

Garmin vivomove 3 & 3S

Physical & Performance

GPS	No
Display resolution	64 x 132 pixels
Weight	Case only: 29.6 g/24.5g 3S With silicone strap: 46.1 g/ 38.6 g 3S
Display type	OLED
Battery life	Smartwatch mode: up to 5 days Watch mode: up to 1 additional week
Display size	0.35" x 0.72" (8.9 mm x 18.3 mm)

Maps & Navigation

Memory/History 7 timed activities; 14 days of activity tracking data

Features

Battery Saver - customizable low power watch	No
Cardio workouts	No
Time/date	yes
% HRR	No
Water rating	Swim, 5 ATM
Around Me mode	No
Closed Circuit Rebreather (CCR)	No
Automatically saves dive entry and exit locations	No
Training Effect (anaerobic)	No
Auto Rest (Pool Swim Only)	No
TruSwing™ compatible	No
Customizable data pages	Yes
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	Yes
Anchor Alarm	No
Hazards and course targets	No
Drill logging (pool swim only)	No
Garmin AutoShot™	No
TracBack®	No
Auto scroll	No
Worldwide airport database(s)	No

Controls smartphone music	Yes
Stealth Mode	No
3-axis compass with HSI (horizontal situation indicator)	No
Ambient light sensor	Yes
Heat and altitude acclimation	No
Downloadable training plans	No
Countdown timer	No
HR zones	Yes
Point-to-point navigation	No
Lap Time Repeatability Score (LTR)	No
Finish time	No
Stat tracking (strokes, putts per round, greens and fairways hit)	No
Race an activity	No
Step counter	Yes
Run workouts	No
Nitrox support	No
Live Event Sharing	No
Manual lap	No
Distance traveled	Yes
Compatible with Garmin Connect™ Mobile	Yes
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	No
Wirelessly receive flight plans from Garmin Pilot™	No
Future elevation plot	No
Gauge mode	No
Auto start/end dive	No
Measures shot distance (calculates exact yardage for shots from anywhere on course)	No
Courses	No
Fitness Age	yes (in app)
Galileo	No
Manual multisport activities	No
Distance to destination	No
Smartphone compatibility	iPhone®, Android™
% HR max	Yes
Strength workouts	No
Audible alerts	No
Lens Material	chemically strengthened glass

Preloaded race tracks	No
Automatic club tracking compatible (requires accessory)	No
Calendar	Yes
Cycle Map (routable cycling-specific street map)	No
Find My Phone	Yes
Text response/reject phone call with text (Android™ only)	Yes
Connected GPS	Yes
Compatible with Varia™ lights	No
Training Effect (aerobic)	No
Pacing alerts (pool swim only)	No
Night vision mode	No
Barometric trend indicator with Storm Alert	No
Customizable activity profiles	Yes
HR calories	Yes
Preloaded ski resort maps	No
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	No
Hunt/fish calendar	No
Alarm clock	Yes
LiveTrack	No
Dual grid coordinates	No
Assistance	No
Available cycling profiles	Biking
Strap material	silicone
Auto Lap®	Yes
Auto Pause®	No
Dive ascent/descent rate indicator	No
PlaysLike distance	No
Task timers (2, 5, 10, 15, 20 and 30 minutes)	No
Compatible with Varia Vision™ (head-mounted display)	No
Activity history on watch	No
Advanced workouts	No
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	No
Body Battery™ Energy Monitor	Yes
Tack assist mode	No
Multi-gas mode	No
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	No

Storm alert	No
Power meter compatible (displays power data from compatible third-party ANT+™-enabled power meters)	No
Track timer	No
Quick Release Bands	yes (20 mm, Industry standard)
Trendline™ Popularity Routing	No
Respiration rate (during exercise)	yoga only
Ground contact time and balance (shows how much time, in the running motion, your foot is on the ground rather than in flight and lets you check your running symmetry)	No
XERO™ Locations	No
Yardage to F/M/B (distance to front, middle and back of green)	No
Case material	fiber-reinforced polymer
Gyroscope	No
Bezel Material	stainless steel
Auto max HR	No
Analog hands	Yes
Training load focus	No
Compass	No
FTP (Functional Threshold Power)	No
Thermometer	No
Course guidance	No
Orienteering	No
Depth sensor	No
Barometric altimeter	Yes
Area calculation	No
GPS Time Sync	No
Race App	No
60-minute activity goal	No
Countdown start	No
Bike lap and lap maximum power (with power sensor)	No
Automatic rep counting	Yes
	44 x 44 x 11.3 mm / 39 x 39 x 10.9 mm – 3S
Physical size	Fits wrists with a circumference of 125-190 mm/ 110-175 mm 3S
APNEA hunt mode	No

Full vector map	No
VIRB® Camera Remote	No
Round timer/odometer	No
Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (pool swim only)	No
Pulse Ox	Yes
Respiration rate (all-day and in sleep)	Yes
GLONASS	No
Reminder alerts	No
Projected waypoint	No
ClimbPro™ Ascent Planner	No
Sunrise/sunset times	No
Find My Watch	Yes
PacePro™ Pacing Strategies	No
Preloaded topographical maps	No
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	No
Cadence (provides real-time number of steps per minute)	No
GPS speed and distance	No
Chores	No
Available gym activity profiles	Strength Training, Cardio Training, Elliptical Training, Stair Stepping, Yoga
All-day Stress Tracking	Yes
Critical swim speed	No
Unit-to-unit route/location sharing	No
Incident Detection during select activities	No
Foot pod capable	No
Move IQ™	Yes
Sun and moon information	No
Live Delta Time	No
Heart rate from external HRM (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)	No
Pool swim workouts	No
Toe-to-Toe™ Challenges	Yes
Back to start	No
Automatic daylight saving time	Yes
Virtual Partner	No

Smart notifications	Yes
Available swim profiles	Pool Swimming (Basic)
Green View with manual pin position	No
Underwater wrist-based heart rate	No
Round-trip course creator (running/cycling)	No
Chronograph	No
Yoga workouts	No
Weather	Yes
Pool swim metrics (lengths, distance, pace, stroke count/rate, swim efficiency (SWOLF), calories)	No
Interval training	Yes
Multiple time zones with Zulu/UTC	No
Touch-targeting (touch target on display to see the distance to any point)	No
Single-gas mode	No
Strava Live Segments	No
Race predictor	No
Trimix support	No
Connectivity	Bluetooth® Smart and ANT+®
Recovery time	No
Preloaded with 41,000 courses worldwide	No
Sync dive log to Garmin Connect™ and Garmin Connect™ Mobile	No
Color display	No
Garmin Pay™	No
On-screen workout animations	No
Compatible with BaseCamp™	No
Rewards (coins)	No
Virtual starting line	No
Built-in barometer and tide tables	No
Altimeter with adjustable baro setting	No
Connex avionics connectivity	No
Auto CourseView updates	No
Automatic sync (automatically transfers data to Garmin Connect)	No
Intensity minutes	Yes
Auto goal (learns your activity level and assigns a daily step goal)	Yes
Auto multisport activities	No

Stride length (real time)	No
Stopwatch	Yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	Yes
Running dynamics	No
HRV stress test (measures your heart rate variability while standing still, for 3 minutes, to provide you with an estimated stress level; the scale of this is 1 to 100; low scores indicate lower stress levels)	No
Basic rest timer (up from 0)	No
Downloadable cartography support	No
V02 max	Yes
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start to rapidly fatigue)	No
GPS coordinates	No
Physio TrueUp	No
Last race summary	No
Compatible with Vector™ (power meter)	No
Garmin Live Segments	No
Unlock new step icons	No
HR alerts	Yes
Hot keys	No
Power Modes - customizable in-activity battery settings	No
"Repeat on" rest timer	No
Phone-free text messaging	No
Accelerometer	Yes
Yardage to layups/doglegs	No
Handicap scoring	No
GPS-based distance, time and pace	Yes
Worldwide NAVAID and Intersection database(s)	No
Calories burned	Yes
Touch and/or button lock	No
Advanced Vector support	No
Trail run auto climb	No
Configurable lap alerts	No
Audio prompts	No
Timer	Yes
NEXRAD on moving map	No
TrueUp™	Yes

Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	No
UltraTrac mode	No
Vertical speed	No
Available run profiles	Running
Touchscreen	Yes
Floors climbed	Yes
Bread crumb trail in real time	No
Elevation profile	No
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Custom targets	No
PinPointer	No
Plays and controls watch music	No
Sight 'N Go	No
Tempo Training	No
Garmin Elevate™ wrist heart rate monitor	Yes
APNEA mode	No
Pilates workouts	No
Waypoint information page	No
SwingTempo	No
Group LiveTrack	No
Time/distance alerts (triggers alarm when you reach goal)	Yes
Moving Map with aviation airports, nav aids, roads, bodies of water and more	No
Automatic altitude adjustment	No
In-flight Pulse Ox	No
Compatible with Varia™ radar (rear-facing radar)	No
Race an Activity	No
Primary benefit (Training Effect labels)	No
Custom alerts	Yes
Auto lap splits	No
Multiple bike profiles	No
Total ascent/descent	No