Stks./Len.: The average number of strokes per length during the current activity.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

Calories: The amount of total calories burned.

Distance: The distance traveled for the current track or activity.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Heading: The direction you are moving.

Int. Stks./Len.: The average number of strokes per length during the current interval.

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Pace: The average pace for the current interval.

Interval Swolf: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk Type: The current stroke type for the interval.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Lap Steps: The number of steps during the current lap.

Lap Time: The stopwatch time for the current lap.

Last Int. Swolf: The average swolf score for the last completed interval.

Last Lap Cadence: Cycling. The average cadence for the last completed lap.

Last Lap Cadence: Running. The average cadence for the last completed lap.

Last Lap Dist.: The distance traveled for the last completed lap.

Last Lap Pace: The average pace for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Last Len. Swolf: The swolf score for the last completed pool length.

Last Length Pace: The average pace for your last completed pool length.

Lengths: The number of pool lengths completed during the current activity.

Maximum Speed: The top speed for the current activity.

Moderate Minutes: The number of moderate intensity minutes.

Pace: The current pace.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Swim Time: The swimming time for the current activity, not including rest time.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a tempe™ sensor for this data to appear.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

Timer: The current time of the activity timer.

Total Minutes: The total number of intensity minutes.

Vigorous Minutes: The number of vigorous intensity minutes.

Wheel Size and Circumference

When used for cycling, your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.