PILOTWATCH

User's Guide



Aviation-inspired. Designed for everyone.

Revision A | October 2026

Important Safety Information

PilotWatch combines local and secondary time, weather, health information, sunrise/sunset times, and optional pilot and aircraft reminders on a Garmin watch. This guide explains its indications and on-watch settings.

WARNING
PilotWatch is an advisory display. Do not use it as the sole source for weather, flight planning, navigation, regulatory compliance, oxygen decisions, or medical decisions.

- Verify aviation weather using the approved sources and procedures for the flight.
- Confirm the reporting station and report age before relying on weather displayed on the watch.
- Treat flight-category colors, day/night references, and due-date reminders as advisory references, not legal determinations.
- Wrist heart rate and Pulse Ox are wellness information, not medical or approved aircraft oxygen instruments.

About This Guide

This guide is intended for watch users and describes features, display indications, and common procedures.

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1 PilotWatch at a Glance



The arrangement and available features vary by watch; however, the principal display areas remain consistent:

Display area	Information presented
1. Weather Panel	Aviation weather or Current Conditions from Garmin
2. Pilot Time Indicators	Flight and landing time references when Pilot Mode is On
3. Bezel Time Markers	Sunrise, sunset, and current time on supported watches
4. Health Panel	Heart rate; Steps/Floors Climbed or SpO2/altitude; Body Battery or Stress
5. Primary Time	Local 24-hour time
6. Seconds and Status	Seconds, alarm status, and battery
7. Secondary Panel	Date and secondary time; adjacent annunciators show reminders and device status
8. Data Panel	Sunrise/sunset times and, when configured, the aircraft tail number

2 Getting Started

Access PilotWatch settings from the watch face's context or settings menu using the buttons or touch gestures appropriate for your watch.

PilotWatch starts with pilot-oriented defaults. Choose the setup below that suits your needs; either configuration can be changed later.

Everyday Use Setup

1. Open **Pilot Mode** and set **Mode** to **Off**. Pilot Time Indicators and pilot reminders are hidden. On weather-capable watches, Current Conditions becomes effective unless **Weather Mode** is **Off**.
2. The Data Panel displays sunrise and sunset. Aircraft reminders remain inactive unless a tail number and tracked dates are set.
3. Open **Secondary Time > Mode** and select **Off** or **Custom**. For Custom, set **UTC Offset** and apply a daylight-saving adjustment when needed.
4. Open **Units**, when present, to select the preferred units. **Wind** offers **Knots**, **mph**, and **km/h**. Watches with only one unit setting show **Altitude Units** directly in the main settings menu.
5. Use **Data > Altitude Trigger** to choose when SpO2 and altitude replace Steps and Floors Climbed in the two-row Health Panel. Off is the default.

Pilot Setup

1. Open **Pilot Mode** and leave **Mode** On.
2. Choose **Aviation** under **Weather Mode**, when available.
3. Leave **Secondary Time > Mode** at **Zulu**, or choose **Off** or **Custom**.
4. Choose the preferred settings under **Units**, when present. The defaults are Celsius, feet, knots, statute miles, and inHg.
5. Open **Aircraft** to enter a tail number and configure aircraft reminders. **Display Tail Number** defaults to On. Select Off to hide the tail number without erasing it or its reminder records.
6. Optionally configure **Medical Certificate** and **Flight Review (BFR)**.
7. When available, choose **Refresh Weather**, close settings, and allow PilotWatch time to complete the request.

NOTE
Settings are configured on the watch. PilotWatch does not provide a separate settings page in Garmin Connect or the Connect IQ Store app.

Settings are saved when a selection is confirmed. Changing Pilot Mode or the tail-number display preference does not erase reminder records.

Differences Between Watches

Weather is unavailable on D2 Air X10, Venu 2S, Venu 2, Venu 2 Plus, Forerunner 265S, and supported MIP watches. Their Health Panel occupies the upper area instead. All retain pilot and aircraft reminders, health data, and sunrise/sunset times. Other watches can use the same arrangement by selecting Weather Mode Off.

Panel rows and reminder positions adapt to the available space. Bezel Time Markers are available only on supported aviation watches with a 24-hour bezel. Unavailable settings are omitted from the menu.

AMOLED Watch Examples

These examples illustrate different watch layouts. Illustrations are not actual weather reports or health measurements. Displayed rows depend on the available space and settings.



Venu 2S, 360 x 360: weather is unavailable. The upper Health Panel displays six values when Altitude Trigger is enabled and the layout has sufficient space.



Venu X1, 448 x 486: Weather Mode Off places the Health Panel above the Primary Panel. The Data Panel displays sunrise/sunset and the configured tail number on separate rows.

AMOLED Aviation Watch Examples

These examples use different sample readings and reminder states.



D2 Mach 1, 416 x 416: VFR weather and a red VOR annunciator indicating that the VOR check has expired.



MARQ (Gen 2) Aviator, 390 x 390: Weather Mode Off, altitude 12,500 ft, and SpO2 92%. BFR is amber for the due month; MED is yellow for advance notice.

MIP Watch Examples

MIP watches omit weather. Their native fonts and compact indicators preserve readability at lower resolutions.



fenix 7S, 240 x 240: the two-row Health Panel displays heart rate, Steps, Body Battery, and Floors Climbed. SpO2 and altitude can replace Steps and Floors Climbed according to Altitude Trigger.



fenix 7X, 280 x 280: this configuration has room for six health values. Other configurations may use the two-row Health Panel.

3 Suggested Watch Settings

These settings belong to the Garmin watch, not PilotWatch. Menu names and available options vary by model and software version.

Display Timeout

Set the normal-use display timeout to **15 seconds**, where available. This allows enough time to read the information on the full PilotWatch display before the screen dims or turns off.

Save Location Shortcut

Assign **Save Location** to a button shortcut or hot key, or add it to the watch's controls menu where supported. This provides convenient access to a new GPS fix after travel or when the GPS annunciator requests location confirmation.

1. Go outdoors with a clear view of the sky.
2. Open **Save Location** and wait until the watch acquires GPS signals and displays the current location.
3. Complete any required prompts, then return to PilotWatch.

PilotWatch does not activate GPS. A new fix can improve solar calculations and aviation station selection, but does not change Garmin's Current Conditions location or force a new weather observation.

Health Data

- **Heart rate:** Leave **Wrist Heart Rate > Status** set to **Auto** (the normal default) for all-day monitoring.
- **Steps:** Keep **Activity Tracking** enabled. Where offered, select **Activity Tracking > Status > On**. Some watches keep it enabled automatically; starting a recorded activity is not required.
- **Pulse Ox (SpO2), optional:** Select **Pulse Oximeter > All Day**, or **Pulse Ox > Tracking Mode > All Day**. Garmin takes readings while you are inactive, not continuously. **All-day Pulse Ox recording reduces battery life.**

PilotWatch displays readings provided by Garmin. Its **Altitude Trigger** only determines when SpO2 and altitude replace Steps and Floors Climbed on the watch face; it does not enable a sensor or request a measurement.

4 Time and Day/Night References

Primary and Secondary Time

The Primary Panel contains primary time in 24-hour format, seconds, the alarm and battery indicators, and Pilot Time Indicators. The Secondary Panel shows the date and secondary time. Bezel Time Markers and annunciators are separate from the panels.

Open **Secondary Time > Mode** and select **Off**, **Zulu** (the default), or **Custom**. Off leaves the secondary field empty. Zulu displays `HH:MMZ` and does not apply the Custom settings.

For Custom, open **UTC Offset**. Select signed hours first, then minutes, and confirm. Offsets use 15-minute increments from UTC-12:00 through UTC+14:00. For example, select `-03` and `30` for UTC-03:30. Cancel leaves the saved offset unchanged.

Daylight Saving offers Off, 30 minutes, or 1 hour when the resulting offset is within that range. It is a manual adjustment; PilotWatch does not change it seasonally. Switching to Off or Zulu retains the Custom offset and daylight-saving adjustment for later use.

Primary Time Color

- **White:** between sunrise and sunset.
- **Cyan:** between sunset and sunrise.
- **Amber:** PilotWatch cannot determine the sunrise/sunset state.
- **Red:** automatic low-power conservation at 10% battery or below.

Pilot Time Indicators

Pilot Mode On enables two aircraft-shaped time indicators:

Symbol	Night reference
Flight time indicator (upper aircraft)	End of evening civil twilight through beginning of morning civil twilight
Landing time indicator (lower aircraft)	One hour after sunset through one hour before sunrise

Both symbols are white for day, cyan for night, and gray for unknown or expired solar state. Apply the definitions for the operation and jurisdiction.

Bezel Time Markers

On supported watches, **Time Markers** offers **On** and **Off**. Sunrise and sunset use single short arcs, and current local time uses a double arc. The setting is absent on watches without Bezel Time Markers.

Marker	During the day	At night
Sunrise arc	White	Light gray
Sunset arc	Cyan	Cyan
Current-time double arc	White	Cyan

The current-time double arc is amber when day/night information is unavailable. Turning Bezel Time Markers Off does not change primary-time colors or Pilot Time Indicators.

Unknown or absent events have no sunrise/sunset marker for that date. Pilot Time Indicators can still indicate continuous polar day or night.

Night and Pilot Mode Off

These D2 Mach 2 Pro examples illustrate night colors and an everyday-use setup. The readings and weather reports are illustrative.



Night example, 21:35:07: primary time and both Pilot Time Indicators are cyan. The full face remains visible while the watch is awake.



Pilot Mode Off, 17:35:07: Current Conditions remains available and Pilot Time Indicators are hidden. The tail number can remain displayed independently of Pilot Mode.

5 Weather

On weather-capable watches, open **Pilot Mode > Weather Mode**. Pilot Mode On offers **Aviation**, **Current Conditions**, and **Off**. Pilot Mode Off offers **Current Conditions** and **Off**. Weather-disabled watches omit the Weather Panel, Weather Mode, Refresh Weather, and GPS Reminder.

Off replaces the Weather Panel with the Health Panel. Pilot Mode Off temporarily substitutes Current Conditions for saved Aviation weather; switching Pilot Mode On restores Aviation. Selecting Weather Mode explicitly replaces the saved choice.

Aviation Weather

Aviation mode displays the latest usable report from the nearest identifiable station. The Weather Panel header shows its identifier and report age.



Example: KTCY report, VFR flight-category indicator, and METAR fields.

Displayed field	Indication
C:	Ceiling or clear-sky code
V:	Visibility
T:	Outside air temperature
A:	Altimeter setting or QNH
D:	Dew point
W:	Wind direction, speed, and gust

Wind speed and gust follow the selected knots, mph, or km/h setting and are rounded to whole numbers. Altitude, visibility, temperature, and pressure follow the selected PilotWatch units.

For example, `300@13G18` indicates wind from 300 degrees at 13, gusting to 18, in the selected speed unit. The `W:` label may be omitted to accommodate a long wind value.

Sky and Ceiling Codes

Code	Indication in PilotWatch
`SKC`	Sky clear from a manual observation
`CLR`	Clear below the automated station's reporting limit
`NSC`	No significant cloud
`NCD`	No cloud detected
`BKN` / `OVC`	Broken / overcast; PilotWatch displays the lowest ceiling height rather than these codes
`VV`	Vertical visibility into obscuration; a decoded ceiling is displayed when available
`--`	Unknown, unavailable, or expired

FEW and SCT layers are not ceilings. For example, `FEW005 BKN010` results in a displayed ceiling of `1000'` when feet are selected.

Flight Category (Advisory Only)

When a current report contains sufficient, consistent ceiling and visibility information, a letter in a colored circle appears beside the Weather Panel:

Category	Indicator	Indication
VFR	Green `V`	Visual flight rules
MVFR	Blue `V`	Marginal visual flight rules
IFR	Red `I`	Instrument flight rules
LIFR	Magenta `I`	Low instrument flight rules

Without a flight-category indicator, PilotWatch has insufficient confidence to assign a category. A category is advisory and does not establish whether a particular flight is permitted or safe.

Garmin Weather Fallback

If a current METAR is unavailable, PilotWatch may display Garmin weather under the heading `GARMIN WX`. These values use a neutral color and do not produce a flight-category indicator. Missing aviation fields display `--`. The weather-status indicator still describes the METAR, not the age of the Garmin fallback.

Current Conditions

Current Conditions uses Garmin weather and is intended for general daily use. The title describes the reported condition; it does not show observation age.



Example: condition title and two weather lanes.

Left lane	Right lane
`T:` actual / feels-like temperature	`P:` precipitation chance
`R:` daily low / high	`H:` relative humidity
`U:` UV index	`W:` wind direction / speed

Current conditions use green for fair weather, light gray for clouds, blue for rain, white for snow, amber for cautionary conditions, and red for potentially hazardous conditions. These colors describe Garmin's reported condition; they do not indicate an aviation flight category or an official weather alert.

Garmin chooses and updates the weather location. PilotWatch reads the conditions Garmin makes available; it does not select the Current Conditions station.

Weather Off

Select **Pilot Mode > Weather Mode > Off** to hide the Weather Panel. The Health Panel moves above the Primary Panel, and the Data Panel displays sunrise/sunset and the tail number when configured. The Primary and Secondary Panels retain their positions.



D2 Mach 2 Pro with Weather Mode Off and Altitude Trigger enabled. The three-row Health Panel displays all six values, including SpO2 and altitude.

Weather Status

Indicator	Condition indicated	Recommended action
Yellow circular arrow	Weather data is old	Select **Refresh Weather**; verify aviation report age
Red circle with an exclamation mark	Weather data is unavailable or invalid	Verify phone connectivity and weather availability
No weather-status indicator	Current Conditions are current, or aviation data is current but insufficient for a category	Review the source and available fields

Aviation reports expire at 90 minutes. Current Conditions become muted gray after two hours and their values are replaced with - - after six hours. An age-related arrow remains yellow even when values have been hidden. Missing or invalid data produces the red weather-status indicator. PilotWatch never presents expired aviation values as current.

Refresh Weather

1. Open PilotWatch settings.
2. Select **Refresh Weather**.
3. Close settings and return to the watch face.
4. Review the weather after the next update. In Aviation mode, check the station identifier and report age.

Refresh requested confirms that PilotWatch accepted the request, not that a new report has arrived. Aviation mode requests a station search and weather update. Current Conditions rereads weather already available from Garmin. Garmin may delay a request or provide the same observation again.

Location and the GPS Annunciator

In Aviation mode, PilotWatch uses location to find the nearest reporting station. It does not activate GPS automatically.

- **Yellow GPS:** indicates that a fresh GPS fix would help confirm the station selection.
- **Red GPS:** indicates that PilotWatch has no usable location or station reference. Obtain a GPS fix before relying on nearest-station selection.
- **No GPS annunciator:** indicates that PilotWatch considers its location reference adequate.

After significant travel, allow the watch to obtain a location through standard GPS use, then select **Refresh Weather**.

GPS Reminder, on the Pilot Mode page, offers Off, 6, 12, 24, 48, or 72 hours. The default is 12 hours. Off suppresses reminders due solely to elapsed time; it does not suppress a missing-location or significant-location-change annunciator.

Current Conditions does not require a GPS fix in PilotWatch. In that mode, the GPS annunciator concerns solar references only: red indicates no location is available for calculation; yellow indicates that available locations disagree enough to affect solar timing. A new fix does not force Garmin to update its weather source.

6 Health and Data

Heart Rate and Steps

The Health Panel normally has two rows: heart rate and Steps/SpO2 above Body Battery/Stress and Floors Climbed/altitude. Some configurations provide three rows, as described under Health Layout. Body Battery appears without %.

Drawn symbols identify each value: a heart for heart rate, footprints for Steps, O2 for SpO2, a person for Body Battery, a stress symbol, and a staircase-and-arrow symbol for Floors Climbed.

- Heart rate below 40 bpm is red; 40-49 bpm is amber. Higher exercise zones can also change from green to amber or red.
- Steps and Floors Climbed use configurable progress colors: optional red at or below a selected maximum, yellow below the amber threshold, amber below the target, and green at or above the target. Steps is limited to 99999; Floors Climbed is limited to 999.
- -- indicates that Garmin did not provide a usable value.

To configure progress colors, open **Data > Steps** or the **Data > Floors Climbed** menu:

1. **Mode On** is the default and enables amber and any configured red range. **Mode Off** uses yellow below the saved target and green at the target, without clearing the thresholds.
2. **Target** sets the value at which the indication becomes green. Steps offers 500 through 15,000 in 500-step increments. Floors Climbed offers whole numbers from 1 through 20.
3. **Red at or below** adds an optional red range up to and including the selected value. **Off** disables red and is the default. Selecting **0** makes a zero count red. The red maximum must remain below the amber threshold.
4. **Amber at or above** sets the beginning of the amber range, up to the target.
5. **Restore Defaults** turns Mode On, captures Garmin's goal as the target, sets amber to two-thirds of that target rounded upward to 500 steps or a whole floor, and turns red Off. Without a positive goal, targets are 8,500 steps or 10 floors. Targets are capped at 15,000 steps and 20 floors.

First installation uses the same defaults: without a Garmin goal, amber begins at 6,000 steps or 7 floors. The saved targets do not follow subsequent Garmin goal changes. Lowering a limit adjusts dependent limits. PilotWatch does not change Garmin's goals.

Pulse Ox and Altitude

Open **Data > Altitude Mode** to select the altitude displayed on the watch face:

- **Pressure Altitude** (default): altitude calculated from the pressure around the watch, referenced to standard atmospheric pressure.
- **Calibrated Altitude:** Garmin's current altitude estimate. Its accuracy depends on the watch's available data and calibration.

Both sources use the selected altitude unit and round to whole feet or meters. An unavailable reading displays `--`; PilotWatch does not substitute another source.

Approach S50, vivoactive 5, and vivoactive 6 do not provide ambient pressure to PilotWatch. On these watches, Garmin's calibrated altitude is used for both display and Altitude Trigger, and the **Data > Altitude Mode** menu is omitted.

Data > Altitude Trigger controls the two right-side fields of the Health Panel:

- **Always:** display SpO2 above the selected altitude regardless of altitude; display `--` when either reading is unavailable.
- **Altitude threshold:** display SpO2 above altitude when the trigger reading reaches the selected threshold. The pair returns to Steps and Floors Climbed after the reading falls 250 feet below that threshold, or becomes unavailable. The trigger uses pressure altitude where supported, regardless of the selected display source; the three watches listed above use Garmin's calibrated altitude instead.
- **Off:** display Steps above Floors Climbed.

Threshold choices are 6,000, 8,000, 9,000, 10,000, 11,000, or 12,000 feet; or 2,000, 2,500, 3,000, or 3,500 meters. Changing units preserves the physical threshold until a new value is selected.

In a pressurized aircraft, cabin pressure altitude may remain below the selected threshold even at a high flight altitude. Steps may therefore remain displayed. Choose **Always** to display SpO2 and the selected altitude regardless of cabin altitude. An unreached threshold does not establish that oxygen levels are adequate.

PilotWatch cannot start a Pulse Ox measurement. It displays Garmin's latest available sample, which is not necessarily recent. A reading is not removed solely because of its age. When the sample time is available, an age such as `94% 12m` indicates a reading recorded 12 minutes ago. Ages of one hour or more use rounded whole hours, and readings older than six hours display `6h+`. The age is omitted only when Garmin provides a value without a sample time. An absent age does not establish that the reading is current.

Obtain new readings with Garmin's Pulse Ox feature. Default colors are red at or below 90%, yellow through 92%, and green above 92%. Cyan replaces green when an altitude threshold activates the two-row display; Always and three-row displays remain green. In **Data > Pulse Ox**, adjust limits or restore defaults. Red must be below yellow and at least 75%; yellow cannot exceed 95%.

These colors are advisory. A wrist Pulse Ox reading is an estimate and is not a diagnosis, a substitute for symptoms and judgment, or by itself an instruction to descend or use supplemental oxygen. Follow applicable operating procedures and oxygen requirements when hypoxia is suspected.

Health Layout

With weather disabled or unavailable, the Health Panel moves above the Primary Panel and can use three rows when Altitude Trigger is enabled **or** the tail-number row is hidden. The Venu X1 can also use three rows with weather displayed when the tail number is hidden. The rows are:

Row	Left	Right
Top	Floors Climbed	Steps
Middle	Heart rate	SpO2
Bottom	Body Battery or Stress	Selected altitude

All six fields remain visible in this layout, regardless of Altitude Trigger. If space is insufficient, the normal two-row presentation remains and Altitude Trigger controls the right-side pair.

Data Panel

Aircraft > Display Tail Number defaults to On. A saved tail number then replaces Sunrise / Sunset in a one-row Data Panel. Off hides the tail number without erasing it or its reminder records.

The Venu X1 and layouts without the Weather Panel provide two rows: Sunrise / Sunset above the displayed tail number. An unset or hidden tail number removes the second row and may allow the three-row Health Panel layout.

Sunrise / Sunset

Sunrise appears left of the half-sun symbol and sunset to its right. Both times use local 24-hour format. Sunrise is white during the day and light gray at night; sunset is cyan. The half-sun is yellow by day and amber at night. Muted **- - : - -** indicates missing location or an event that does not occur on that date. The **Time Markers** setting does not affect these times.

Body Battery

Body Battery uses Garmin's latest available value. These default display colors are PilotWatch ranges, not Garmin classifications:

Value	Color
0-10	Red
11-40	Yellow
41-79	Light gray
80-100	Green
Unavailable	Muted gray - -

To adjust the colors, open **Data > Body Battery**:

1. Choose **Mode**: **Off** uses light gray for all available values; **On** applies the saved limits.
2. Set **Red at or below**, **Yellow at or below**, and **Green at or above**. Editing any limit leaves the mode On. Choices use increments of 10. Values above yellow but below green are light gray. Limits remain in ascending order.
3. Choose **Restore Defaults** to turn the mode On and restore limits of 10, 40, and 80.

Switching Off retains the saved limits.

The person symbol and Body Battery value normally occupy the lower-left position. High Stress can replace them with a yellow Stress symbol and value; Body Battery at or below its red limit takes priority, even with color Mode Off. Stress appears after two high readings of 76 or above and clears at 70 or below. When Body Battery is unavailable, an available Stress value is displayed instead. If neither is available, the person symbol displays - -.

7 Pilot and Aircraft Reminders

Pilot Mode

Pilot Mode On enables Pilot Time Indicators and pilot reminders. Off hides them without deleting settings and substitutes Current Conditions for saved Aviation weather. Weather Mode Off remains Off.

Flight Review

Open **Pilot Mode > Flight Review (BFR)**. Select **Today** or **Set Date** and enter the most recent completion date. Select **Do Not Track** to retain the date without displaying a reminder, or **Unset** to erase it.

Medical Certificate

Open **Pilot Mode > Medical Certificate** and complete these settings:

1. **Class Tracked:** select the class required for the operations being monitored, or Do Not Track to retain the record without a reminder.
2. **Certificate Class:** select the class of the issued certificate.
3. **Examination Date:** enter the date of examination shown on the certificate.
4. **Age at Examination:** confirm Under 40 or 40 or Older. An Unset value must be completed when tracking is active.
5. **Printed Limit:** enter an earlier expiration date printed on the certificate, when applicable; otherwise select No Limit.

The tracked class can be lower than the issued class. For example, a first-class certificate can be monitored for third-class operations. The calculation uses age at examination, not current age. Verify the suggested age group whenever a new examination date is entered; a new date also clears the previous printed limit.

An active medical reminder is yellow during the preceding month, amber during the expiration month, and red after expiration. An earlier Printed Limit uses amber only on that date; the annunciator remains yellow until then. Incomplete, invalid, or insufficient-class records are red. A current, complete record has no annunciator.

Examination Date > Unset clears the date and printed limit and makes the reminder inactive. **Certificate Class > None** clears the certificate record but retains an age group of 40 or Older. It does not disable Class Tracked, so an active tracked class then produces a red MED annunciator.

Aircraft

Open **Aircraft** to configure VOR Check, Aircraft Annual, Altimeter/Static, Display Tail Number, and Tail Number. Enter a tail number, or select **Change** or **Unset** for a saved identifier. Without a tail number, inspection rows indicate **No tail number** and are inactive.

For each date, select **Today** or **Set Date** to activate tracking, **Do Not Track** to retain the date without a reminder, or **Unset** to erase it. Hiding the tail number does not stop tracking. Unsetting it preserves dates for reuse with the same aircraft.

Annunciators

Aircraft Annual uses ANN without changing the tail-number color. Reminder annunciators are:

Display	Indication	Timing
ANN	Aircraft Annual	12 calendar months
BFR	Flight Review	24 calendar months
ALT	Altimeter/Static	24 calendar months
VOR	VOR Check	30 days
MED	Medical Certificate	Entered certificate and tracked class

ANN, BFR, and ALT annunciators are yellow in the preceding month, amber during the due month, and red afterward. VOR is yellow on days 24-29 after the entered check date, amber on day 30, and red from day 31. Medical status follows the rules described above.

PWR and GPS appear left of the date; the phone-disconnection annunciator appears right of secondary time. Round watches use reminder positions above an upper Health Panel and below the Data Panel when space permits; otherwise reminders share the left position. Rectangular watches use a column aligned with the Health Panel.

Red precedes amber, then yellow. At equal severity, system annunciators precede reminders, which follow this order: MED, BFR, ANN, VOR, ALT. Only the highest-priority annunciators that fit are shown.

> **CAUTION**
> PilotWatch reminders do not establish compliance. They use simplified U.S. FAA intervals and entered dates, not complete records. Verify exceptions, limitations, equipment requirements, and applicable regulations independently.

8 Device Status and Power

Indicator or annunciator	Indication
Alarm indicator (alarm clock)	One or more alarms are configured
Phone-disconnection annunciator (red crossed phone)	The watch reports that the phone is disconnected
PWR annunciator	Automatic low-battery conservation is active
Battery indicator	Cyan while connected to wired charging, green while receiving solar input, otherwise neutral above 20%, yellow above 10% through 20%, and red at 10% or below

Wired charging takes precedence over solar input when both are reported.

At 10% battery or below, automatic conservation hides the Weather Panel, Health Panel, and Bezel Time Markers; stops dynamic acquisition; and displays red primary time and the PWR annunciator. The Data Panel remains visible. Sunrise / Sunset times are maintained for the current date using the saved location; PilotWatch does not acquire a new position in this mode. This is independent of Garmin's Battery Saver.

Always-On Display

On AMOLED watches, always-on display shows local time and date in gray and changes position once per minute. Battery warnings remain yellow (above 10% through 20%) or red (10% or below); otherwise the battery is hidden. Each gray Pilot Time Indicator appears only while its respective night-time criterion is active; an unknown solar state hides it. Pilot Mode Off or low battery hides both. Wake the watch for the full layout, subject to low-battery restrictions.

On MIP watches, the complete face remains stationary and updates once per minute in low-power mode. Wake for normal updates; low-battery restrictions still apply.

When Values Update

While the full face is visible, PilotWatch uses these intervals. Garmin controls acquisition of new readings and reports.

Normal interval	Information
Each second	Seconds, heart rate, and displayed Steps
Five seconds	Charging and solar-input state, phone connection, alarms, and displayed Health Panel Floors Climbed
One minute	Body Battery, Stress, battery percentage, date, secondary time, and available location
Up to once per minute	Displayed SpO2; altitude when displayed or required by Altitude Trigger
About ten minutes	Enabled weather; Refresh Weather requests an earlier check

Hidden faces do not update. AMOLED always-on uses only its sparse minute display; MIP low-power updates use minute cadence. Low-battery restrictions override normal intervals. A redraw does not ensure a new sensor reading or weather report.

9 Settings Reference

Available settings depend on the watch's capabilities and current configuration.

Setting	Purpose
Refresh Weather	Request a weather update after settings closes
Pilot Mode	Enable pilot features; configure Medical Certificate, Flight Review (BFR), Weather Mode, and GPS Reminder
Aircraft	Configure the tail number, its display preference, and aircraft reminder records
Pilot Mode > Weather Mode	Select Aviation, Current Conditions, or Off as supported by Pilot Mode
Data	Configure Body Battery colors, Steps and Floors Climbed targets and color ranges, Pulse Ox caution/danger limits, Altitude Trigger, and Altitude Mode where supported
Secondary Time	Mode: Off, Zulu, or Custom; Custom provides UTC Offset and Daylight Saving
Time Markers	Turn supported sunrise/sunset arcs and the current-time double arc On or Off
Units > Temperature	Celsius or Fahrenheit
Units > Altitude, or Altitude Units	Feet or meters
Units > Wind	Knots, mph, or km/h; displayed as whole numbers
Units > Visibility	Statute miles or compact metric display
Units > Pressure	inHg or hPa

The **Units** submenu appears only when more than one unit setting is available.

10 Troubleshooting

Weather Displays GARMIN WX

PilotWatch does not have a current METAR and is temporarily displaying Garmin weather. Check phone connectivity and select **Refresh Weather**. If the station is incorrect or GPS is indicated, obtain a location using the watch's normal GPS function. A valid location alone cannot ensure a current report.

Weather Fields Display - -

A displayed value of - - indicates that the value is unavailable, the report is incomplete, or the data is too old. Review the weather header, source, age, and weather-status indicator.

The Nearest Station Is Incorrect After Travel

Use the watch's standard GPS function or an activity to obtain a location, then select **Refresh Weather**. PilotWatch does not activate GPS automatically.

SpO2 or Altitude Displays - -

Use the watch's Garmin Pulse Ox feature to obtain a reading. PilotWatch can display the newest available reading but cannot initiate one. Altitude displays - - when Garmin does not provide a usable reading for the selected source. PilotWatch does not substitute another altitude source.

Settings Do Not Appear in the Phone Apps

This behavior is expected. Open PilotWatch settings directly on the watch.

A Reminder Is Not Visible

For pilot reminders, confirm Pilot Mode is On. For aircraft reminders, confirm a tail number is set. Review the saved record and tracking choice. A current record normally has no annunciator. Aircraft Annual status is indicated by ANN independently of whether the tail number is displayed. Higher-priority reminders can occupy all available reminder positions. On round watches without separate reminder positions, system annunciators can also hide reminders in the shared left position.

11 Privacy and Support

PilotWatch has no developer-operated server, advertising, analytics, or user account. It stores settings, recent location, station selection, and weather cache on the watch. In Aviation mode, nearest-station searches send a geographic search area to the NOAA Aviation Weather Center over HTTPS using Garmin's available connectivity. Weather-disabled watches neither read Garmin weather nor make these requests.

See the full Privacy Notice. The Connect IQ Store listing provides the current support contact and compatible-watch list.

12 Glossary

Term	Definition
AGL	Above ground level
Annunciator	Short reminder or device-status symbol, such as MED, GPS, or the crossed phone
BFR	Flight review reminder used by PilotWatch
Civil twilight	Period when the sun is between the horizon and six degrees below it; its limits define the flight time indicator's night reference
METAR	Routine aviation weather observation
MVFR / IFR / LIFR	Marginal VFR, instrument flight rules, and low IFR categories
QNH	Pressure setting that indicates elevation above mean sea level when set on an altimeter
Pressure altitude	Altitude relative to standard pressure, calculated from ambient pressure around the watch
Calibrated altitude	Garmin's current altitude estimate, subject to available data and calibration
SpO2	Peripheral oxygen saturation reported by Garmin Pulse Ox
Zulu	Coordinated Universal Time (UTC)

13 Privacy Notice

Effective date: September 9, 2026

PilotWatch is a Garmin Connect IQ watch face. This notice describes the data it accesses, stores, and transmits.

Summary

PilotWatch has no developer-operated server, user account, analytics, advertising, or tracking. It does not sell or share personal information for advertising. Most data remains on the Garmin watch.

To locate nearby aviation weather, PilotWatch sends an approximate geographic search area or a cached reporting-station identifier to the U.S. National Oceanic and Atmospheric Administration Aviation Weather Center over HTTPS. Garmin carries these requests through the watch's available connectivity, which may include a paired phone.

With **Weather Mode: Current Conditions**, PilotWatch reads Garmin's weather cache and does not make NOAA requests or search for reporting stations. This mode introduces no additional external weather service. With **Weather Mode: Off**, PilotWatch does not read Garmin weather or schedule NOAA weather work.

Weather-disabled watches, including supported round MIP models, do not read Garmin weather or make NOAA requests.

Data Accessed on the Watch

Depending on the enabled features and data available from the device, PilotWatch may access:

- Current or last-known device location and Garmin-reported location quality
- Heart rate and Garmin heart-rate zones
- Step count
- Latest Pulse Ox history sample or system complication value
- Body Battery, Stress, and Floors Climbed for the Health Panel
- Solar-input state for the battery indicator
- Garmin Steps and Floors Climbed goals when initializing or restoring activity-range defaults
- Current ambient pressure used to calculate pressure altitude, where supported

- Garmin's current altitude estimate when selected or required by the watch
- Battery level and charging state, phone-connection state, alarm count, time, and date
- Sunrise, sunset, and locally calculated civil-twilight times
- Garmin weather conditions, observation time, actual/feels-like temperature, forecast low/high, precipitation chance, humidity, UV, wind, and optional dew point and visibility for the aviation fallback

PilotWatch uses this information only to render the watch face, choose the nearest weather station, and operate the features described in the user guide.

Data Stored on the Watch

PilotWatch stores the following in Garmin application properties or application storage:

- Tail number; optional flight-review, annual-inspection, altimeter/static, and VOR check dates and their tracking states; optional medical examination date, certificate class, class tracked, age band, printed limit, and tracking state; Pilot Mode, Weather Mode, tail-number display preference; and selected display units
- Secondary Time mode, UTC Offset, Daylight Saving adjustment, and Time Markers preference
- Altitude Mode and the optional Altitude Trigger threshold
- Body Battery color limits, Steps and Floors Climbed targets and color ranges, and Pulse Ox caution/danger limits
- Courtesy GPS reminder interval
- Last successful METAR
- The last successful Garmin weather observation, retained for offline use across restarts
- Cached location, selected nearest reporting station, and bounded-search retry state

This data remains in PilotWatch's private storage on the watch. It is retained until replaced during normal operation or removed when the user resets app data or uninstalls the watch face, subject to Garmin platform behavior.

When available, Garmin profile birth year may be read to suggest whether the pilot was unambiguously under 40 or 40 or older in the examination year. PilotWatch stores only the resulting age-band setting, not the birth year.

Network Requests

In Aviation mode, PilotWatch communicates with the NOAA Aviation Weather Center METAR API at `aviationweather.gov`.

Station searches contain a latitude/longitude bounding box centered on a saved watch location. PilotWatch may expand this area in two stages when no current report is returned. Subsequent station refreshes contain the selected station identifier. NOAA returns public aviation weather observations.

PilotWatch does not send the user's tail number, pilot or aircraft reminder records, health values, Garmin account information, device serial number, or activity history to NOAA. NOAA's handling of request metadata is governed by NOAA and U.S. Government policies and is not controlled by PilotWatch's developer.

Garmin weather and Garmin system metrics are provided through Connect IQ APIs and are subject to Garmin's privacy practices.

Location

PilotWatch does not activate the GPS receiver. Outside automatic conservation mode, it passively checks for a timestamped position already maintained by the watch and uses Garmin's Activity location and accuracy as a fallback. Location is cached to reduce battery use and network traffic.

The Garmin installation and permission process controls access to device data. Users who do not permit required access may receive reduced functionality, including Garmin weather fallback or no weather data.

Data Sharing and Sale

PilotWatch does not sell personal information. It does not send data to the developer or to advertising, analytics, or social-network services. The only external service contacted directly by PilotWatch is the NOAA Aviation Weather Center for public METAR data.

Data Removal

Users can remove PilotWatch's locally stored information by resetting the app's data through Garmin tools when available or by uninstalling PilotWatch. Data that may be logged independently by Garmin, NOAA, network providers, or the device platform is governed by those parties' policies.

Children

PilotWatch is an aviation-oriented utility and is not directed to children. It does not knowingly collect information through a developer-operated service.

Changes

This notice will be updated when PilotWatch's data access, storage, or network behavior changes. The effective date above identifies the current version.

Contact

For privacy or support questions, use the developer contact method shown on the PilotWatch page in the Garmin Connect IQ Store. Garmin is not responsible for data submitted to or processed by PilotWatch or the NOAA Aviation Weather Center.


GARMIN
LIGHT
MENU
DOWN
START
STOP
BACK
KPAO 8m
C: CLR
V: P6SM
T: 21°C
A: 30.06
D: 10°C
320@8
16:42
19
10/15
23:42Z
72
6840
58
8
N123ABC
VOR