T-Touch Connect Sport

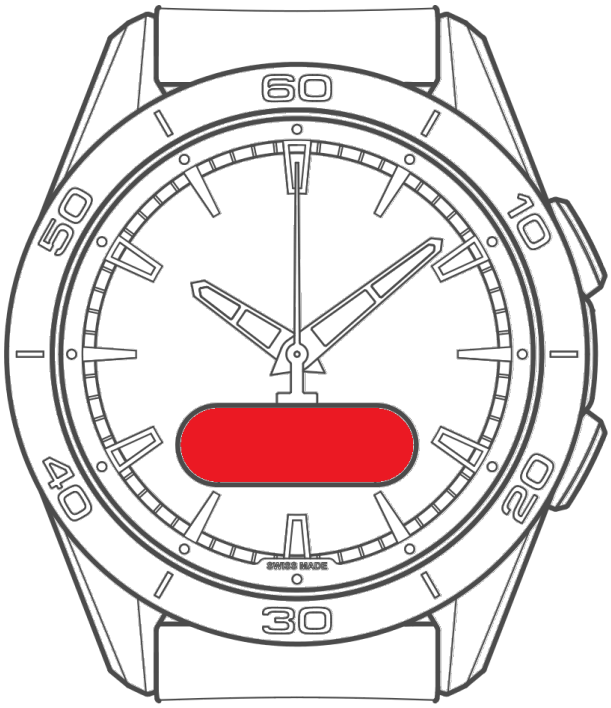


WELCOME TO THE MANUAL FOR YOUR T-TOUCH CONNECT SPORT

Home

Home

Congratulations on having chosen a watch made by Tissot™, a Swiss company founded in Le Locle in 1853 and still based there today. Your watch has been made with the greatest of care, using fine-quality materials and components, and is protected against shocks, temperature fluctuations, water and dust.



Start-up / pairing

Starting an activity

Functions

Statistics

Settings

Information

Documents

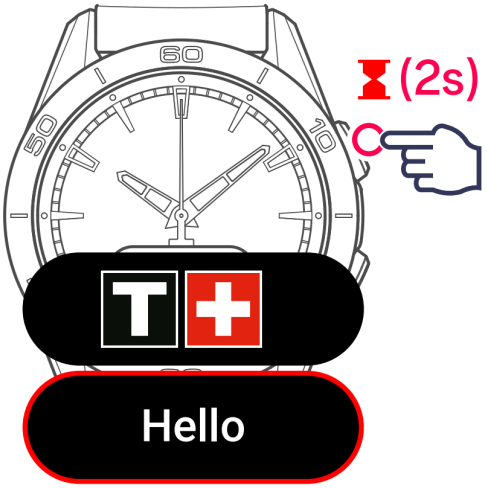
Start-up / pairing

Start-up

Initial Setup

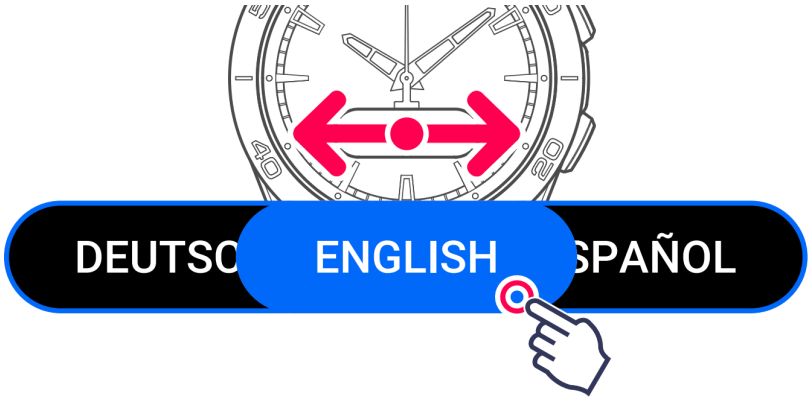
When first used or after reinitialising, some parameters on your T-Touch Connect Sport will need to be set.

1 Activate the watch



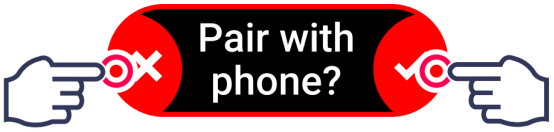
Press the upper pusher for 2 seconds.

2 Select the language



Swipe the screen sideways to display the languages.

3 Touch the screen to select the operating mode



Confirm: the watch will be connected to the Tissot app that you will install on your smartphone. The time, date and other information will be loaded automatically from the app.

Continue in paired mode

Cancel: the watch will operate on its own. You will need to set the date and time.

Continue in non-paired mode

Paired mode

1 Download and install

Download and install the Tissot app on your smartphone.



When the app is installed, the screen will display the pairing code.

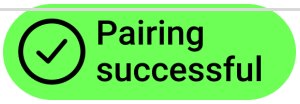


2 Check and confirm the codes

The codes are identical, confirm on the app and on the watch.



Pairing is finished.



INFORMATION

Personal data: We recommend you fill out your personal data in the Tissot app to improve the activity measurement precision.

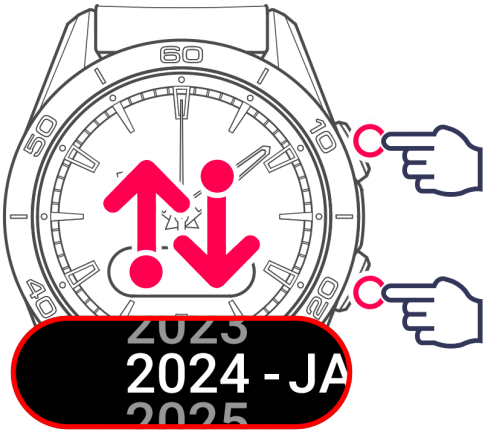
Your watch is ready for use. Get to grips with the operations and menus by following the familiarisation information.

Familiarisation

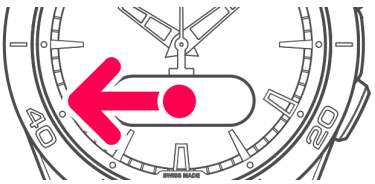
Non-paired mode

Use your watch in non-paired mode (without connecting to your smartphone).

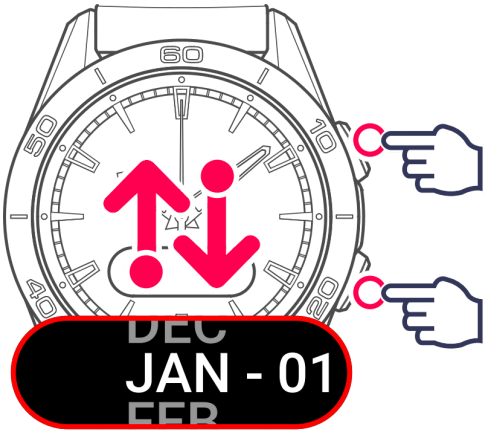
1 Select the year



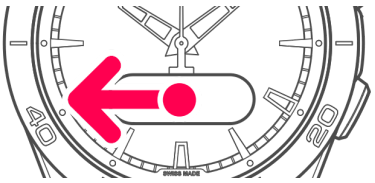
Then go to the next setting.



2 Select the month



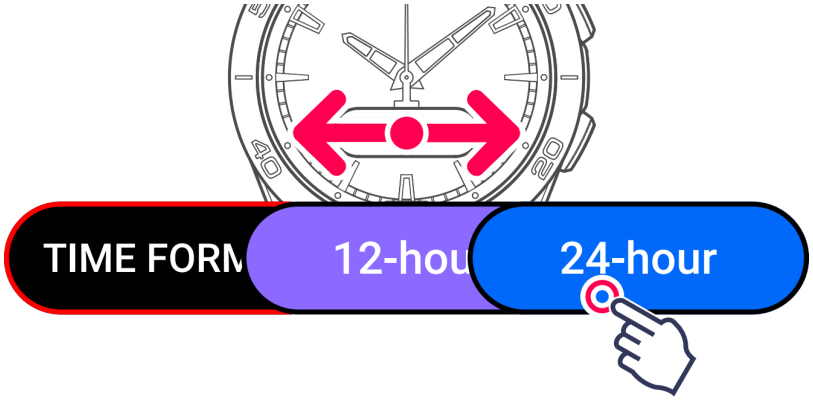
Then go to the next setting.



3 Select the date and confirm



4 Select the time format



Start-up in non-paired mode is finished.



Your watch is ready for use. Get to grips with the operations and menus by following the familiarisation information.

Familiarisation

Familiarisation

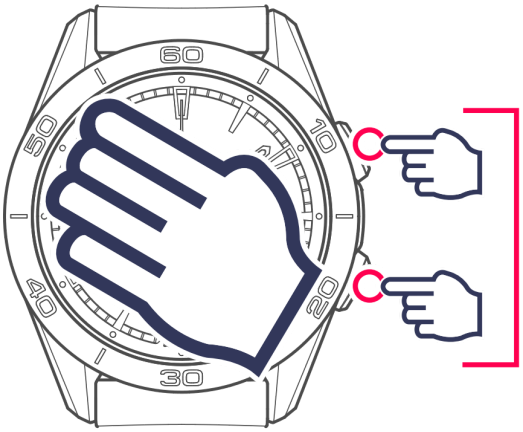
Unlock / lock your watch

The touch screen and pushers provide quick access to all of your watch's features.

1 Unlock the watch



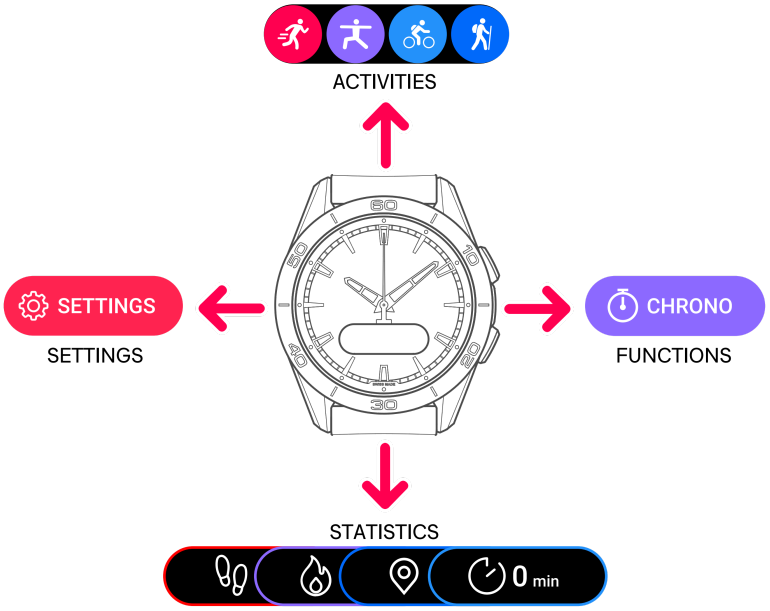
2 Lock the watch



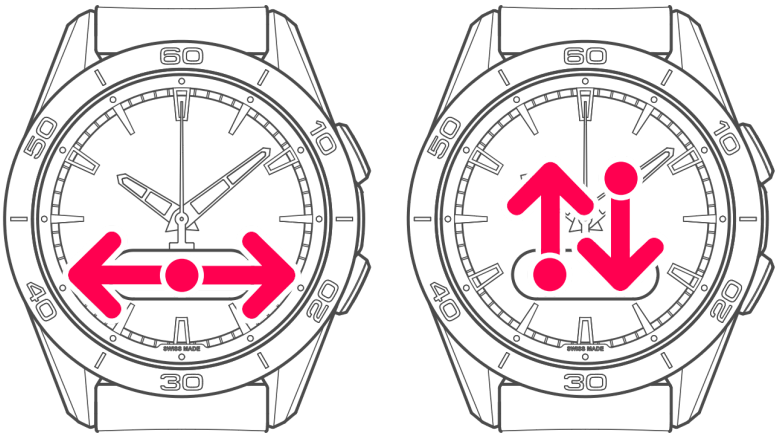
Either by placing your hand on the watch dial, or by pressing both pushers at the same time.

Browse through the menus

Your watch screen displays all available features. Navigate through the menus by swiping in any of the four directions.

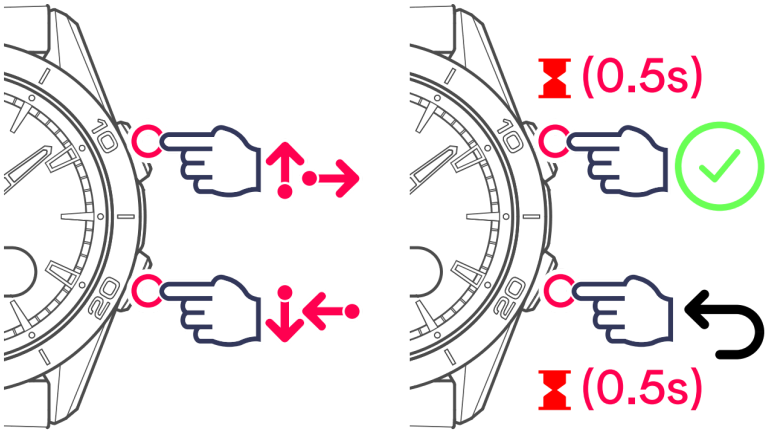


1 Swipe the screen



Horizontally or vertically (from the centre of the watch) to browse through the menus.

2 Use the pushers



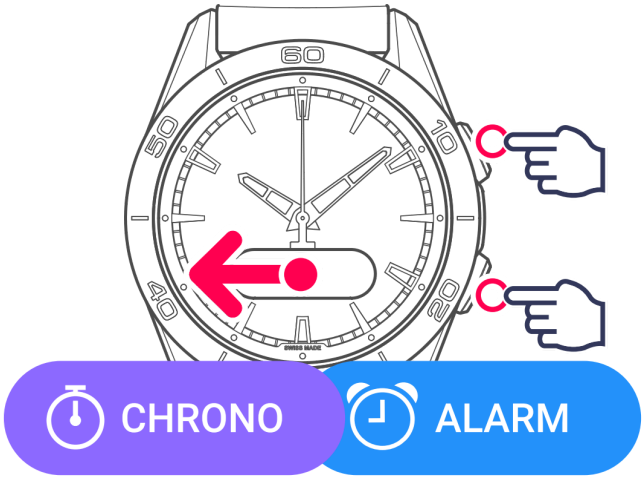
To browse, confirm or go back.

Upper pusher to browse down or left (short press) and confirm (long press).

Lower pusher to browse up or right (short press) and go back (long press).

Access the functions, activities, settings and statistics

1 Swipe left to access the watch's FUNCTIONS



See Functions

2 Swipe up to access the daily STATISTICS



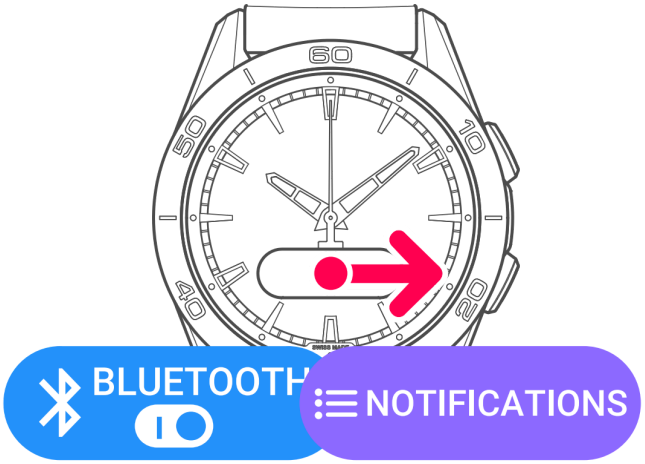
See Statistics

3 Swipe down to access the ACTIVITIES



See Starting an activity

4 Swipe right to access the SETTINGS



See Settings

Reading messages

When a message received on your smartphone is displayed on the watch, you can browse through it by touching the screen and then swiping vertically.

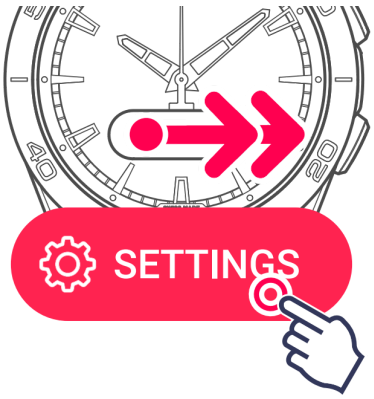
Pairing

Your watch can be paired if this was not done the first time you used it.

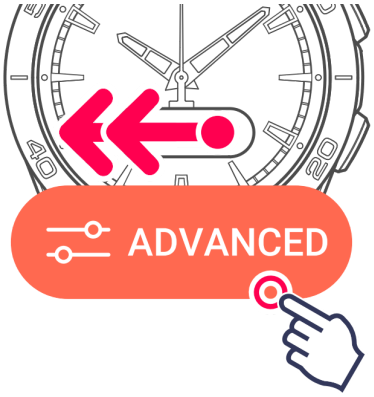
1 Activate the watch



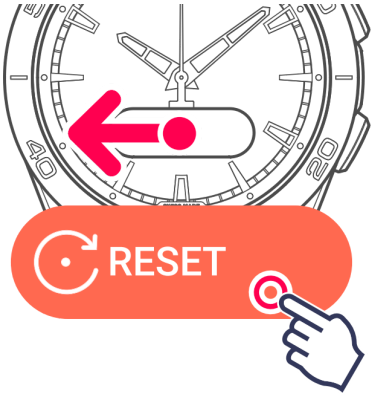
2 Display and select the settings menu



3 Display and select advanced settings



4 Display and start reinitialising the watch



5 Confirm data deletion

Touch the screen zone matching your choice.



Confirm: the data saved on your watch will be cleared (timing, messages, etc.), but if the watch is connected to the app, the synchronised data will be backed up and still accessible.

Cancel: the procedure is cancelled.

The watch will perform a new initialisation cycle, the same as when it was first started.

Continue the start-up procedure

Starting an activity

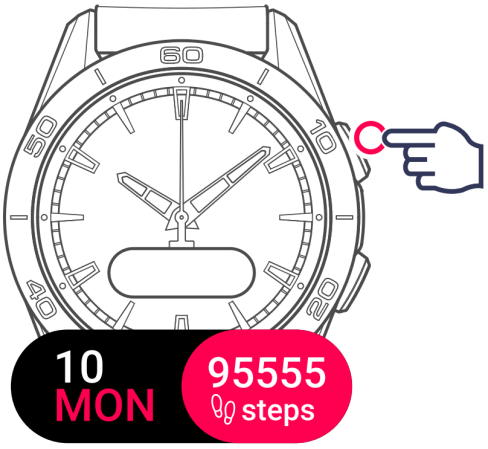
Running

> **NOTE**
>
> **This is an outdoor activity.** It uses GPS to track your position and route.

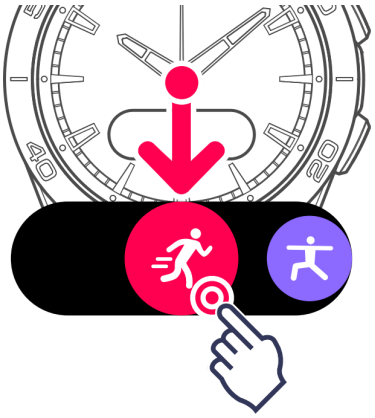
Track your running activity, and save your data.

The app must be open on your smartphone.

1 Activate the watch



2 Select the activity



The watch will connect to GPS.



INFORMATION

Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

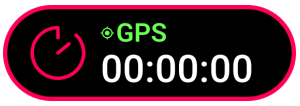
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



INFORMATION

Smart Pause & Resume

If you stop moving for 30 seconds, the watch will prompt you to pause the activity. If paused and you start moving again, it will prompt you to resume the activity.

- The activity state will not change until you actively confirm the pop-up.
- Each pop-up disappears if the movement that triggered it stops, and reappears if it happens again.
- If you cancel the pop-up, it reappears every hour until you resume or stop the activity.
- The activity will automatically end if the watch is idle for 1 hour.

3 View the activity data

Use the watch's pushers or touch the screen.

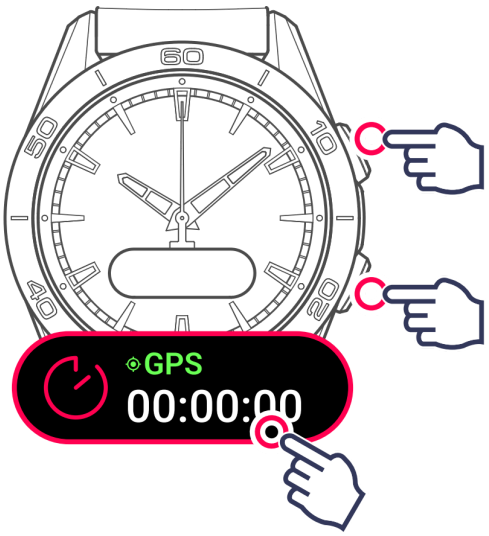
NOTE

During an activity, raise your wrist to wake the screen and read your data. Wrist raise detection is turned off while the activity is paused.

NOTE

Each time you complete 1 km or 1 mile (depending on your settings), the watch shows a pop-up with your average pace for that lap. Depending on your settings, the pop-up can vibrate and/or play a sound.

In the T-Connect app (paired mode), the activity details show a per-lap summary, including distance, average pace, and altitude gain and loss.

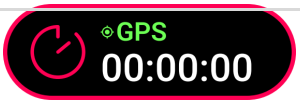


INFORMATION

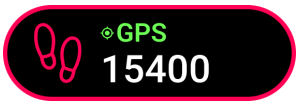
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

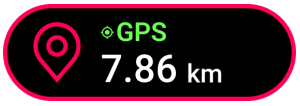
- Activity time



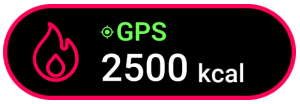
- Number of steps taken



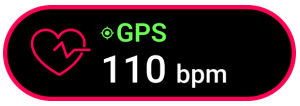
- Distance covered (km or miles)



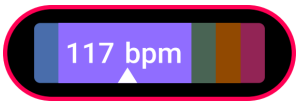
- Energy burned



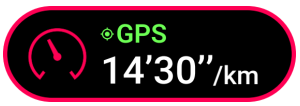
- Heart rate



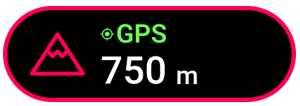
- Training zone (heart rate)



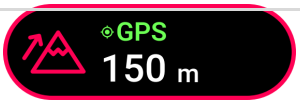
- Time per unit distance (km or miles)



- Maximum altitude reached

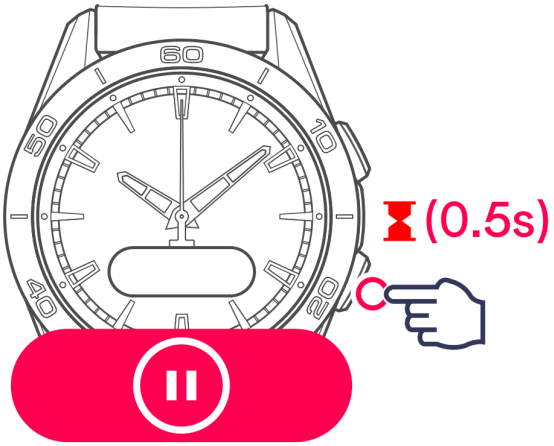


- Elevation gain/loss

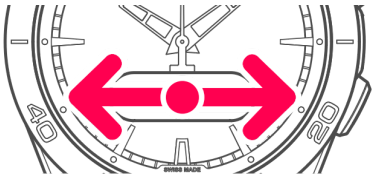


More information

4 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



Workout

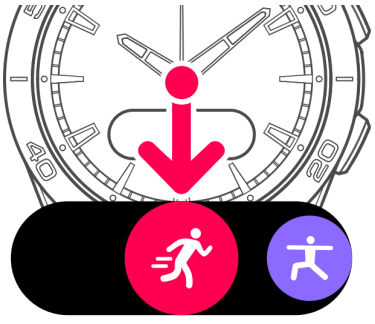
> **NOTE**
>
> **This is an indoor activity.** It does not track your location using GPS.

Track your workout activity and save your data.

1 Activate the watch

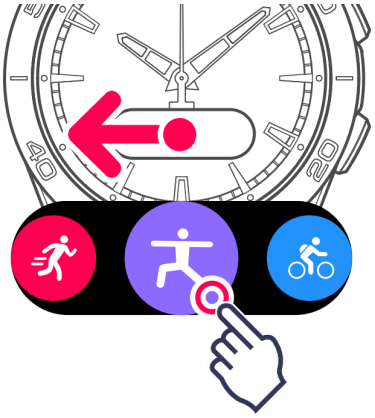


2 Display activities



> **INFORMATION**
>
> Indoor activities — treadmill, spinning, and stairs — are also available. Select and start them on the watch the same way as other activities.

3 Display and select the activity



The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



4 View the activity data

Use the watch's pushers or touch the screen.

> **NOTE**
>
> During an activity, raise your wrist to wake the screen and read your data. Wrist raise detection is turned off while the activity is paused.



INFORMATION

During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

- Activity time



- Number of steps taken



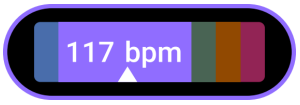
- Energy burned



- Heart rate

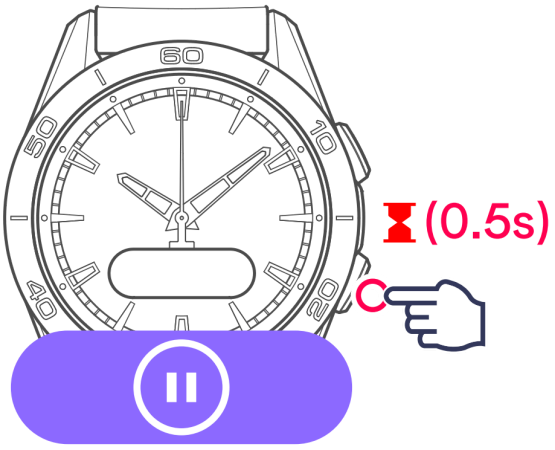


- Training zone (heart rate)



More information

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking


FINISH?

Treadmill

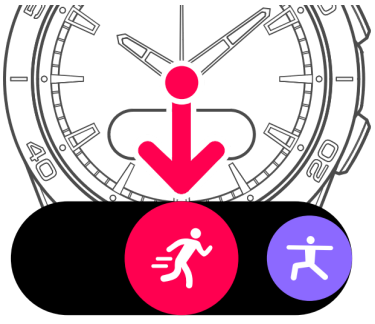
> **NOTE**
>
> **This is an indoor activity.** It does not track your location using GPS.

Track your treadmill session with your watch.

1 Activate the watch



2 Display activities



3 Display and select the activity



The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



4 View the activity data

Use the watch's pushers or touch the screen.

> **NOTE**
>
> During an activity, raise your wrist to wake the screen and read your data. Wrist raise detection is turned off while the activity is paused.



INFORMATION

During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

- Activity time



- Number of steps taken



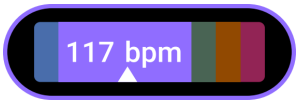
- Energy burned



- Heart rate

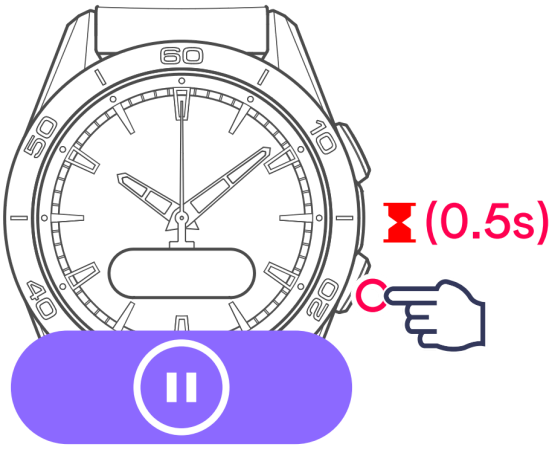


- Training zone (heart rate)



More information

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking


FINISH?

Spinning

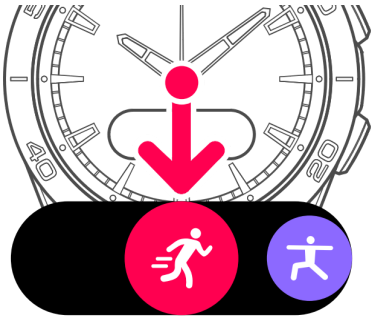
> **NOTE**
>
> **This is an indoor activity.** It does not track your location using GPS.

Track your spinning session with your watch.

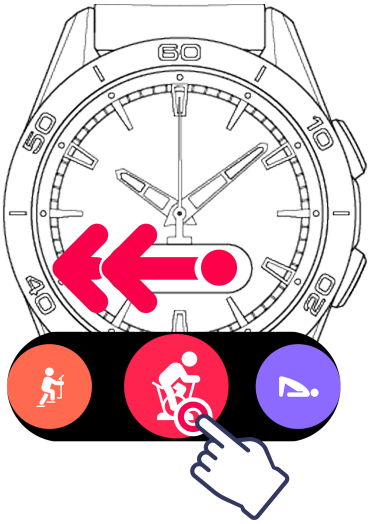
1 Activate the watch



2 Display activities



3 Display and select the activity



The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



4 View the activity data

Use the watch's pushers or touch the screen.

> **NOTE**
>
> During an activity, raise your wrist to wake the screen and read your data. Wrist raise detection is turned off while the activity is paused.



INFORMATION

During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

- Activity time



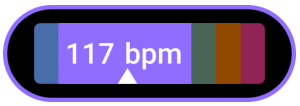
- Energy burned



- Heart rate

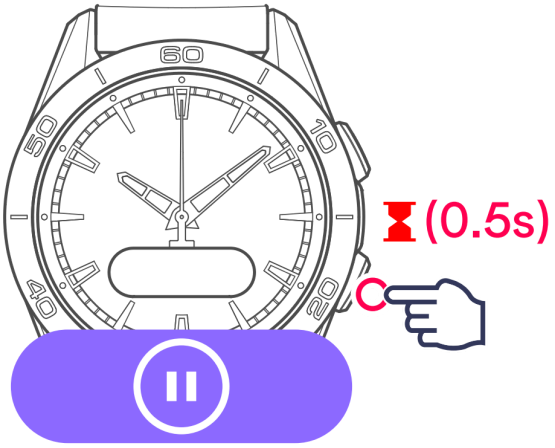


- Training zone (heart rate)

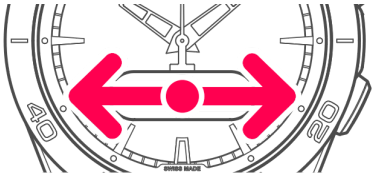


More information

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



Stairs

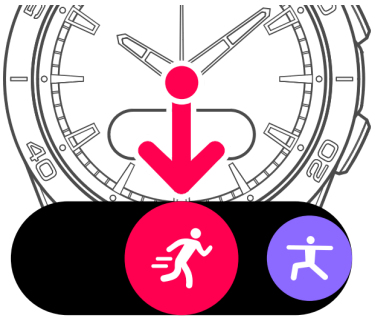
> **NOTE**
>
> **This is an indoor activity.** It does not track your location using GPS.

Track your stairs session with your watch.

1 Activate the watch



2 Display activities



3 Display and select the activity



The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



4 View the activity data

Use the watch's pushers or touch the screen.

> **NOTE**
>
> During an activity, raise your wrist to wake the screen and read your data. Wrist raise detection is turned off while the activity is paused.



INFORMATION

During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

- Activity time



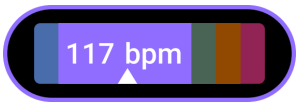
- Energy burned



- Heart rate

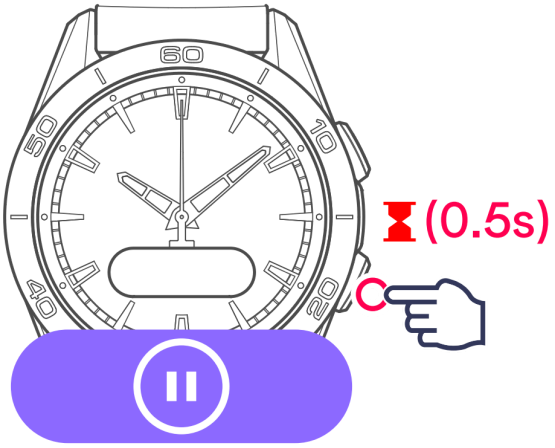


- Training zone (heart rate)

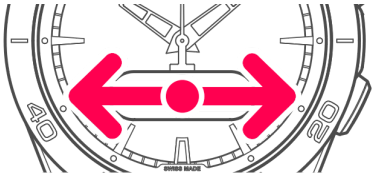


More information

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



Cycling

> **NOTE**
>
> **This is an outdoor activity.** It uses GPS to track your position and route.

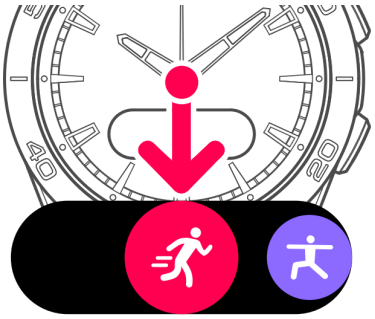
Track your cycling activity and save your data.

The app must be open on your smartphone.

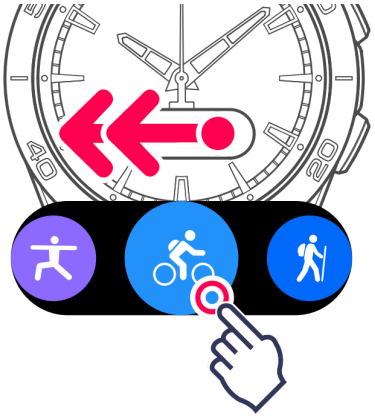
1 Activate the watch



2 Display activities



3 Display and select the activity



The watch will connect to GPS.



INFORMATION

Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

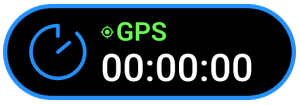
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



INFORMATION

Smart Pause & Resume

If your speed drops below 7 km/h for 1 minute, the watch will prompt you to pause the activity. If paused and your speed increases again, it will prompt you to resume the activity.

- The activity state will not change until you actively confirm the pop-up.
- Each pop-up disappears if the movement that triggered it stops, and reappears if it happens again.
- If you cancel the pop-up, it reappears every hour until you resume or stop the activity.
- The activity will automatically end if the watch is idle for 1 hour.

4 View the activity data

Use the watch's pushers or touch the screen.

NOTE

During an activity, raise your wrist to wake the screen and read your data. Wrist raise detection is turned off while the activity is paused.

NOTE

Each time you complete 5 km or 5 miles (depending on your settings), the watch shows a pop-up with your average speed for that lap. Depending on your settings, the pop-up can vibrate and/or play a sound.

In the T-Connect app (paired mode), the activity details show a per-lap summary, including distance, average speed, and altitude gain and loss.



Live Activity Mirroring

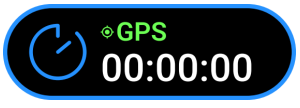
You can view your cycling activity in real-time on the T-Connect mobile app for a larger, more accessible display.

With the app open during your activity, real-time metrics will automatically mirror on your phone screen.

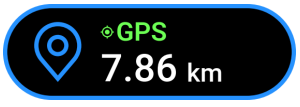
> **INFORMATION**
>
> During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

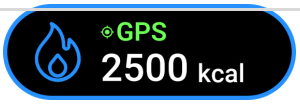
- Activity time



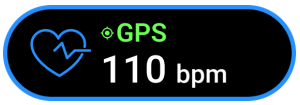
- Distance covered (km or miles)



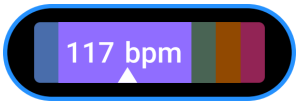
- Energy burned



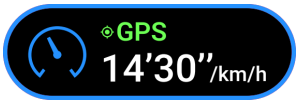
- Heart rate



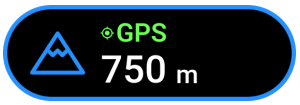
- Training zone (heart rate)



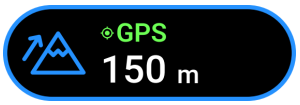
- Time per unit distance (km/h or mph)



- Maximum altitude reached

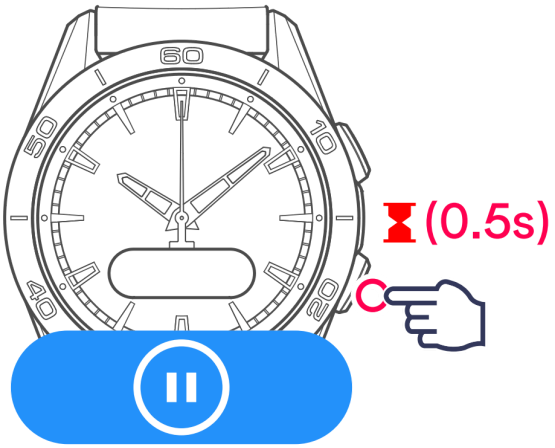


- Elevation gain/loss

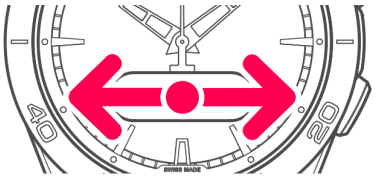


More information

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



Hiking

> **NOTE**
>
> **This is an outdoor activity.** It uses GPS to track your position and route.

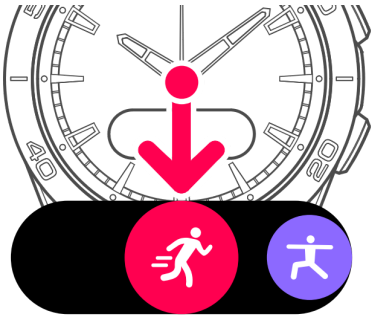
Track your hiking activity and save your data.

The app must be open on your smartphone.

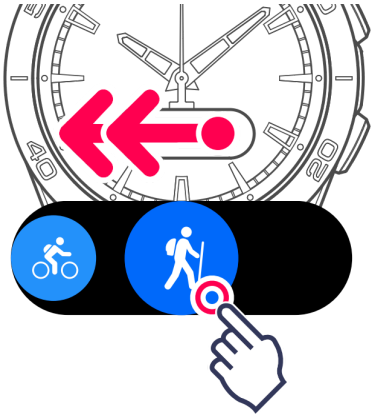
1 Activate the watch



2 Display activities



3 Display and select the activity



The watch will connect to GPS.



INFORMATION

Touch the screen to start the activity without waiting for the GPS connection.

The route will start being saved as soon as the connection is established.

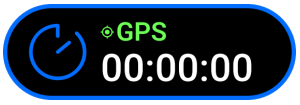
The watch is ready to track your activity.



The countdown is started automatically.



Your activity will start being saved, with the time displayed.



INFORMATION

Smart Pause & Resume

If you stop moving for 1 minute, the watch will prompt you to pause the activity. If paused and you start moving again, it will prompt you to resume the activity.

- The activity state will not change until you actively confirm the pop-up.
- Each pop-up disappears if the movement that triggered it stops, and reappears if it happens again.
- If you cancel the pop-up, it reappears every hour until you resume or stop the activity.
- The activity will automatically end if the watch is idle for 1 hour.

4 View the activity data

Use the watch's pushers or touch the screen.

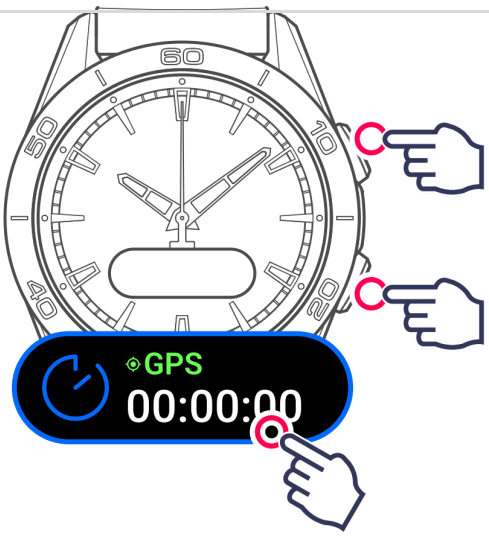
NOTE

During an activity, raise your wrist to wake the screen and read your data. Wrist raise detection is turned off while the activity is paused.

NOTE

Auto laps: Each time you complete 1 km or 1 mile (depending on your settings), the watch shows a pop-up with your average pace for that lap. Depending on your settings, the pop-up can vibrate and/or play a sound.

In the T-Connect app (paired mode), the activity details show a per-lap summary, including distance, average pace, and altitude gain and loss.

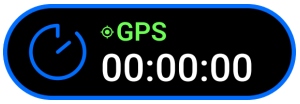


INFORMATION

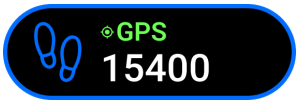
During the activity, the watch will switch to standby to save the battery. Touch the screen to reactivate the display.

Data being saved:

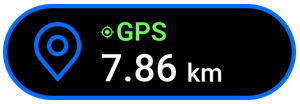
- Activity time



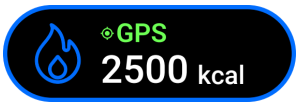
- Number of steps taken



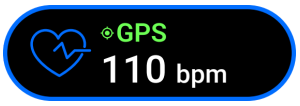
- Distance covered (km or miles)



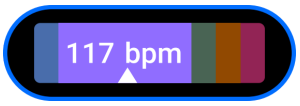
- Energy burned



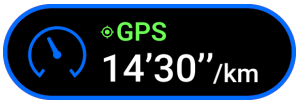
- Heart rate



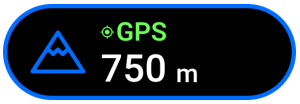
- Training zone (heart rate)



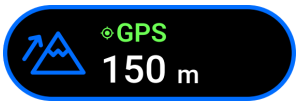
- Time per unit distance (km or miles)



- Maximum altitude reached

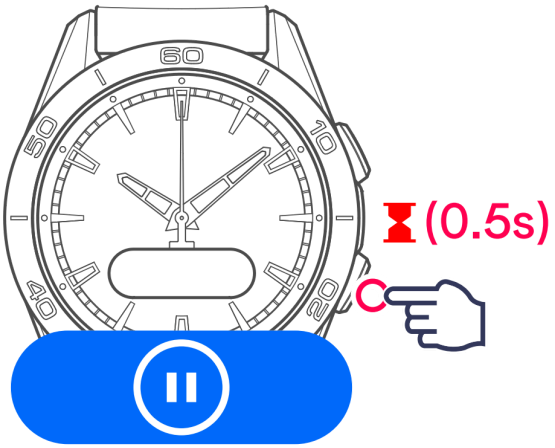


- Elevation gain/loss

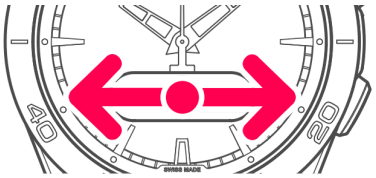


More information

5 Exit activity



The watch offers 2 options:



Restart tracking the current activity



Finish and confirm end of tracking



Activity history

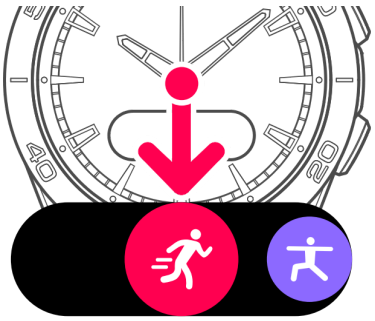
Your watch displays the data from your most recent activity.

> **WARNING**
>
> The watch only stores your most recent activity. Starting a new activity will overwrite this history. Be sure to sync your watch with the T-Connect app to permanently save your data.

1 Activate the watch



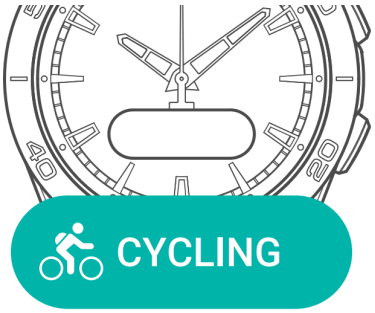
2 Display activities



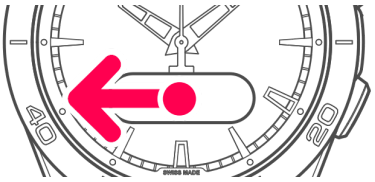
3 Display and select activity history



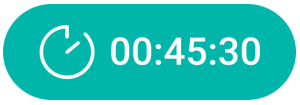
The screen will display the latest activity.



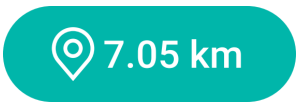
To view the activity data:



- Activity time



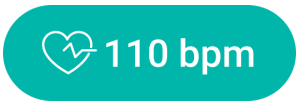
- Distance covered



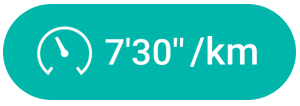
- Energy burned



- Heart rate



- Pace



INFORMATION

The data provided vary according to which activity you are doing.

More information

Functions

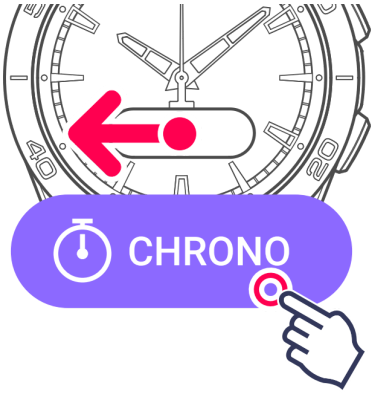
Chrono

A chronograph for measuring times and split times.

1 Activate the watch



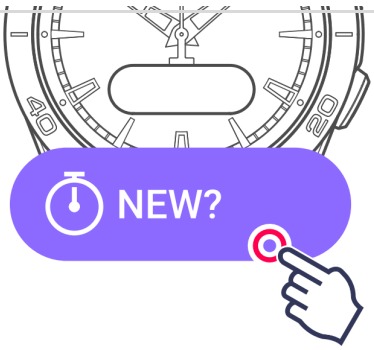
2 Display and select the function



3 Confirm a new timing session

The watch offers 2 options:

- Start a new timing session



- View the logs of the previous timing session



4 Select the timing mode

Choose the timing mode for the new session:

- Lap timing

The Lap Timing function is a timer for measuring the lap time of a single runner, vehicle, etc. Maximum measurement limit: 99 days 23 hours 59 mins 59 secs.

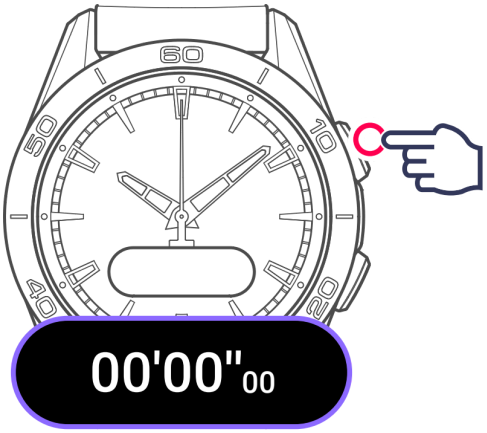


- Split timing

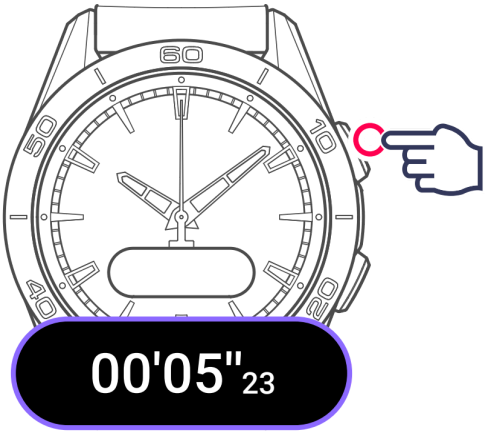
The Intermediate Timing function is a timer for measuring the total duration of a race for up to 99 runners or vehicles participating in the same timed event. For example: measuring the arrival time of several runners in a 100-metre race.



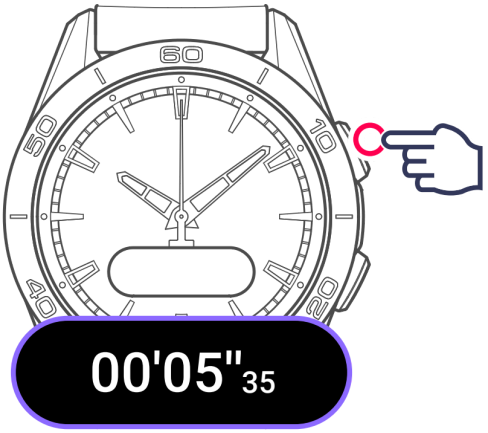
5 Start the chronograph



6 Chronograph paused

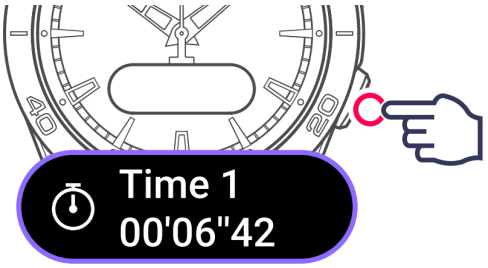


7 Restart the chronograph

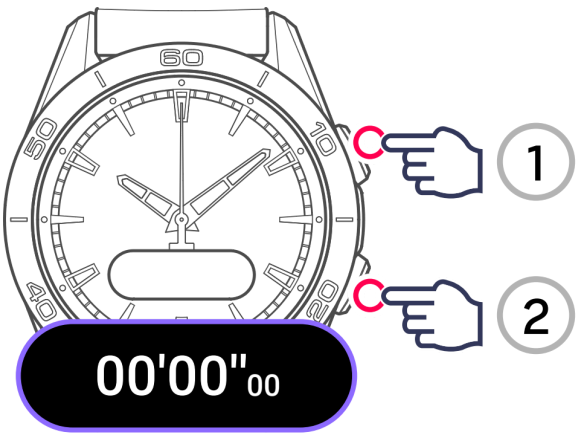


8 Save a split time

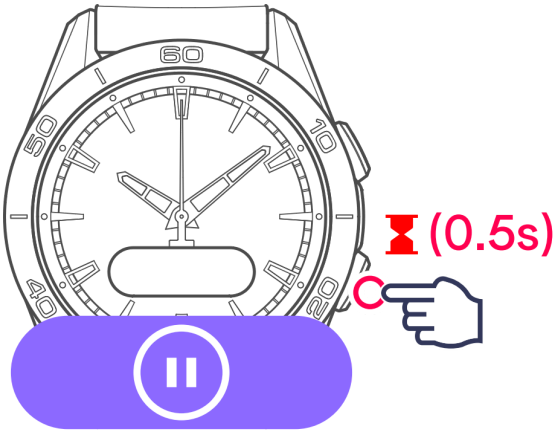
The screen displays the split time for a few seconds, then goes back to timing.



9 Stop with reset



10 Exit timing



The watch offers 2 options:



Restart the current timing session



Finish the timing session



When you finish the timing session, the watch will offer 3 options:



- Start a new timing session



- View the logs of the timing session



- Exit the timing function



INFORMATION

In paired mode: The split times are saved on the app.

Regardless of the type of pairing, the LOGS function gives you access to the last timing taken, as well as some statistics specific to the type of timing. To access these details, select LOGS.

NOTE

The stored data is deleted when you start a new timing from zero.

Reading stored lap time data:

- In unpaired mode, all times measured by the lap timing function are stored and can be displayed on the watch in the LOGS function, together with statistics of the total race duration and the fastest, slowest and average lap times.
- In paired mode, you will also find the most recent times recorded on the T-Connect app. Under the History heading, you will also have access to the most recent timings taken.

Reading stored intermediate time data:

- In unpaired mode, all timings measured by the intermediate timing function are stored and can be displayed on the watch in the LOGS function.
- In paired mode and with the timer reset to zero, you can see the latest timings recorded on the T-Connect app. Under the History heading, you will also have access to the most recent timings taken.

Alarm

The alarm function sets the watch's chime for a designated time, with the option of repeating it on multiple days.

1 Activate the watch



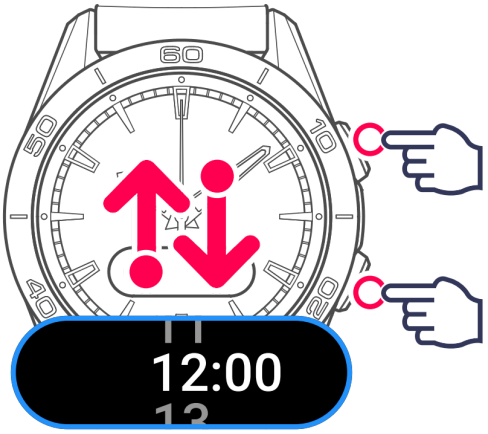
2 Display and select the function



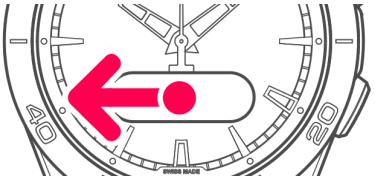
3 Create an alarm



4 Set the hours



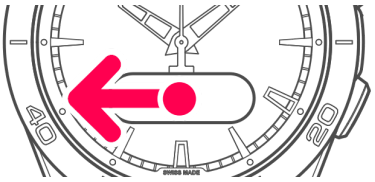
Then go to the next setting.



5 Set the minute and confirm



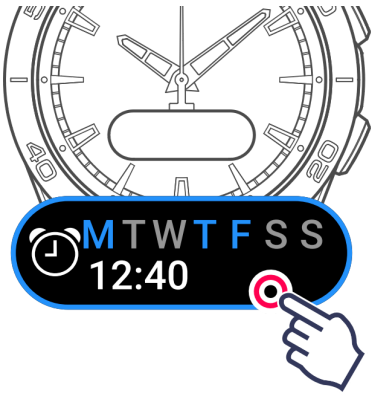
Then define the alarm repetition by selecting from a preset menu or customising it.



Preset alarms

Custom alarm

6 Edit or delete an active / inactive alarm



When the alarm is selected, the watch offers 4 options:

Edit the time and / or repetition



Activate the saved alarm



Deactivate the saved alarm



Clear the saved alarm



> **NOTE**
>
> Swipe left on the alarm list and select DELETE ALL to remove every saved alarm.

When the alarm rings

When the alarm time is reached, the watch displays an Alarm Ringing notification and starts the associated sound and vibration.

While the alarm is ringing, you can:

- **Snooze** — the alarm stops and rings again after 5 minutes. An alarm can be snoozed up to 3 times; after that, only Stop is available.
- **Stop** — the alarm stops permanently and does not ring again.



TIP

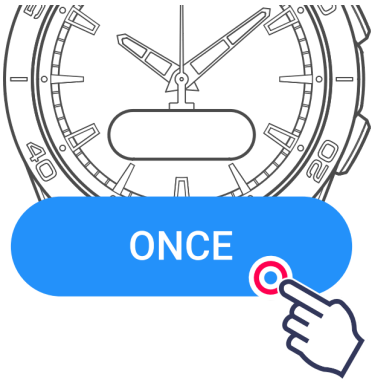
You can also snooze a ringing alarm with a hand-over-watch gesture. Once the alarm has been snoozed 3 times, the gesture no longer snoozes it.

Preset alarms

The watch offers 4 options:



1 Select the preset alarm

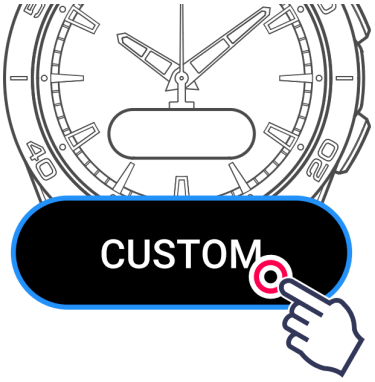


2 Finish and confirm the alarm

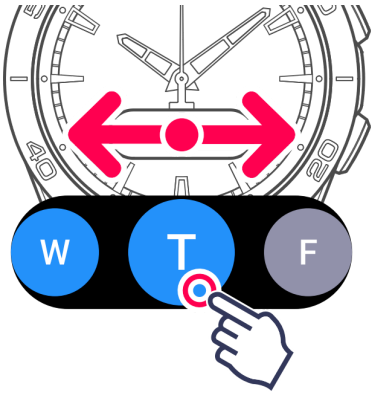


Custom alarm

1 Select the menu



2 Select the days and confirm



3 Finish and confirm the days



Timer

Countdown of up to 23 hours 59 mins 59 secs.

1 Activate the watch



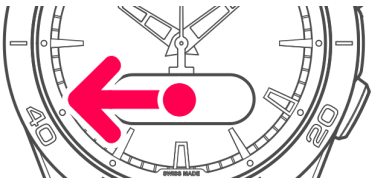
2 Display and select the function



3 Set the hours



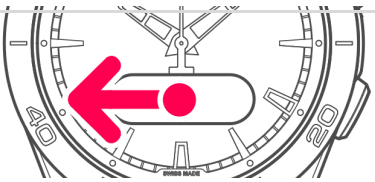
Then go to the next setting.



4 Set the minutes



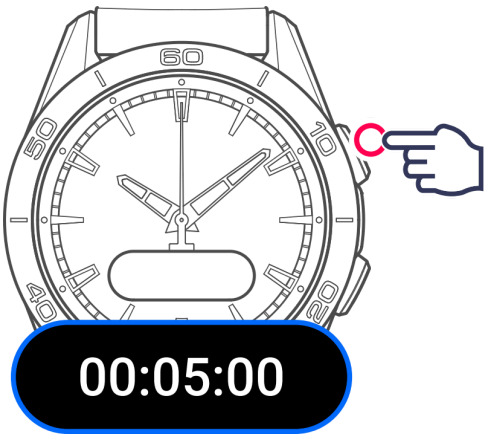
Then go to the next setting.



5 Set the seconds and confirm



6 Start the timer



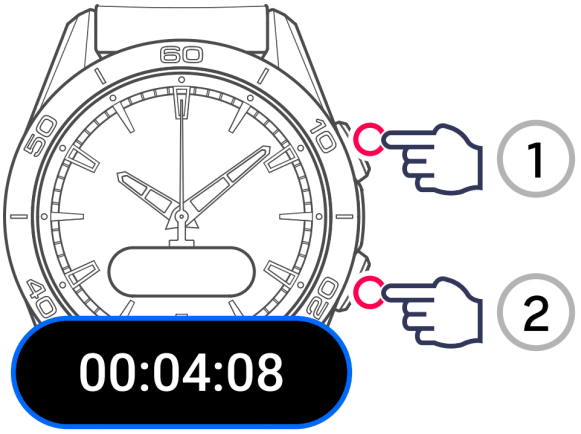
7 Timer paused



8 Resume the timer



9 Stop with reset



When stopped, the watch offers 3 options:



Restart the timer from the set value



Set a new timer value



Stop and exit the function



INFORMATION

In paired mode: The timer duration can also be set in the app.

Time

NOTE

The options available on this page depend on whether the watch is in **paired mode** or **non-paired mode**. This mode is chosen during the watch's initial Start-up.

INFORMATION

In paired mode: Choosing a timezone from the list below is available in paired mode. In non-paired mode, TIME 1 and TIME 2 are set manually instead, as part of the watch's initial setup.

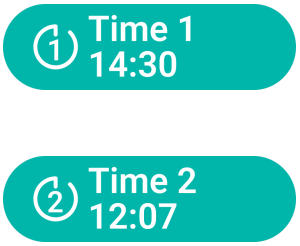
1 Activate the watch



2 Display and select the function



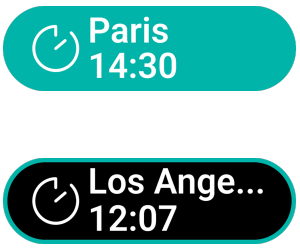
3 Select the timezone you want to set



TIP

The watch always displays TIME 1.

4 Select a Timezone





Scroll through the list of options. You can either:

- Select a preconfigured city (e.g., London, NY, Geneva) to automatically apply that timezone.

> **TIP**
>
> This list can be modified on the Tissot T-Touch Connect Sport mobile application.

- Select Custom to manually set the exact hours and minutes.

5 Confirm



Tap the screen or long-press the upper pusher to confirm your selection for that time slot.

> **INFORMATION**
>
> When changing between summer and winter time, the watch will inform you of the change 18 hours beforehand and will update itself automatically.

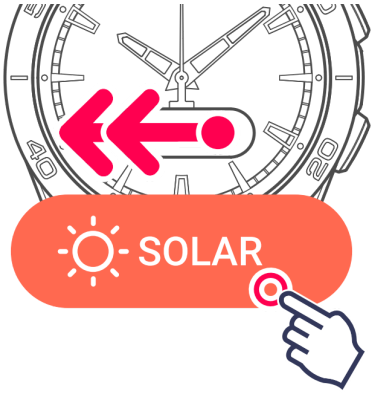
Solar

The solar efficiency bar displays your watch's current solar charging level.

1 Activate the watch

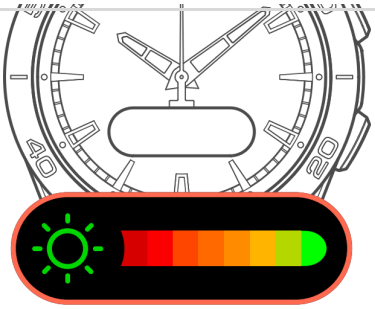


2 Display and select the function

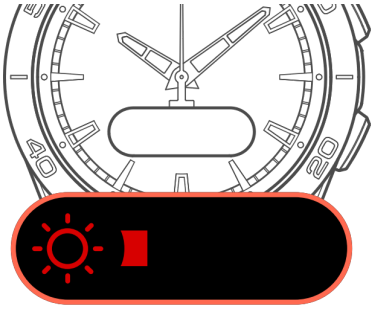


The watch displays the brightness level:

Optimal level



Minimal level



INFORMATION

The watch automatically switches to standby after a few seconds.

NOTE

Refer to the T-Connect app (paired mode) to view the history of the light level harvested by your watch.

Heart rate

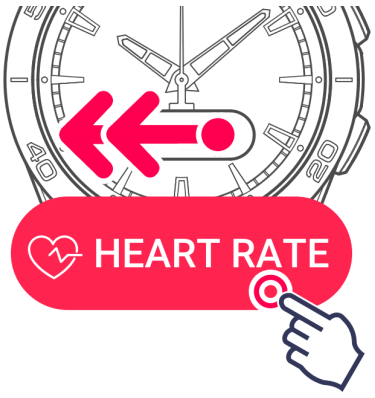
On-demand heart rate for a short period.

> **WARNING**
>
> To ensure that your heart rate is measured correctly, make sure that your watch is flush against your wrist.
>
> During strength-based activities (when your wrist muscles are tensed), the reading may be less accurate for a few seconds.

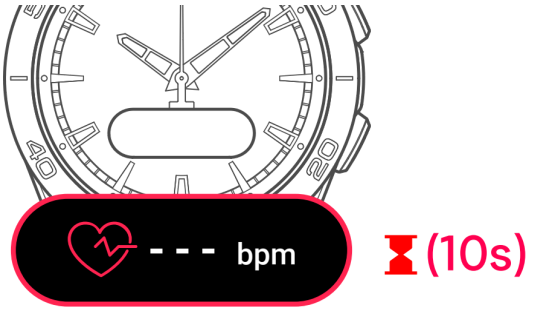
1 Activate the watch



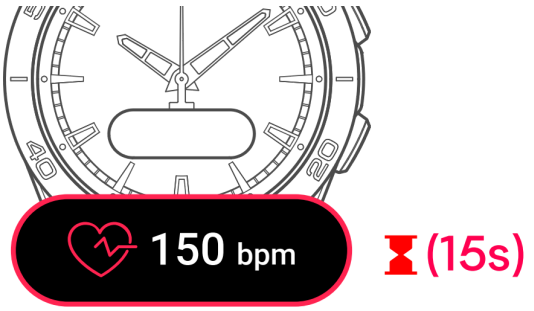
2 Display and select the function



The watch measures your heart rate.



The Heart Rate is displayed on the watch.



INFORMATION

The watch automatically switches to standby after a few seconds.

Your on-demand heart rate is not saved.

INFORMATION

If the watch goes idle on its own while measuring your heart rate, the measurement keeps running for 30 seconds. If you reactivate the watch within those 30 seconds, your current heart rate is shown straight away.

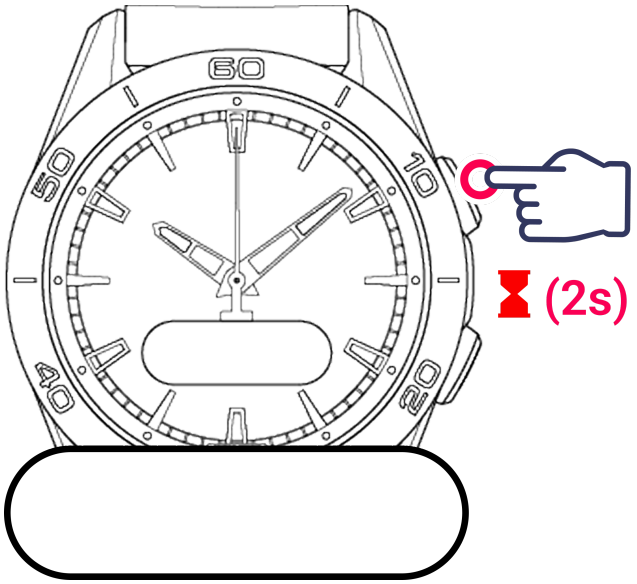
If you put the watch into idle yourself (press both pushers, or use the palm gesture), the heart rate measurement stops immediately.

Torch

The watch screen lights up to improve visibility in gloomy conditions.

Activate or deactivate the function

Press the top pusher to activate the torch, provided this quick action has been configured in the Tissot mobile application. For details, refer to Quick actions.



Once the torch is on, press the bottom pusher to turn it off.

> **INFORMATION**
>
> If the watch is in Eco mode, this function cannot be activated.

Notification history

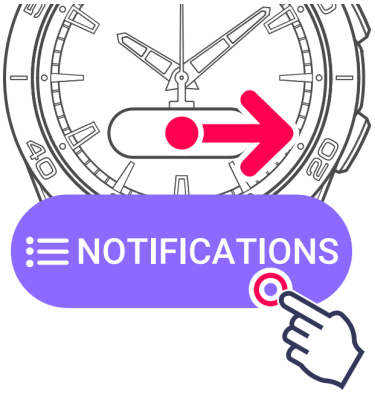
The notification history on the watch shows all notifications that you have not cleared on your phone.

> **WARNING**
>
> While the watch is disconnected, notifications are not received. When it reconnects to the app, notifications are added directly to the notification history.

1 Activate the watch



2 Display and select the setting



The watch offers the following options:

No notifications



Available notifications



Clear notifications



Filtering Notifications

The app allows you to control which notifications are displayed on your watch:

1. Open the Tissot T-Touch Connect Sport mobile application.
2. Go to the watch settings.
3. Navigate to notification settings
4. Enable or disable individual notification type

> **NOTE**
>
> On Android, you can filter by individual apps. On iOS, you can filter by notification categories. All notifications are enabled by default.

Find phone

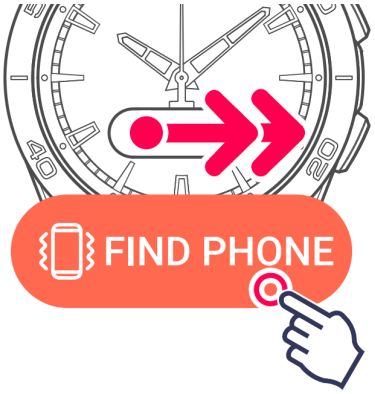
The watch triggers your smartphone's ringtone to locate it.

> **WARNING**
>
> To find the smartphone, the watch must be in paired mode.

1 Activate the watch



2 Display and select the setting



The smartphone rings



The smartphone's ringtone can be switched off via the app or the watch.

Statistics

Looking up the displays

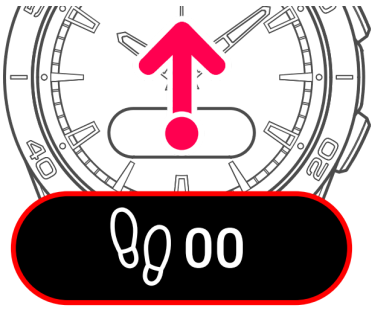
Your watch records your daily statistics to help you track your activities and progress. You can look them up at any time on your watch and on the Tissot app.

> **NOTE**
>
> The daily statistical data is reset every day at midnight.
>
> Your daily data takes into account both your everyday activity and your sport activities: steps, distance, calories, and duration.

1 Activate the watch



2 Display statistics



3 Display other statistics

Use the watch's pushers or swipe the screen.



Number of steps



Energy burned



Activity time



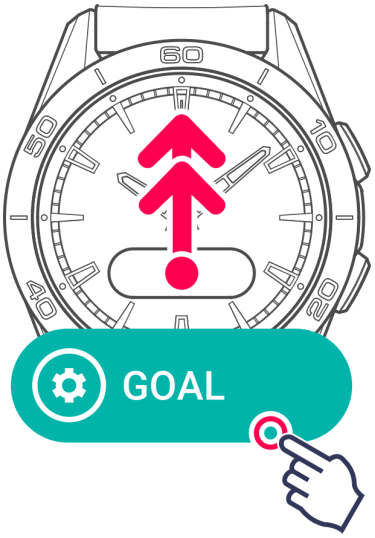
Distance covered



More information on the data

You can also customise your daily steps goal.

Display and select the goal menu



Set your own goal

Your goal

Set daily goals for steps, calories, distance, and active time on the watch and in the app, and get notified when a goal is reached.

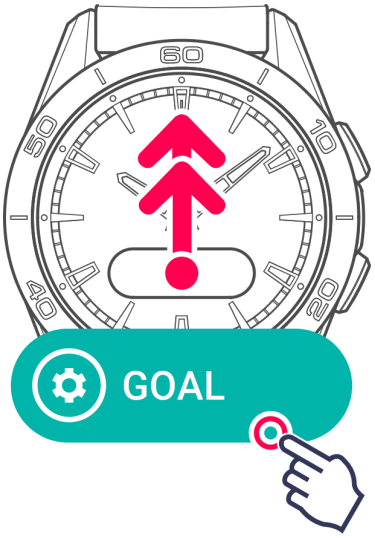
1 Activate the watch



2 Display statistics



3 Display and select the goal menu

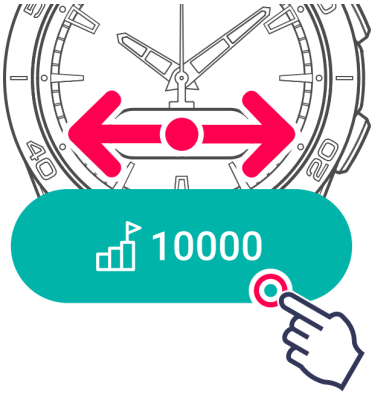


Preset goals

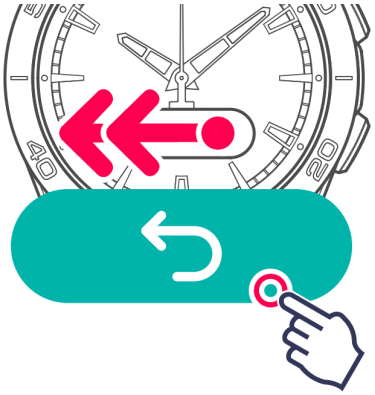
Your watch offers 3 options:



4 Select the preset goal

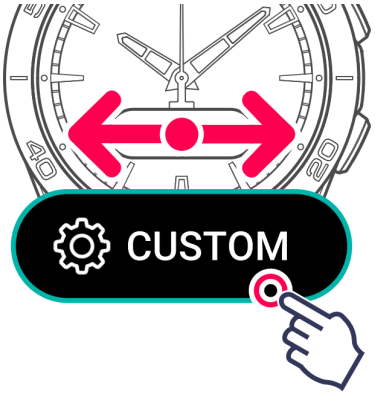


5 Finish and confirm the goal

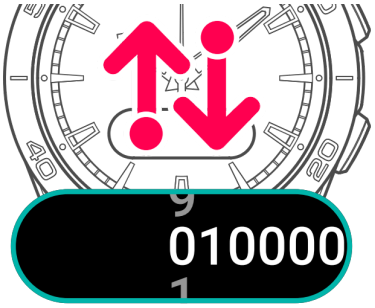


Custom goal

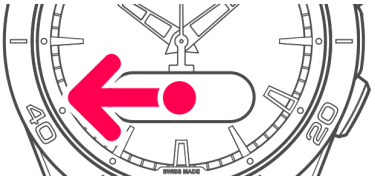
1 Select the menu



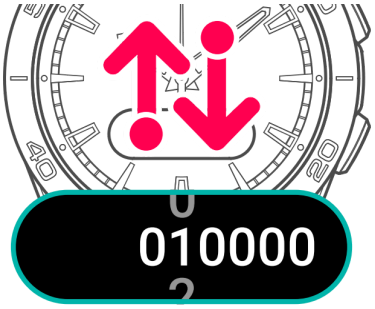
2 Customise your goal, firstly setting the hundreds of thousands unit



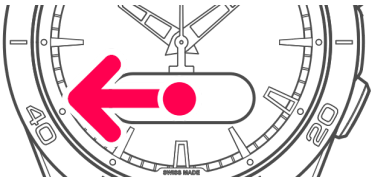
Then go to the next setting.



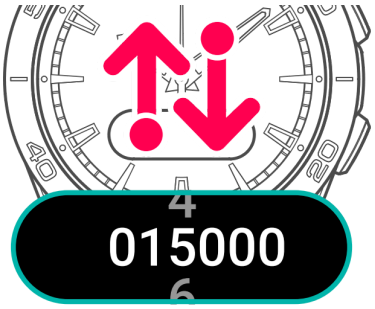
3 Set the tens of thousands unit



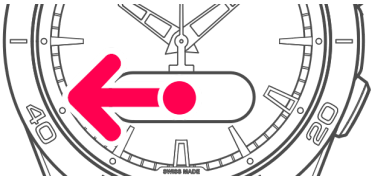
Then go to the next setting.



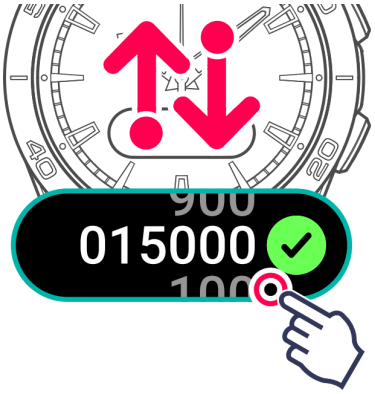
4 Set the thousands unit



Then go to the next setting.



5 Set the hundreds unit, and confirm



6 Finish and confirm the goal



NOTE

If you hit your goal, the watch will beep.

Settings

General settings

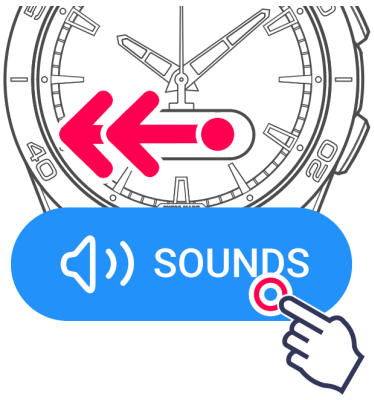
General sounds settings

Manage the general sound settings that apply to all watch features except alarms and timers, which have their own sound settings.

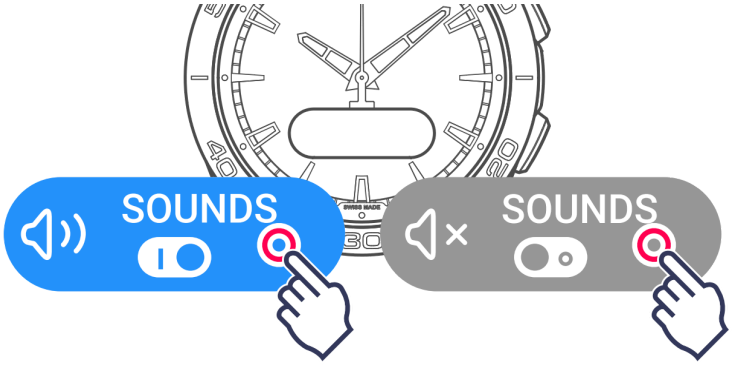
1 Activate the watch



2 Display and select the setting



3 Activate / deactivate sounds



General vibrations settings

Manage the general vibration settings that apply to all watch features except alarms and timers, which have their own vibration settings.

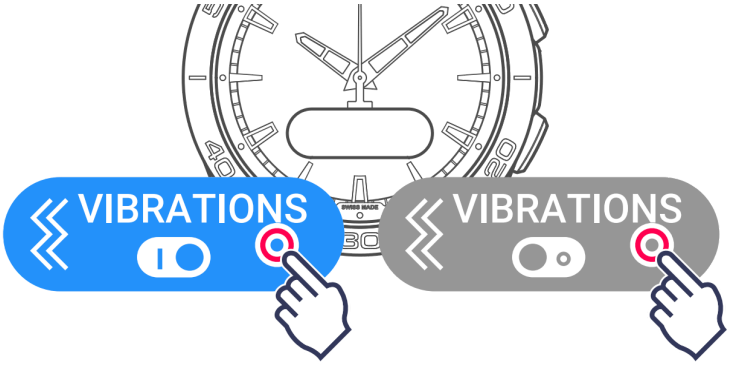
1 Activate the watch



2 Display and select the setting



3 Activate / deactivate vibrations



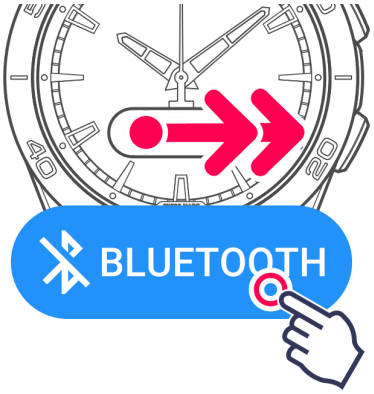
Bluetooth®

Activating / deactivating the Bluetooth® connection

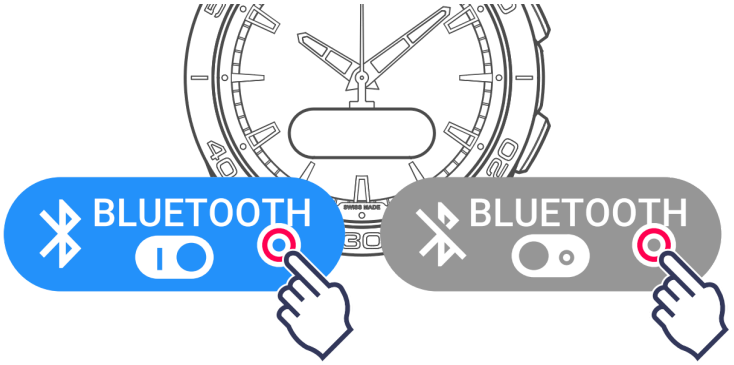
1 Activate the watch



2 Display and select the setting



3 Activate or deactivate

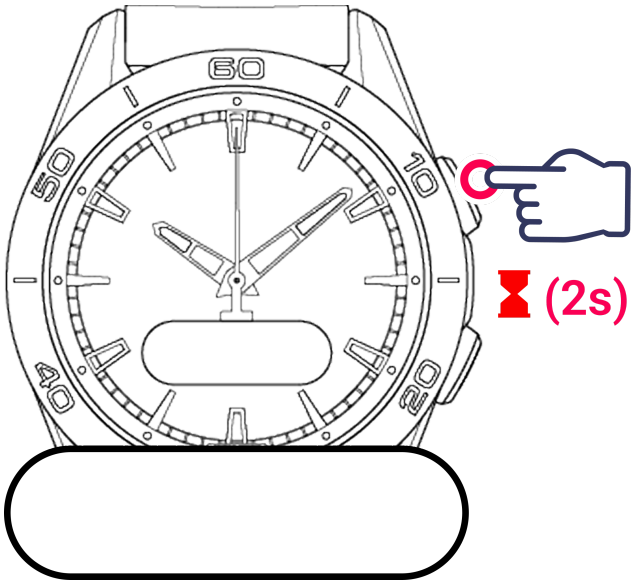


WARNING

The Bluetooth® connection is required for communication between your watch and your smartphone. If deactivated, the watch's functions can no longer be used in paired mode.

Quick actions

From the Tissot mobile application settings, you can assign a quick action to your watch top pusher. Once configured, with the watch screen off, press and hold the top pusher for 2 seconds to trigger the selected action. Press the bottom pusher to deactivate it.



Available quick actions

The following options can be added to quick actions:

- **Wake up the watch**
- **Activities**
- **Heart Rate Monitor**
- **Notifications**
- **Timers**
- **Timezones**
- **Chronograph**
- **Find my phone**
- **Battery & Connectivity**
- **Flashlight**

How to configure

1. Open the Tissot T-Touch Connect Sport mobile application.
2. Go to the watch settings.
3. Select Quick Action.
4. Pick the action you want assigned to the pusher.
5. Select the action again to confirm. A tick will indicate the action has been set.

> **WARNING**
>
> The quick action only works when the watch screen is off and no chronograph or activity is running.

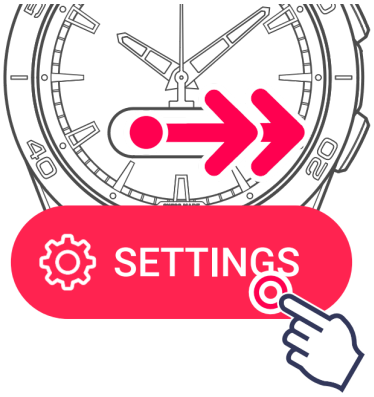
Watch face

Choose the watch face that displays the information most relevant to you.

1 Activate the watch



2 Display and select the settings menu



3 Display and select the Watch face menu



4 Select a watch face

Date / Steps (default)



Date / Calories



Time / Notifications (paired mode only) / Alarm / Steps



Time / Notifications (paired mode only) / Alarm / Calories



Date / Time



INFORMATION

The selected watch face is saved for each watch individually.

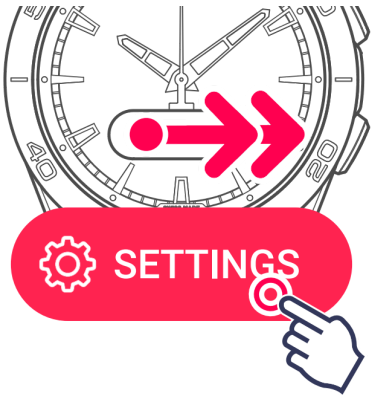
Battery

Using Standby and Eco modes

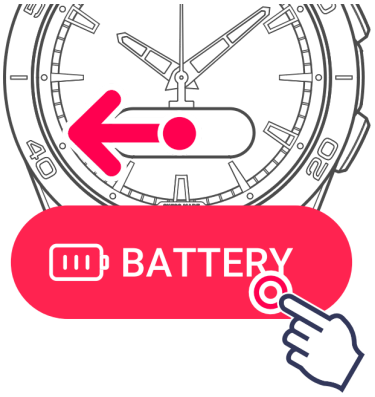
1 Activate the watch



2 Display and select the settings menu



3 Display and select the battery setting



The watch offers 3 options:

Eco mode



When Eco mode is activated, the watch switches off the functions using too much battery (Bluetooth®, Vibrations, Sounds, etc.).

Automatic standby mode



When Automatic standby mode is activated, the watch will automatically enter standby mode when it is not worn for 60 minutes.

Standby mode



Activate the mode to put the watch into standby mode immediately.

While in standby mode, the watch is not connected to the app. To exit the standby mode, press any button. The watch will also exit standby mode when an alarm or timer rings.

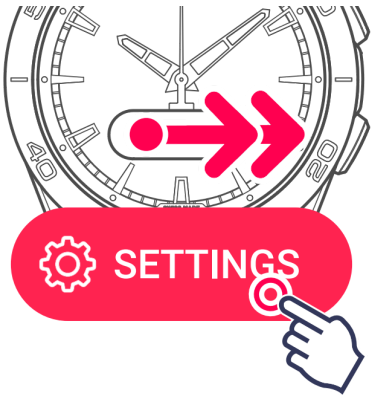
Alerts

Activation / deactivation

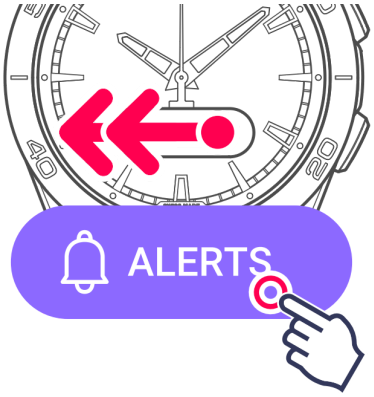
1 Activate the watch



2 Display and select the settings menu

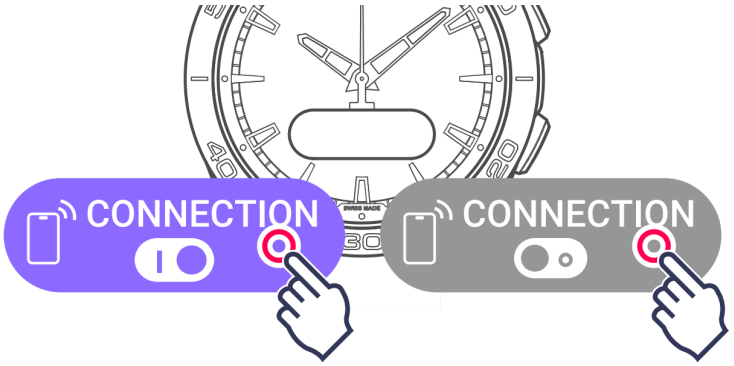


3 Display and select the alerts setting



4 Activate / deactivate alerts

Swipe left or right to browse through the different alerts. Use the toggle to activate or deactivate each one.



- **Move alerts**: Get notified when you haven't moved enough.
- **Goal alerts**: Get notified when you have reached your daily goal.
- **Connection alerts**: If alerts are activated, the watch will beep when its connects to or disconnects from the app.
- **Activity alerts**: Get notified when the watch detects you've stopped or started moving again during an activity.

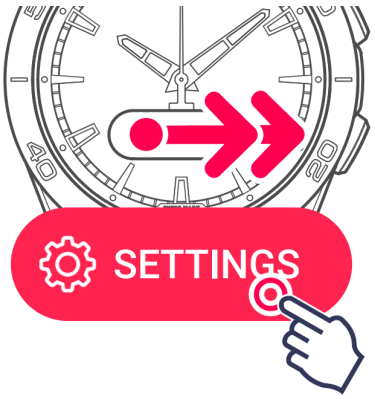
Sounds

Manage the sounds and vibrations for alarms & timers, notifications, and browsing.

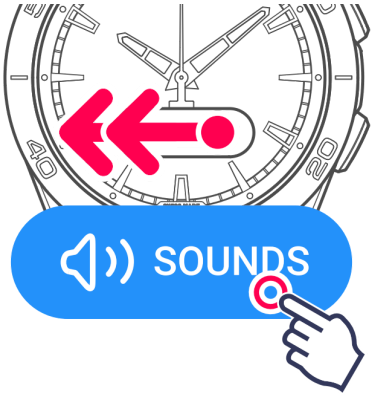
1 Activate the watch



2 Display and select the settings menu



3 Display and select the sounds setting



The watch offers 3 options:

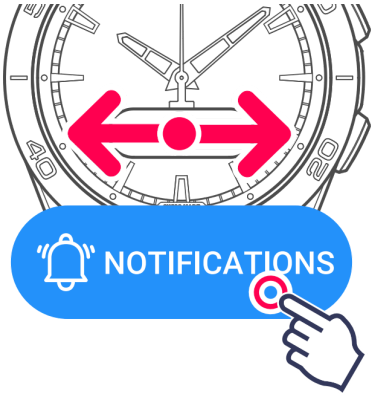
- **Alarm & timer:** Select to set the sounds and vibrations for alarms and timers when an alarm or timer rings.
- **Notifications:** Select to set the sounds and vibrations for notifications/incoming calls.

> **NOTE**
>
> When the phone is in "Do Not Disturb" mode, the watch will not receive incoming calls or notifications.

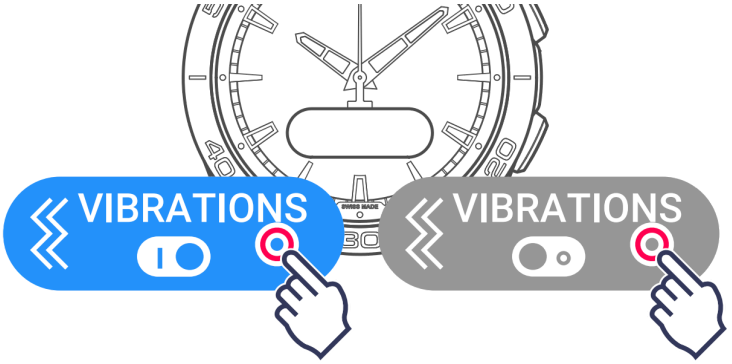
- **Browsing:** Manage the sounds and vibrations when browsing the watch menus.

Under Browsing, you can configure Sounds and Vibrations separately. For each, choose one of three states: On, Off, or Validation. With Validation, the watch only gives feedback when you confirm a setting or action — for example, when setting the hours or minutes of an alarm.

4 Display and select the setting

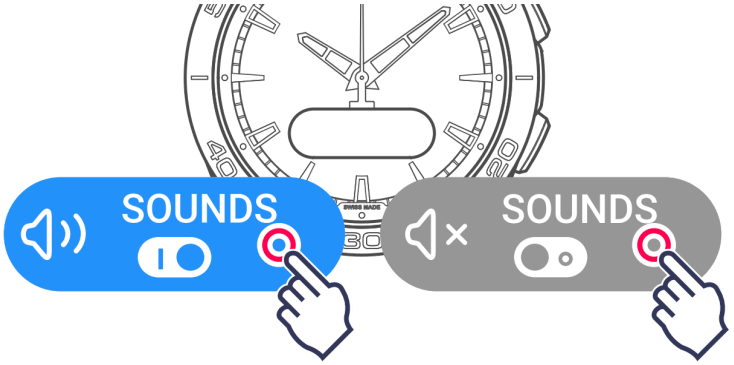


5 Activate / deactivate vibrations



If vibrations are activated, the watch will briefly vibrate when a notification arrives from the app.

6 Activate / deactivate sounds



NOTE

If sounds are activated, the watch will beep when a notification arrives from the app.

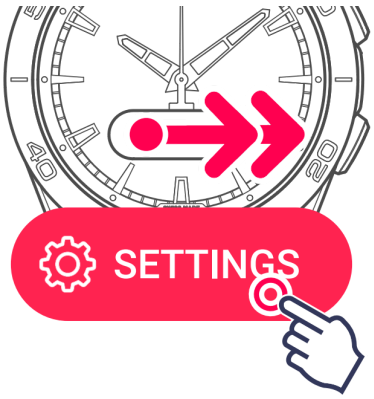
Language

Selecting the display language

1 Activate the watch



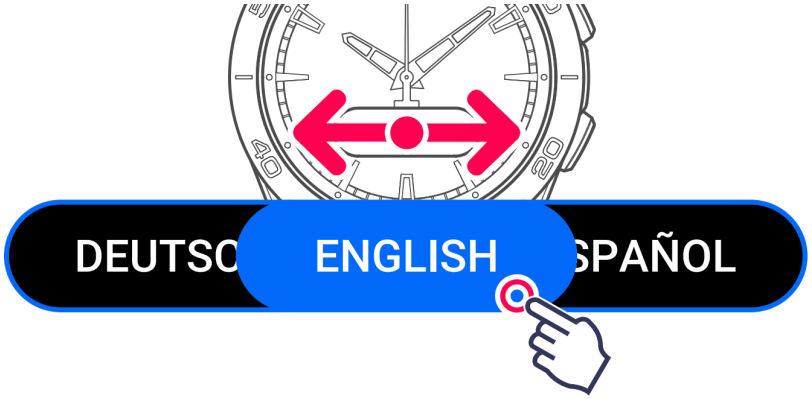
2 Display and select the settings menu



3 Select the language setting



4 Display and select the desired language



Advanced

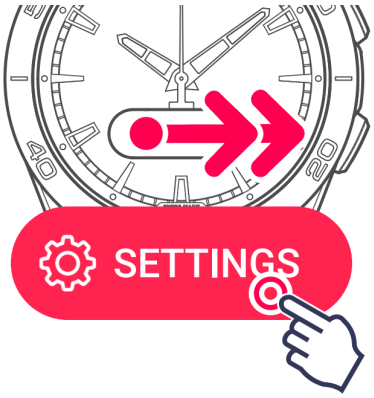
Using advanced settings

These settings are used to calibrate the hands or reinitialise your watch.

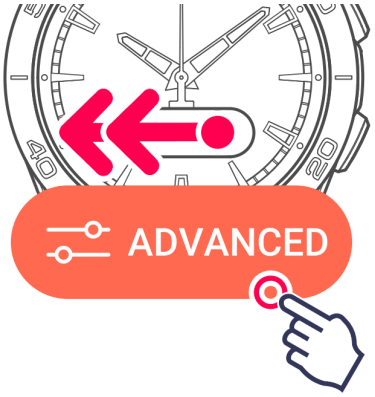
1 Activate the watch



2 Display and select the settings menu



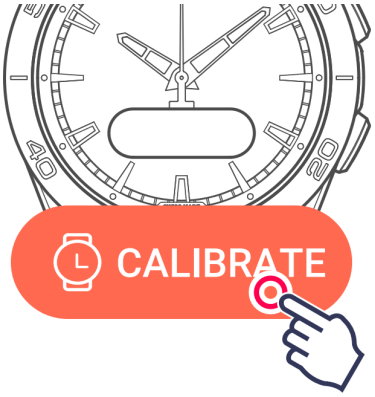
3 Display and select advanced settings



CALIBRATE

This control is used to calibrate the hands when they are no longer correctly positioned. This can happen after an impact, or when the watch is close to a powerful magnetic field.

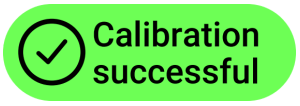
1 Display and start hands calibration



The watch performs a hands calibration cycle to ensure that they are accurately positioned.



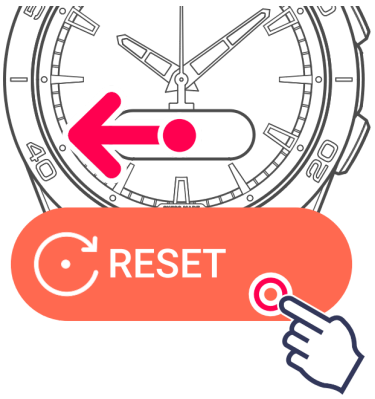
End of calibration cycle



RESET

This control reinitialises your watch, enabling you to wish to reselect its paired or non-paired mode.

2 Display and start reinitialising the watch



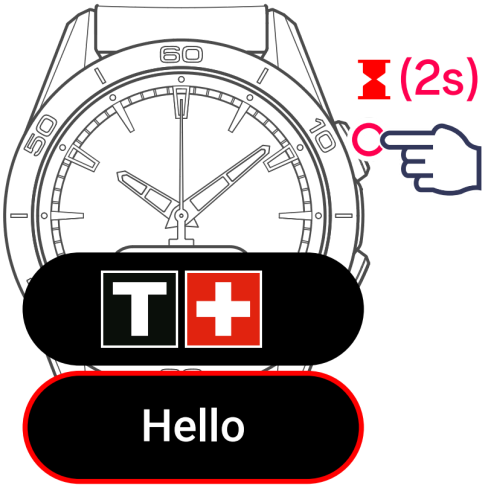
3 Confirm data deletion

Touch the screen zone matching your choice.



Confirm: the data saved on your watch will be cleared (timing, messages, etc.), but if the watch is connected to the app, the synchronised data will be backed up and still accessible.

Cancel: the procedure is cancelled.



The watch will perform a new initialisation cycle, the same as when it was first started.

Continue the start-up procedure

Time Format & Date

Set the preferred time format and the date.

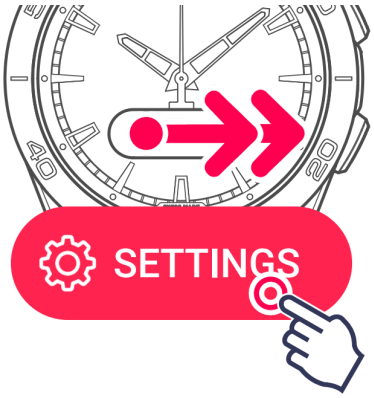
> **NOTE**
>
> The options available on this page depend on whether the watch is in **paired mode** or **non-paired mode**. This mode is chosen during the watch's initial Start-up.

Set the Time Format

1 Activate the watch



2 Display and select the settings menu



3 Display and select the TIME/DATE setting



4 Tap TIME FORMAT



5 Select 24-hour or 12-hour



Set the Date

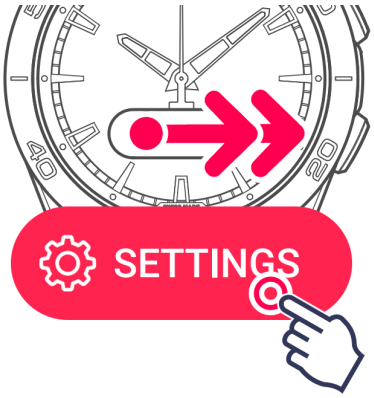
WARNING

SET DATE is only available in non-paired mode. In paired mode, the date syncs automatically from your smartphone.

1 Activate the watch



2 Display and select the settings menu



3 Display and select the TIME/DATE setting



4 Tap SET DATE



5 Adjust the Year, Month, Day

Tap the screen or press the top pusher to confirm.

6 Confirm



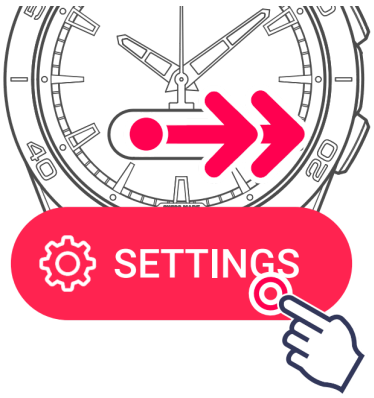
About

Information about your watch

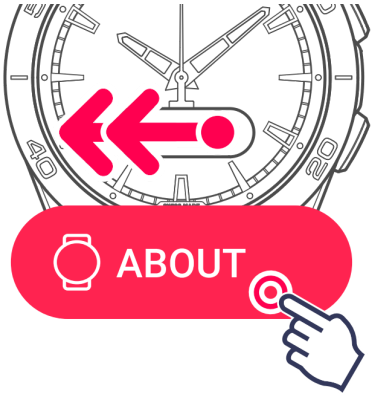
1 Activate the watch



2 Display and select the settings menu



3 Display the watch's information



Watch ID

Your watch's unique identification number guarantees its authenticity. You could be asked for it when making a support request.

Firmware version

This is your watch's software version. Tissot SA is determined to ensure the constant development of its products. New features are regularly added. When you make an update request from the app, the server checks that your watch has the latest software version. If this is not the case, it suggests that you install this update.

> **NOTE**
>
> After an update, the settings are recovered from the mobile application — you don't need to reapply them manually. Make sure to stay connected to the mobile application after the update to allow the settings to be restored.

Fonts version

To ensure optimal readability, the screen fonts may be updated in order to improve text and value displays on your watch.

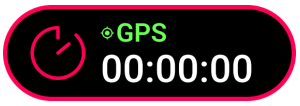
Information

Data

Activity data

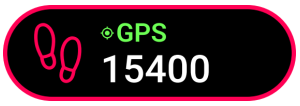
Data saved during tracked activities.

Activity time



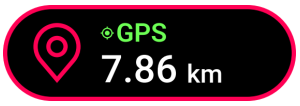
This is the elapsed time during a tracked activity. The time is counted until the activity finishes.

Number of steps



The number of steps is calculated based on your arm movements measured by the 3-axes accelerometer fitted in the watch.

Distance covered

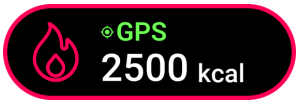


The distance covered is calculated based on your arm movements measured by the 3-axes accelerometer, as well as GPS data.

> **NOTE**
>
> If the activity is paused, any distance covered during the pause is not counted. Only the distance recorded while the activity is actively running is added to the total.

If GNSS data points are missing for any reason (e.g. permissions, low precision, no fix, or disconnection), the distance for that time interval is estimated by interpolation.

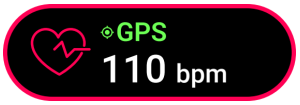
Energy burned



The energy burned is calculated by the app, based on multiple data, the distance covered, movement speed, rate of climb, etc., as well as your personal data entered in the Tissot app.

Cardiac activities

Heart rate



Heart rate is measured by means of an optical sensor fitted on the back of the watch. It measures the quantity of light as a function of blood flow in your wrist.

WARNING

To ensure that your heart rate is measured correctly, make sure that your watch is flush against your wrist.

During strength-based activities (when your wrist muscles are tensed), the reading may be less accurate for a few seconds.

Training zones

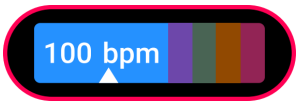
The training zones display the heart rate during an activity.

The heart rate is defined according to the values specified in the Tissot app. If not specified, the default year of birth value is 1970. Its maximum value is calculated as follows: 220 - age.

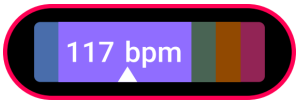
WARNING

> The default values for the zones are not the bpm (beats per minute), but the % of your max. heart rate.
>
> The max. heart rate and percentages may be edited in the app.

Training zone 1: 50 %-60 %



Training zone 2: 60 %-70 %



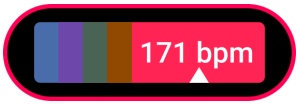
Training zone 3: 70 %-80 %



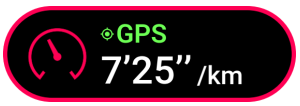
Training zone 4: 80 %-90 %



Training zone 5: 90 %-100 %

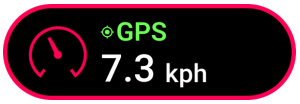


Time per unit distance (Pace)



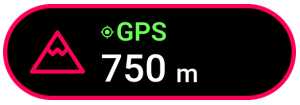
Average time taken to cover one kilometre (or one mile) during an activity. The app calculates the average value of the time taken for each kilometre.

Speed



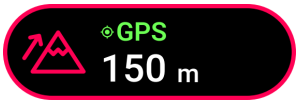
Average travel speed during your activity, expressed in kilometres (or miles) per hour.

Altitude



Maximum altitude reached during your activity. This value is calculated using your smartphone's GPS data.

Cumulative altitude gain



Sum total of all upward movement during the activity, expressed in metres (or feet). This value is calculated using your smartphone's GPS data.

Statistical data

Data saved in the daily statistics, and reset every day at midnight.

Number of steps



The number of steps is calculated based on your arm movements measured by a 3-axes accelerometer fitted in the watch.

Energy burned



The energy burned is calculated by the app, based on multiple data, the distance covered, movement speed, rate of climb, etc., as well as your personal data entered in the Tissot app.

Activity time



Your movement time or physical activity time. Any rest time is disregarded.

Distance covered



The distance covered is calculated based on your arm movements measured by the 3-axes accelerometer, as well as your smartphone's GPS data.

Battery

Information

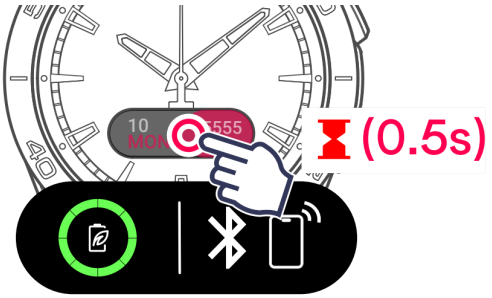
Your T-Touch Connect Sport runs on a Lithium-ion Polymer battery charged by means of the solar sensor fitted in the dial, or the cable supplied.

Its average life, according to your activity level, is:

- Unlimited autonomy in Watch mode (requires outdoor lighting > 20 min/day with clear sky, 20 kLux).
- Up to 6 months in Standard Connected mode (requires outdoor lighting > 35 min/day with clear sky, 20 kLux).
- Up to 3 months in Sport Connected mode (requires outdoor lighting > 60 min/day with clear sky, 20 kLux).

Look up the battery level

1 Touch the screen for 0.5 seconds



Charging the battery

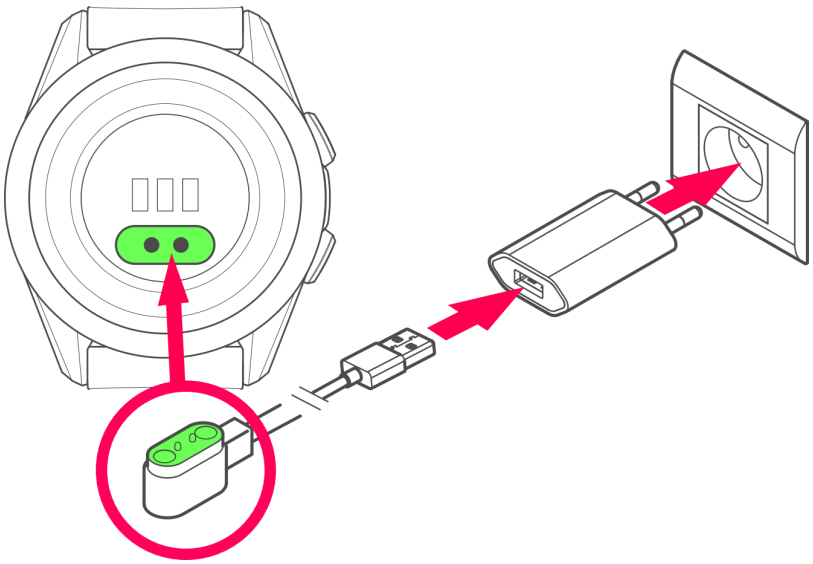
The watch is supplied with a special USB cable for charging with guaranteed water resistance.

> **WARNING**
>
> Do not use a charger of more than 15 Watts.

If the battery charge level is too low to ensure correct operation, the screen will display the message below:



1 Place the end of the cable on the connector as shown



NOTE

There are magnets ensuring that the connector is correctly oriented.

INFORMATION

The complete charging time is approximately 90 minutes.

Modes

Using paired mode

In this mode, the watch is connected to the Tissot app installed on your smartphone.

Some features can also be used via the smartphone:

- **Timer**: the duration can be set via the app.
- **Chronograph**: both time measurements and split times are saved, and can be looked up on the app.
- **Activity tracking data**: these are saved, and can be looked up on the app.
- **Location**: your smartphone's GPS saves the location data during cycling, hiking or running activities.
- **Statistics**: these can also be looked up on the app.

Bluetooth®

The data are exchanged between the watch and the app by means of the Bluetooth® protocol.

The Bluetooth® connection must be activated on your smartphone and on the watch.

See Settings

> **WARNING**
>
> Keep your smartphone with you during your activities. The distance between the two devices must not exceed 15 to 20 metres (50 to 65 feet).
>
> If the watch is too far from the smartphone, the connection will be interrupted. It is automatically reactivated as soon as the two devices are brought together.

> **NOTE**
>
> If your watch has not connected to the T-Connect app for a while, it shows an Open Tissot App pop-up — the same reminder shown during initial setup — prompting you to

open the app on your phone. Opening the app lets your watch synchronise your data so it stays backed up. This reminder is not shown again for 24 hours.

Modes

Using non-paired mode

In this mode, the watch operates autonomously.

The settings are made directly on the watch, rather than via the app.

Some data are saved in the watch temporarily:

- **Chronograph**: both final time measurements and split times are saved, and can be looked up during timing.
- **Activity tracking data**: these are saved in the watch temporarily, and can be looked up during the activity.
- **Statistics**: these can be looked up during the day.

> **INFORMATION**
>
> **Location**: no location tracking and no altitude measurement. Distance and speed are not measured for cycling activities.

GPS

General information

Using some of your watch's functions requires access to the positioning data. It is your smartphone's GPS which is used.

> **WARNING**
>
> Your smartphone must always enable location for the Tissot app, and not only when the app is active.

Use with GPS

GPS information is exchanged between your smartphone and your watch, thanks to the Bluetooth® connection.

To enable the Bluetooth® connection to operate, your watch must be used in paired mode, and the Bluetooth® connection must be activated.

Activate the connection

Paired mode

> **WARNING**
>
> Keep your smartphone with you during your activities. The distance between the two devices must not exceed 15 to 20 metres (50 to 65 feet).
>
> If the watch is too far from the smartphone, the connection will be interrupted. It is automatically reactivated as soon as the two devices are brought together.

Using without GPS

If the watch cannot use GPS data, the location information is not available, and data tracking for running, cycling and hiking activities will be limited.

The following information cannot be saved:

- Location
- Distance measurement
- Speed

Compatibility

The T-Touch Connect Sport is equipped with a Bluetooth® function, and requires the use of a smartphone meeting the following requirements:

Android requirements	Requisite configuration for Android: minimum version 9.0, recommended version 13 or 14. This system version has been available since 7 March 2018. Most devices manufactured after this date will meet this requirement.
Apple iOS requirements	Apple iOS requisite configuration: minimum version 16, recommended version 17.x or 18.x. Compatible with iPhone available since September 2022.
Huawei requirements	Huawei requisite configuration: minimum version HarmonyOS 2.0, recommended version Harmony 3.x or 4.x. Available for some Huawei smartphones from June 2021.

Tissot ensures the compatibility of its products with the best-known and most widespread Android mobile devices worldwide. However, some devices are incompatible with the T-Touch Connect Sport:

- Xiaomi Mi 8 lite international version;
- Blackberry Key2 LE;
- Samsung A21S;
- Sony XZ3;
- Caterpillar S60.

The T-Touch Connect Sport app is supported only in the following countries and languages:

Supported countries

Albania	Australia	Austria

Belarus	Belgium	Bosnia and Herzegovina
Brazil	Bulgaria	Canada
Chile	China	Colombia
Croatia	Cyprus	Czech Republic
Denmark	Estonia	Faroe Islands
Finland	France	Germany
Gibraltar	Greece	Greenland
Guatemala	Hong Kong	Hungary
Iceland	India	Ireland
Israel	Italy	Japan
Jordan	Korea	Kosovo
Latvia	Lebanon	Liechtenstein
Lithuania	Luxembourg	Macau
Malaysia	Malta	Mexico
Moldova	Monaco	Montenegro
Netherlands	New Zealand	North Macedonia
Norway	Poland	Portugal
Romania	San Marino	Serbia
Singapore	Slovakia	Slovenia
Spain	Sweden	Switzerland

Taiwan	Thailand	Turkey
Ukraine	United Arab Emirates	United Kingdom
USA	Vatican City	Venezuela

Supported character sets (notifications)

Afrikaans	Albanian	Basque
Breton	Catalan*	Chinese (simplified)
Corsican	Czech	Danish*
Dutch*	English	Estonian*
Faroese	Finnish*	French
Galician	German	Hungarian*
Icelandic	Indonesian	Irish
Irish* (traditional orthography)	Italian	Japanese
Korean	Kurdish	Leonese
Lithuanian	Luxembourgish	Malay
Manx	Norwegian	Occitan
Polish	Portuguese	Rhaeto-Romanic
Scots Gaelic	Scottish Gaelic	Slovak
Southern Sami	Spanish	Swahili
Swedish	Tagalog	Walloon

Welsh*		

*Please note that some characters may be missing.

App languages

Chinese (simplified)	Chinese (traditional)	Danish
Dutch	English	Finnish
French	German	Italian
Japanese	Korean	Norwegian
Polish	Portuguese	Romanian
Spanish	Swedish	Thai

Watch languages

Chinese (simplified)	English	French
German	Italian	Japanese
Korean	Malay	Spanish
Thai		

Firmware update

When a new firmware version is available, the T-Connect app downloads it and transfers it to your watch automatically in the background, without installing it right away.

To install it, do either of the following:

- Tap Update in the T-Connect app, or
- Confirm the update reminder shown on the watch.



Versions and new features

Version	Availability	Modifications
10.2	August 2026	**Bug Fixes & Improvements**
10.1	June 2026	**Bug Fixes & Improvements**
10.0	April 2026	**Accurate Distance While Paused** Distance covered while an activity is paused is no longer counted, and missing GPS data points are estimated by interpolation. **Alarm & Timer Sounds and Vibrations** Alarms and timers have their own sound and vibration settings, separate from the general watch settings. **Live Activity Cycling in China** Live activity tracking for cycling is now available for users in China. **Bug Fixes & Improvements**
9.2	February 2026	**Expanded Goal Settings & Alerts** Set daily goals for steps, calories, distance, and active time on the watch and in the app, and get notified when a goal is reached. **More Quick Actions** The torch (flashlight) feature returns, along with additional activities, now available as quick actions on the pusher. **Notification Filtering on iOS** Filter smartphone notifications by category on iOS (by individual app on Android). **Bug Fixes & Improvements**
9.1	October 2025	**Standby mode** Sleep mode has been renamed to Standby mode.

Version	Availability	Modifications
		Sum data from daily activities and sports activities Your daily summary now combines everyday activity and sports activities: steps, distance, calories, and duration. **Bug Fixes & Improvements**
9.0	June 2025	**Torch Feature Disabled** The torch feature has been disabled. **Live Activity Mirroring** View your cycling activity in real time on the T-Connect app — metrics automatically mirror to your phone screen. **Do Not Disturb & Notification History** The watch respects your phone's Do Not Disturb mode, silencing incoming calls and notifications; view your notification history on the watch. **NBA Widget Simplified** Live NBA scores and schedules are no longer available on the watch. The widget now shows a banner linking to the NBA website for the latest news. **Bug Fixes & Improvements**
8.3	April 2025	**Indoor Activity History** The watch now stores history for your most recent indoor activity — sync with the T-Connect app to save it permanently. **Indoor Activities on the Watch** Select and start treadmill, spinning, and stairs activities directly from the watch — no GPS required. **Manage Auto Pause/Resume Alerts** Configure alerts for when an activity is automatically paused or resumed based on your movement.

Version	Availability	Modifications
		Bug Fixes & Improvements
8.2	March 2025	**Quick Actions on Pusher** Assign a quick action to the pusher for fast access to your favorite feature. **Watch Face Selection** Choose from 5 available watch faces directly on your TTC Sport. **Transparent Firmware Updates** The T-Connect app downloads firmware updates and transfers them to your watch automatically in the background, without installing right away. **Bug Fixes & Improvements**
8.1	January 2025	**Quicker Heart Rate Access** If the watch goes idle while measuring heart rate, measurement continues for 30 seconds — reactivate within that time to see it immediately. **Wrist Raise Detection During Activities** Raise your wrist during an activity to wake the screen and check your data; detection turns off automatically while paused. **Bug Fixes & Improvements**
8.0	October 2024	**Light Level History** View the history of light level harvested by your watch in the T-Connect app (paired mode). **Auto Lap for Activities** Access detailed Auto Lap insights for hiking, running, and cycling. **Solar Energy Level**

Version	Availability	Modifications
		Track solar energy trends over time and better understand their positive impact on battery life. **Heart Rate on Demand** Measure heart rate in real time directly from the watch with a simple touch. **Torch Feature** Long-press the lower pusher to instantly turn the watch into a flashlight. **Training Zones on Your Wrist** View your current training zone directly on your wrist during an activity. **Reconnect Prompt** The watch prompts you to open the T-Connect app if it's not connected. **Auto Pause and Resume Your Activities** Hiking, running, and cycling activities on TTC Sport automatically pause when you stop moving and resume when you start again. **Bug Fixes & Improvements**

Documents

Declaration of conformity

- Declaration of conformity

Warranty

- Warranty