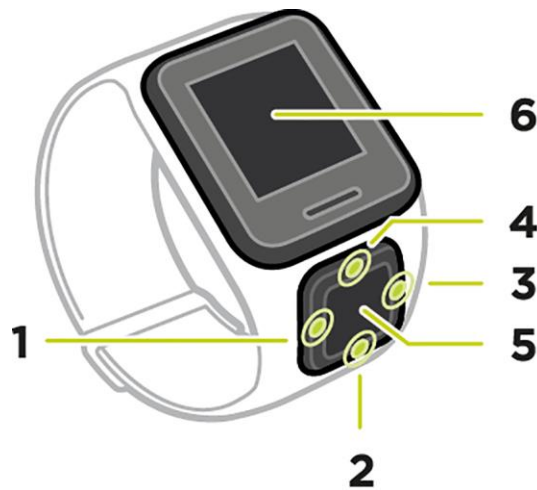


## About your watch

When you use your watch, you start from the clock screen. This screen shows the [time and date](#). The hour number is shown slightly dimmed and the minutes are shown brighter so you can see the precise time more clearly.

Use the button to press up, down, left or right to other screens on your watch.



1. Press LEFT - opens the [ACTIVITY TRACKING](#) screen.
2. Press DOWN - opens the [SETTINGS](#) menu.
3. Press RIGHT - opens the [ACTIVITIES](#) menu.
4. Press UP - opens the [MUSIC](#) screen.
5. GPS receiver. While wearing the watch, the GPS receiver should face upwards.
6. Cover the screen with your palm briefly to turn on the back light.

The clock screen shows the time and date. You can choose to show the time in 12 hour or 24 hour format by pressing **DOWN** to open the [SETTINGS](#) menu, then selecting CLOCK.

### Using your watch

Press UP or DOWN to select items in a menu.

Press RIGHT to select an item and open the menu for that item.

Press LEFT to exit a menu.

To select an option in a menu, make sure it is highlighted when you leave the menu. Your watch remembers the option you highlighted.

If an option in a menu switches on and off, press RIGHT to change the setting.

## Starting an activity

To start an activity on your watch, do the following.

1. From the clock, press RIGHT.
2. Select one of the activities, then press RIGHT.
  - RUN
  - CYCLE
  - SWIM
  - TREADMILL
  - GYM
  - INDOOR CYCLING
  - FREESTYLE
  - STOPWATCH
3. For RUN, CYCLE and FREESTYLE activities, until your watch has a GPS fix you see the message Please wait, and the GPS icon flashes in the top left hand corner of the screen. When it's ready to start an activity, your watch shows the message GO and the GPS icon stops flashing.



**Tip:** To select a music playlist, press DOWN when you see the GO message on starting an activity.

For Cycle activities, if you are using a [Cadence and Speed Sensor](#), once your watch is connected to the sensor, your watch shows the message GO. The Cadence & Speed Sensor is then used to provide speed and distance information about your activity. Your watch may not have a GPS fix at this point. If you would like to track the route of your activity, wait until the GPS icon stops flashing before starting your activity.

**Note:** It can take a short time to find your GPS position, especially the first time you use your watch or if the QuickGPSfix information is not up-to-date. Moving does not speed up getting a fix so stay still and wait until your position has been found.

To ensure good GPS reception, make sure you are outdoors with a clear view of the sky. Large objects such as tall buildings can sometimes interfere with reception.

If your watch has a heart rate sensor, you may see a message saying "Warm up" at the start of an activity while your watch gets a GPS position. This is because the sensor performs most accurately when you are warmed up with good circulation in your arms.

From this screen, press in one of these directions to choose an option:

- RIGHT - start your activity, once your watch has a GPS fix.
- DOWN - select a [training program](#) or set the information displayed while you train.
- UP - see your past activities.

- LEFT - go back to the list of activities.

Press RIGHT to start your activity.

1. When you are doing an activity, your watch shows information, such as the distance, time, pace and heart rate if you have a monitor. Press UP and DOWN to change the information that you see.
2. You can [pause](#) the activity if you're just taking a break, or [stop](#) the activity completely.

For each type of activity, you can select different [training programs](#), and select to see different information while you are training.

See

[Settings for Outdoor Cycling](#)

## About activity tracking

You can use your TomTom GPS watch to track how active you are. Here are some of things you can do:

- Track steps, time spent being physically active, calories burned and distance moved.
- Set a daily goal for one of these metrics on your watch.
- Use a weekly goal that is automatically generated based on your daily goal multiplied by 7.
- See your daily and weekly progress for your set goal.
- Upload your activity tracking metrics to the [TomTom MySports](#) website and [TomTom MySports mobile app](#).

### Activity Tracking Accuracy

Activity tracking aims to provide information to encourage an active and healthy lifestyle. Your TomTom GPS watch uses sensors that track your movement. The data and information provided is intended as a close estimation of your activity, but may not be completely accurate, including step, sleep, distance and calorie data.

## About music

You can store and play music on your TomTom GPS watch and listen to it during your activities. Here are some of things you can do:

- [Pairing headphones to watch](#)
- [Wearing your headphones](#)
- [Putting music on your watch](#)
- [Playing music](#)

**Note:** Music is not available on all watch models.

About training programs

For each type of activity, the following training programs are available:

- [NONE](#)
- [GOALS](#)
- [INTERVALS](#)
- [LAPS](#)
- [ZONES](#)
- [RACE](#)

From the clock screen, do the following to see the list of training programs:

1. Press RIGHT and then select your choice of activity.
2. Press RIGHT.
3. Press DOWN and select TRAINING.
4. Press RIGHT and choose a training program.

When you select a training program, your watch remembers which program you are using and any options you have selected for that program.

**Tip:** If you want to start a program immediately after selecting it, press RIGHT to go straight to the activity screen.