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Garmin quatix 7

Garmin quatix 7 Standard Edition Marine GPS Smartwatch User Manual

Model: quatix 7 | Brand: Garmin

INTRODUCTION

The Garmin quatix 7 is a multisport GPS smartwatch designed for marine activities and beyond. It offers comprehensive connectivity with compatible Garmin chartplotters and other marine devices, providing features like autopilot control, data streaming, Fusion-Link™ entertainment system control, integrated tide data, and new alarms for enhanced situational awareness. This smartwatch combines traditional button controls with a responsive touchscreen interface for convenient access to its many functions. It supports optional BlueChart® g3 coastal charts and LakeVü™ g3 inland maps. When paired with a compatible smartphone, it delivers advanced smartwatch capabilities including built-in activity profiles for various sports, performance metrics, smart notifications, 24/7 health monitoring, and Garmin Pay™ contactless payments.

WHAT'S IN THE BOX

- quatix 7 Smartwatch
- Charging/Data Cable
- Documentation (User Manual)

KEY FEATURES

- **Rugged Design:** Features an always-on 1.3" display, stainless steel bezel, buttons, rear case, and QuickFit band system.
- **Dual Interface:** Traditional button controls and a highly responsive touchscreen for quick navigation.
- **Marine Connectivity:** Connects with compatible Garmin chartplotters for remote control of MFD features like chart zoom, layout shortcuts, Fusion stereo, and autopilot.
- **Situational Awareness:** Access tide data on the watch face and receive new alarms for anchor drag or imminent tide changes.
- **Advanced Mapping:** Supports optional BlueChart g3 coastal charts and LakeVü g3 inland maps.
- **Smartwatch Functions:** Smart notifications, preloaded activity profiles, built-in sports apps, training features, and Garmin Pay contactless payments (where supported).

- **Health Monitoring:** 24/7 wrist-based heart rate, Pulse Ox, stress tracking, and enhanced sleep monitoring.
- **Preloaded Maps:** Thousands of golf courses and ski resorts worldwide; TopoActive maps downloadable via Wi-Fi.
- **Water Rating:** Water-rated to 10 ATM (100 meters).

SETUP

1. Charging the Device

Before initial use, fully charge your quatix 7 smartwatch using the provided charging/data cable. Connect the cable to the charging port on the back of the watch and plug the USB end into a power source (e.g., computer USB port or USB wall adapter).

2. Powering On/Off

To power on the device, press and hold the **LIGHT** button (top left) until the Garmin logo appears. To power off, press and hold the **LIGHT** button until the power options menu appears, then select 'Power Off'.

3. Initial Setup and Pairing

Upon first power-on, the watch will guide you through initial setup steps, including language selection. To unlock the full potential of your quatix 7, pair it with your smartphone using the Garmin Connect app.

1. Download and install the **Garmin Connect** app from your smartphone's app store.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Select 'Add Device' in the app and choose your quatix 7 from the list.
4. Follow the prompts on both your watch and phone to complete the pairing process. A Bluetooth pairing code will be displayed on your watch.

4. Basic Settings

After pairing, you can customize various settings through the Garmin Connect app or directly on the watch. This includes watch faces, data fields, activity profiles, and notification preferences.

OPERATING THE DEVICE

Navigation and Controls

The quatix 7 features both traditional button controls and a touchscreen. You can use either method to navigate menus and select options.

- **LIGHT Button:** Press to turn on/off backlight; hold to access controls menu.
- **UP-MENU Button:** Press to scroll up through widgets and menus; hold to access the main menu.
- **DOWN Button:** Press to scroll down through widgets and menus; hold to access music controls.
- **START-STOP Button:** Press to start/stop an activity or select an option.
- **BACK-LAP Button:** Press to return to the previous screen or record a lap during an activity.
- **Touchscreen:** Swipe up/down to scroll, tap to select, swipe left/right for additional options.



Image: The Garmin quatix 7 watch face displaying the D-PAD controls for HOME, SELECT, BACK, UP, DOWN, LEFT, and RIGHT navigation.

Marine Features

The quatix 7 is specifically designed for marine environments, offering advanced integration with your boat's systems.

- **Autopilot Control:** Remotely control your boat's autopilot from your wrist. Access the autopilot app to change heading, engage pattern steering, and follow a GPS route.
- **Data Streaming:** View critical marine data such as water depth, engine RPM, wind speed, and custom data directly on your watch when connected to compatible marine devices.
- **Fusion-Link™:** Control your onboard Fusion-Link entertainment system from your watch.
- **Tide Data:** Integrated tide data is available on the watch face, providing current and upcoming tide information for your location.
- **Anchor Drag Alerts:** Receive alerts if your anchor begins to drag, enhancing safety and awareness.
- **Waypoint Marking:** Mark chartplotter waypoints from anywhere on your boat without needing to return to the helm.



Provides comprehensive connectivity with compatible Garmin marine devices¹.

¹Compatible marine products: GPSMAP 7x2/7x3/9x2/9x3/12x2/12x3 Plus, GPSMAP 10x2/12x2, GPSMAP 74/7600, GPSMAP 84/8600, GHC 20, GNX Wind, GNT 10

Image: The Garmin quartz 7 watch face showing 'Heading Hold' with a compass and current heading of 187 degrees.



New alarms for better situational awareness on the water.

Image: The Garmin quatix 7 watch face displaying an 'Anchor Drag Event!' alert with a drift radius of 100 feet.



Features traditional buttons, new touchscreen interface, and built-in water and land activities.

Image: The Garmin quatix 7 watch face showing the 'Boat' menu with options for 'Sail', 'Sail Race', 'Tides', and 'Anchor'.

Mapping and Navigation

The quatix 7 provides robust mapping capabilities to keep your explorations on track.

- **Coastal Charts:** Supports optional BlueChart g3 coastal charts with integrated Navionics data.
- **Inland Maps:** Supports LakeVü g3 inland maps for freshwater navigation.
- **TopoActive Maps:** Download TopoActive maps for any region worldwide via Wi-Fi connectivity.
- **Multi-GNSS Support:** Access multiple global navigation satellite systems (GPS, GLONASS, and Galileo) for improved tracking in challenging environments.

Sports and Activity Tracking

Utilize preloaded activity profiles and advanced metrics for various land and water sports.

- **Built-in Sports Apps:** Includes profiles for trail running, swimming, running, biking, hiking, rowing, golfing, surfing, indoor climbing, and more.
- **Performance Metrics:** View advanced training metrics such as running dynamics, heat- and altitude-adjusted VO2 max, trail running adjustment, and recovery advisor.
- **Golf Course Maps:** Access full-color CourseView maps for over 42,000 golf courses.
- **SkiView Maps:** Preloaded maps for over 2,000 ski resorts with run names and difficulty ratings.

Health and Wellness Monitoring

The quatix 7 provides comprehensive health tracking features.

- **Wrist-Based Heart Rate:** Continuously samples your heart rate to gauge activity intensity, even underwater.
- **Pulse Ox:** Monitors blood oxygen saturation levels (note: not a medical device).
- **Stress Tracking:** Monitors your stress levels throughout the day.
- **Advanced Sleep Tracking:** Provides a full breakdown of your light, deep, and REM sleep stages with a sleep score and insights.

Smart Features

- **Smart Notifications:** Receive alerts for calls, texts, and emails when paired with your compatible smartphone.
- **Garmin Pay™:** Make contactless payments directly from your watch (with a supported country and payment network).

MAINTENANCE

Cleaning the Device

Regularly clean your quatix 7 to maintain its performance and appearance. Use a soft, damp cloth to wipe the watch and strap. For stubborn dirt, a mild soap solution can be used, followed by rinsing with fresh water and thorough drying. Avoid harsh chemicals or abrasive materials.

Water Resistance

The quatix 7 is water-rated to 10 ATM (100 meters), making it suitable for swimming, showering, and snorkeling. However, it is not recommended for scuba diving or high-speed water sports where it may be subjected to high-velocity water. Avoid pressing buttons underwater.

Battery Care

To maximize battery life, avoid exposing the watch to extreme temperatures. Charge the device regularly, but avoid leaving it fully charged or fully depleted for extended periods. The quatix 7 Standard Edition offers up to 18 days of battery life in smartwatch mode.



Longer battery life means more time on the water.
Get up to 18 days in smartwatch mode.

Image: The Garmin quatix 7 watch face displaying 'Battery Saver Mode' with various icons indicating features that can be toggled to conserve power.

Software Updates

Keep your device's software up to date to ensure optimal performance and access to new features. Updates can be downloaded automatically via Wi-Fi when available, or manually through the Garmin Connect app or Garmin Express on a computer.

TROUBLESHOOTING

Device Not Turning On

Ensure the device is fully charged. Connect it to the charging cable and a power source for at least 30 minutes. If it still doesn't turn on, try performing a soft reset by holding the LIGHT button for 15 seconds.

Connectivity Issues

If your watch is not connecting to your smartphone or marine devices:

- Ensure Bluetooth is enabled on your smartphone and the watch.
- Verify that the Garmin Connect app is running in the background.
- Restart both your watch and smartphone.
- If issues persist, try unpairing and re-pairing the device through the Garmin Connect app.

Inaccurate Data

If you experience issues with GPS accuracy, heart rate monitoring, or other data:

- Ensure the watch is worn snugly on your wrist.
- For GPS, ensure you have a clear view of the sky.
- Calibrate sensors if necessary through the watch settings.
- Ensure the device software is up to date.

SPECIFICATIONS

Feature	Detail
Product Dimensions	1.85 x 1.85 x 0.57 inches
Item Weight	10.2 ounces
Item Model Number	010-02540-60
Batteries	1 Lithium Ion batteries required (included)
Operating System	Proprietary Garmin OS
Wireless Communication	Wi-Fi, Bluetooth
Connectivity Technologies	Bluetooth, USB, Wi-Fi
GPS	Built-in GPS
Human Interface Input	Buttons, Touchscreen
Screen Resolution	260 x 260 pixels
Color	Blue
Water Rating	10 ATM (100 meters)
Screen Size	1.3 Inches
Map Type	North America (expandable)
Battery Life	Up to 18 days (Smartwatch mode)

OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An overview of the Garmin quatix 7 Series, highlighting its marine and multisport capabilities, display options, and connectivity features.

WARRANTY AND SUPPORT

Garmin provides a limited warranty for its products. For specific warranty details, please refer to the documentation included with your quatix 7 or visit the official Garmin website. For technical support, troubleshooting assistance, or service inquiries, please contact Garmin Customer Support. You can find

contact information and additional resources on the Garmin website or through the Garmin Connect app. Visit the [Garmin Store](#) for more information and accessories.