



vivoactive® 3



GPS Smartwatch with Contactless Payments and Wrist-based Heart Rate

- Personalize your watch with thousands of free watch faces, apps and widgets from our Connect IQ™ store
- More than 15 preloaded GPS and indoor sports apps, including yoga, running, swimming and more
- Monitor your fitness level with VO2 max and fitness age estimates, plus keep an eye on how you handle stress²
- Get connected features³ such as smart notifications, automatic uploads to Garmin Connect™, LiveTrack and more
- Battery life⁴: up to 7 days in smartwatch mode; 13 hours in GPS mode

From playing to paying, vivoactive 3 is the smartwatch for your active life. Make contactless payments with ease, right from your watch, and with more than 15 preloaded sports apps — you can choose how you like to get fit. Built-in GPS lets you record the distance, pace, location and more for your outdoor activities.

Pay Your Way

vivoactive 3 is our first wearable to feature Garmin Pay, which lets you pay for purchases with your watch. Use it just about anywhere you can tap your card to pay¹. So, if you left your wallet in your locker or just forgot it, that post-run morning caffè latte can still be yours. Just tap and go.



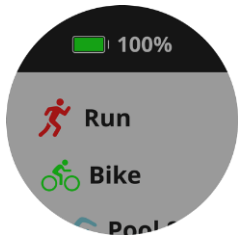
Make It Yours

vivoactive 3 is compatible with our Connect IQ store, where you can download watch faces, widgets and apps that make it go from smartwatch to *your* watch. Keep tabs on when your [Uber](#) is arriving, turn on your lights at home with the [SmartThings](#) app, and even use the [AccuWeather MinuteCast](#) app to find out when the rain will start. You can also use our free [Face It™](#) watch face app to add personality to your device that's uniquely you. Just download the app, choose any image from your photo library, make your customizations, and set it as your watch's face.



Play More Sports

With more than 15 preloaded sports apps, finding a fun way to stay active is easy. Hit the golf course, go for a bike ride, take a yoga class, or even try your hand at stand-up paddle boarding. When you head outside, built-in GPS lets vivoactive 3 track the details of your chosen activity — with no phone connection required. From snowboarding to swimming and at least a dozen other options in between, this watch is the perfect playmate.



Fits You and All You Do

Feel free to take this watch outside in all kinds of weather. Not only is it safe for [swimming and showering](#), its Garmin Chroma Display™ is easy to read — even in direct sunlight — and housed under extra-durable glass. It also features the Side Swipe™ interface, which makes for quick scrolling and swift navigation of menus and widgets. Whether you scroll with your thumb or index finger, you can choose how to wear it. Comfortable, convenient and easy to see — vívoactive 3 just fits.

Download and Create Workouts

Keep your workout schedule fresh and invigorating. Create your own custom running, cycling, cardio or strength workouts, and download them to your watch. Then, your vívoactive smartwatch will keep track of the exercises, reps, sets and rest time for you.

Daily Fitness and Stress Tracking

With help from Elevate™ wrist-based heart rate technology², vívoactive 3 lets you monitor key aspects of your fitness and stress to show how your body responds under various circumstances. For example, it's able to estimate your [VO2 max](#) and fitness age — 2 indicators of physical fitness that can often improve over time with regular exercise. It also tracks your heart rate variability (HRV), which is used to calculate and track your stress level. vívoactive 3 can make you aware when physical or emotional sources cause your stress level to rise so you can find a way to relieve the pressure.



Always Connected

Life doesn't have a pause button, so stay connected with your vívoactive 3 smartwatch while you're playing hard or working out. Once paired with your compatible smartphone, you'll be able to receive and even respond⁵ to text messages and see social media updates, emails and more right on your wrist. Find your phone, access music controls and let friends LiveTrack your sports. Your finished activities will even automatically upload to our [Garmin Connect](#) online fitness community.



Share and Compete

Syncing your activities to Garmin Connect is for more than just storing your data. Garmin Connect is a thriving online community where people on the go can connect and compete by joining challenges, encourage each other's successes and even share their triumphs via social media. Garmin Connect is free and available on the web or on your smartphone with the [Garmin Connect™ Mobile](#) app.



Specifications:

General	
Lens Material	chemically strengthened glass
Bezel Material	stainless steel
Case material	fiber-reinforced polymer and stainless steel
Quick Release Bands	yes (20 mm, Industry standard)
Strap material	silicone
Physical size	43.4 x 43.4 x 11.7 mm
	Fits wrists with a circumference of 127-204 mm
Weight	43.0 g
Water rating	Swim, 5 ATM
Touchscreen	
Display type	sunlight-visible, transfective memory-in-pixel (MIP)

Display size	1.2" (30.4mm) diameter
Display resolution	240 x 240 pixels
Color display	
Battery life	GPS mode: Up to 13 hours
	Smartwatch mode: Up to 7 days
Memory/History	7 timed activities, 14 days of activity tracking data

Clock Features

Time/date	Yes
GPS Time Sync	Yes
Automatic daylight saving time	Yes
Alarm clock	Yes
Timer	Yes
Stopwatch	Yes
Face It™ watch face creator	Yes

Sensors

GPS	Yes
GLONASS	Yes
Garmin Elevate™ wrist heart rate monitor	Yes
Barometric altimeter	Yes
Compass	Yes
Accelerometer	Yes
Thermometer	Yes

Daily Smart Features

Connectivity	Bluetooth® Smart and ANT+®
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	Yes
Smart notifications	Yes
Text response/reject phone call with text (Android™ only)	Yes
Calendar	Yes
Weather	Yes
Controls smartphone music	Yes
Find My Phone	Yes
Find My Watch	Yes
VIRB® remote	Yes
Smartphone compatibility	iPhone®, Android™
Compatible with Garmin Connect™ Mobile	Yes
Garmin Pay™	Yes

Activity Tracking Features

Step counter	Yes
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Auto goal (learns your activity level and assigns a daily step goal)	Yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	Yes
Calories burned	Yes
Floors climbed	Yes
Distance traveled	Yes
Intensity minutes	Yes
TrueUp™	Yes
Move IQ™	Yes
Fitness Age	yes (in app)

Fitness Equipment/Gym

Preloaded gym activity profiles	Strength Training, Cardio Training, Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
Cardio workouts	Yes
Strength workouts	Yes
Automatic rep counting	Yes

Training, Planning and Analysis Features

GPS speed and distance	Yes
Customizable data pages	Yes
Customizable activity profiles	Yes
Auto Pause®	Yes
Advanced workouts	Yes
Downloadable training plans	Yes
Auto Lap®	Yes
Configurable lap alerts	Yes
V02 max	Yes
Customizable alerts	Yes
LiveTrack	Yes
Touch and/or button lock	Yes

Auto scroll	Yes
Activity history on watch	Yes

Heart Rate Features

HR zones	Yes
HR alerts	Yes
HR calories	Yes
% HR max	Yes
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	Yes

Running Features

Preloaded run profiles	Running, Indoor Track Running, Treadmill Running
GPS-based distance, time and pace	Yes
Run workouts	Yes
Foot pod capable	Yes

Golfing Features

Yardage to F/M/B (distance to front, middle and back of green)	Yes
Yardage to layups/doglegs	Yes
Measures shot distance (calculates exact yardage for shots from anywhere on course)	Automatic
Digital scorecard	Yes
Stat tracking (strokes, putts per round, greens and fairways hit)	Yes
Garmin AutoShot™	Yes
Green View with manual pin position	Yes
Hazards and course targets	Yes
PinPointer	Yes
Round timer/odometer	Yes

Outdoor Recreation Features

Preloaded outdoor recreation profiles	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing
Back to start	Yes
Total ascent/descent	Yes

Cycling Features

Preloaded cycling profiles	Biking, Indoor Biking
Time/distance alerts (triggers alarm when you reach goal)	Yes
Compatible with Varia Vision™ (head-mounted display)	Yes
Compatible with Varia™ radar (rear-facing radar)	Yes
Compatible with Varia™ lights	Yes
Speed and cadence sensor support (with sensor)	Yes

Swimming Features

Preloaded swim profiles	Pool Swimming
Pool swim metrics (lengths, distance, pace, stroke count/rate, calories)	Yes
Stroke type detection (freestyle, backstroke, breaststroke, butterfly)	Yes
Swim efficiency (SWOLF)	Yes