

	fēnix® 7X Pro Sapphire Solar Edition	fēnix® 7X Pro Solar Edition	fēnix® 7 Pro Sapphire Solar Edition	fēnix® 7 Pro Solar Edition	fēnix® 7S Pro Sapphire Solar Edition	fēnix® 7S Pro Solar Edition
General						
Lens material	Power Sapphire™	Power Glass™	Power Sapphire™	Power Glass™	Power Sapphire™	Power Glass™
Bezel Material	Titanium	Stainless steel	Titanium	Stainless steel	Titanium	Stainless steel
Case Material	Fibre-reinforced polymer with titanium rear cover					
Physical Size	51 x 51 x 14.9 mm	51 x 51 x 14.9 mm	47 x 47 x 14.5 mm	47 x 47 x 14.5 mm	42 x 42 x 14.1 mm	47 x 47 x 14.5 mm
Weight	89g	96g	73g	79g	58g	79g (case only: 56g)
Water Rating	IPX7 (depth of 1 meter for 30 minutes)					
Display type	Sunlight-visible, transfective memory-in-pixel (MIP)	Sunlight-visible, transfective memory-in-pixel (MIP)	Sunlight-visible, transfective memory-in-pixel (MIP)	Sunlight-visible, transfective memory-in-pixel (MIP)	Sunlight-visible, transfective memory-in-pixel (MIP)	Sunlight-visible, transfective memory-in-pixel (MIP)
Display size	35.56 mm diameter	35.56 mm diameter	33.02 mm diameter	33.02 mm diameter	30.40 mm diameter	33.02 mm diameter
Battery life						
SOLAR *	Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions					
SOLAR **	Solar charging, assuming use in 50,000 lux conditions					
Smartwatch	Up to 28 days/37 days with solar*		Up to 18 days/22 days with solar*		Up to 11 days/14 days with solar*	
Battery Saver Watch Mode	Up to 90 days/1+year days with solar*		Up to 57 days/173 days with solar*		Up to 38 days/87 days with solar*	
GPS Only	Up to 89 hours/122 hours with solar**		Up to 57 hours/73 hours with solar**		Up to 37 hours/46 hours with solar**	
All Satellite Systems	Up to 63 hours/77 hours with solar*		Up to 40 hours/48 hours with solar*		Up to 26 hours/30 hours with solar*	
All Satellite Systems + Multi	Up to 36 hours/41 hours with solar**		Up to 23 hours/26 hours with solar**		Up to 15 hours/16 hours with solar**	
All Satellite Systems and Music	Up to 16 hours		Up to 10 hours		Up to 7 hours	
Max Battery GPS	Up to 213 hours/ 578 hours with solar**		Up to 136 hours/ 289 hours with solar**		Up to 90 hours/ 162 hours with solar**	
Expedition GPS	Up to 62 days/ 139 days with solar*		Up to 40 days/ 74 days with solar*		Up to 26 days/ 43 days with solar*	
Memory/History	32 GB	32 GB	32 GB	32 GB	32 GB	32 GB
Clock Features						
	Time/Date, GPS time sync, Auto DST, Alarm, Timer, Stopwatch, Sunset / Sunrise					
Health & Wellness						
Wrist based HR	Yes	Yes	Yes	Yes	Yes	Yes
Daily resting HR	Yes	Yes	Yes	Yes	Yes	Yes
Abnormal HR alerts	Yes (high and low)	Yes (high and low)	Yes (high and low)	Yes (high and low)	Yes (high and low)	Yes (high and low)
Respiration rate	Yes	Yes	Yes	Yes	Yes	Yes
Pulse Ox Oxygen saturation	Yes	Yes	Yes	Yes	Yes	Yes
Fitness age	yes (in app)	yes (in app)	yes (in app)	yes (in app)	yes (in app)	yes (in app)
Energy Monitor	Yes	Yes	Yes	Yes	Yes	Yes
All-day stress	Yes	Yes	Yes	Yes	Yes	Yes
Relaxation breathing	Yes	Yes	Yes	Yes	Yes	Yes
Breathwork	Yes	Yes	Yes	Yes	Yes	Yes
Sleep	Yes (Advanced)	Yes (Advanced)	Yes (Advanced)	Yes (Advanced)	Yes (Advanced)	Yes (Advanced)
Sleep score & insights	Yes	Yes	Yes	Yes	Yes	Yes
Hydration	Yes (in Garmin Connect™ and optional Connect IQ™ widget)					
Women's health	Yes (in Garmin Connect™ and optional Connect IQ™ widget)					
Health snapshot	Yes	Yes	Yes	Yes	Yes	Yes
Jet lag adviser	Yes	Yes	Yes	Yes	Yes	Yes
Sensors						
	GPS, GLONASS, Galileo, Multi-frequency position, Barometric altimeter, Compass, Gyroscope, Accelerometer, Thermometer, Ambient light sensor					
Daily Smart Features						
	Connectivity, Connect IQ, Smart notifications, Text reponse / reject call (Android only), Calendar, Weather, Battery saver, Control and store music, Find my phone/watch, Smart trainer control, Smartphone compatibility, Garmin pay					
Safety & Tracking Features						
	Incident detection, assistance, livetrack, group livetrack, live event sharing					
Activity Tracking Features						
	Step counter, Move alerts, Calories burned, Floors climbed, Distance traveled, Intensity minutes, Trueup, Move IQ, Carmin connect challenges					
Gym & Fitness equipment						
Available Gym activity profiles	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Boxing, Mixed Martial Arts, Breathwork, Pilates, Yoga					
Training, planning, analysis features						
	HR zones/ calories, recovery time, race glance, training readiness, HRV stress test / broadcast AND respiration rate (both with accessory), GPS speed & distance, customisable data pages & profiles, auto pause, interval training, advanced workouts, HRM running pace & distance, auto & manual lap, rest times, configurable lap alerts, heat & altitude acclimation, VJ2 max, endurance score, training status, custom alerts, finish time, virtual partner, multisport activity, course guidance, Garmin live segments, and Strava live segments, touch and button lock, hot keys					
RUNNING FEATURES						
Available run profiles	Running, Outdoor Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running					
Other features	GPS time, running dynamics, vertical oscillation, ground contact time, stride length, cadence, running power, grade-adjusted pace, performance condition, lactate threshold, PacePro, run workouts, hillscore, trail hill climb, foot pod capable,					
Golfing features						
	Preloaded with 43,000 courses, yardage to F/M/B, yardage to layups/doglegs, measures shot distance, digital scorecard, STAT tracking, Garmin autoshot, full vector map, auto courseview updates, Green view with manual pin position, hazards, pinpointer, playslike distance, touch-targeting, handicap scoring, tempo training, round timer, automatic club tracking compatible, wind speed and direction (with APP), virtual caddie, tournament legal, green contours					
Outdoor Recreation						
Available outdoor recreation profiles	Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Backcountry Skiing, Ice Skating, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Kiteboarding, Windsurfing, Snowshoeing, Fishing, Horseback Riding, Boating, Sailing, Sail Racing, Water Skiing, Wakeboarding, Wakesurfing, Tubing, Motorcycling, Overlanding, Motocrossing, ATVing, Paddling, Sailing Expedition, Jumpmaster, Tennis, Pickleball, Badminton, Squash, Table Tennis, Archery, Whitewater Tactical, Disc Golf					
Sport profiles						
	American Football, Field Hockey, Ice Hockey, Soccer/Football, Lacrosse, Rugby, Ultimate Disc, Cricket, Softball, Baseball, Basketball, Volleyball					
	Point-to-point navigation, bread crumb trail, back to start, trackback, ultratrac mode, around me mode, reference point, up ahead, nextfork navigation, elevation profile, distance to destination, barometric trend, Climbpro ascent planner, vertical speed, total ascent/descent, rest timer, auto rest, future elevation plot, preloaded maps: topographical, road, trail, ski resort maps, GPS coordinates, sign 'n go, area cacluation, fish forecast, projected waypoint, Sun and Moon information, tides					

Cycling Features					
Available cycling profiles	Biking, Road Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking Cyclocross, Triathlon, BMX				
	Courses, bike lap and maximum power, race an activity, alerts, FTP, power curve, cycle map, MTB grit & flow, compatible with Vector, compatible with Varia Radar and lights, speed & cadence sensor, power metre compatible, power guide				
SWIMMING FEATURES					
Available Swim Profiles	Pool Swimming, Open Water Swimming, Swimming/Running				
	Open-water swim metrics, Pool swim metrics, stroke type detection, Drill logging, basic rest timer, auto rest timer, time & distance alerts, pacing alerts, countdown start, pool swim workouts, swim speed, underwater wrist-based heart rate				
Heart rate from HRM	Yes (with HRM-Tri, HRM-Swim, HRM-Pro or HRM-Pro Plus)				
Kid Activity tracking Features					
Toe-to-Toe™ Challenges	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)				