

vivosmart® 3 Activity Tracker

Featuring a sleek design and a hidden display that's only on when you need it, vivosmart 3 tracks steps, floors climbed, sleep and so much more¹. It tracks your fitness and wellness with all-day HR and stress monitoring, VO2 max and fitness age. With the Move IQ™ feature and a new strength training activity that automatically counts your weight training reps, working out will be convenient and effective.



KEY FEATURES:

NEW FORM FACTOR	The thinnest HR-equipped activity tracker from Garmin; 4 mm thinner and more form fitting than vivosmart HR.
DISCREET DISPLAY	The hidden display is only visible when you want it to be. While not in use, the discreet display disappears into the device so it doesn't overshadow your style.
NEW VO2 MAX	New to Garmin wellness bands, VO2 max is widely recognized as an excellent measure of your aerobic fitness and should increase as your fitness improves.
NEW ALL-DAY STRESS LEVEL MONITORING	First Garmin wearable with all-day stress monitoring that enables users to see periods of elevated stress or restful recovery. Includes easy-to-follow relaxation breathing exercise.
NEW STRENGTH TRAINING & REP COUNTING	For traditional gym exercises, the new strength training activity will count sets, reps and rest times and will then push them to Garmin Connect™ mobile app for review.
NEW FITNESS AGE	Fitness age gives users an easy way to understand if they are making progress in their fitness. The lower your fitness age is compared to your real age, the better.
24/7 WRIST HEART RATE MONITORING¹	WHRM gives you heart rate monitoring all day and night — no additional strap required.
CONNECTED FEATURES³	Automatic syncing to Garmin Connect, TrueUp™ multitracker synchronization, music controls, smart notifications and social media sharing.
24/7 WEARABILITY	Swim rated and can be worn in the shower or pool ² ; up to 5 days of battery life ⁴ .
ACTIVITY TRACKING¹	Steps, floors climbed, calories burned, intensity minutes, Move IQ and more.
MOVE IQ	Detects familiar exercise types and displays events in Garmin Connect.

FUNCTIONS:



VO2 Max

All-day Heart Rate Monitoring¹

Steps/Auto Goal

Floors Climbed

Smart Notifications

Breathing Exercise

Strength Training

PRODUCT COMPARISON:

	vivosmart® 3	vivosmart HR	vivosmart HR+	vivoactive® HR
Battery life ⁴	Up to 5 days	Up to 5 days	Up to 5 days	Up to 8 days
Water rating ²	SWIM	5 ATM	5 ATM	5 ATM
Touchscreen	•	•	•	•
Built-in GPS			•	•
Color display				•
Night-readable display	•	•	•	•
Landscape/portrait orientation	•	•	•	
Activity tracking ¹	•	•	•	•
Personalized daily step goal	•	•	•	•
Time	•	•	•	•
Monitors sleep ¹	•	•	•	•
Move bar	•	•	•	•
Distance	•	•	•	•
Floors climbed	•	•	•	•
Intensity minutes	•	•	•	•
Wrist-based heart rate ¹	•	•	•	•
HR broadcasting	•	•	•	•
Activity timer	•	•	•	•
Music control	•	•	•	•
Smart notifications ³	•	•	•	•
VIRB® action camera remote	•	•	•	•
Connect IQ™ support				•
Fitness age	•			
Move IQ™ feature	•	•	•	•
Discreet display	•			
VO2 max	•			
All-day stress monitoring	•			
Strength training activity	•			
Built-in running app	•	•	•	•
Built-in golfing app				•
Built-in cycling app				•
Built-in swimming app				•
Built-in ski/snowboard app				•
Built-in rowing app				•