

Type Name	Base Type	Value Name	Value	Comment	Source			
file	enum							
		locations	8	Directory=Location				
		records	29	Directory=Records				
		multi_sport	33	Directory=MltSport				
		clubs	37	Directory=Clubs				
		score_card	38	Directory=SCORCRDS				
		metrics	44	Directory=Metrics				
		sleep	49	Directory=Sleep				
		pace_band	56	Directory=PaceBands				
		ecg	61					
		calendar	65	Directory=Calendar				
		hrv_status	68	Directory=HRVStatus				
		lha_backup	72	Firstbeat Lifetime Health? Directory=FbtBackup				
		ptd_backup	74	Firstbeat Performance Training Data? Directory=FbtPtdBackup				
		schedule	77	Directory=Coach				
mesg_num	uint16							
		data_screen	14	sport		data_screen		
		alert	16	sport		alert		
		range_alert	17	sport		range_alert		
		device_used	22	activity		device_used		
		location	29	location		location		
		map_layer	70	sport		map_layer		
		routing	71	sport		routing		
		user_metrics	79	activity		user_metrics		
		open_water_event	89	activity		open_water_event		
		device_status	104	activity		device_status		
		best_effort	113	activity		best_effort		
		personal_record	114	records		personal_record		
		activity_metrics	140	activity		activity_metrics		
		epo_status	141	activity		epo_status		
		multisport_settings	143	multi_sport		multisport_settings		
		multisport_activity	144	multi_sport		multisport_activity		
		sensor_settings	147	sport		sensor_settings		
		metronome	152	sport		metronome		
		connect_iq_field	170	sport		connect_iq_field		
		clubs	173	clubs		clubs		
		waypoint_handling	189	location		waypoint_handling		
		golf_course	190	score_card		golf_course		
		golf_stats	191	score_card		golf_stats		
		score	192	score_card		score		
		hole	193	score_card		hole		
		shot	194	score_card		shot		
		mesg_233?	233	activity		mesg_233?		
		music_info	243	activity		music_info		
		mesg_288?	288	activity		mesg_288?		
		mtb_cx	309	sport		mtb_cx		
		race	310	pace_band		race		
		split_time	311	pace_band		split_time		
		power_mode	321	sport		power_mode		

Type Name	Base Type	Value Name	Value	Comment	Source			
		mesg_324?	324	activity		mesg_324?		
		mesg_325?	325	activity		mesg_325?		
		gps_event	326	activity		gps_event		
		mesg_327?	327	activity		mesg_327?		
		ecg_summary	336	ecg	7	ecg_summary		
		ecg_raw_sample	337	ecg	7	ecg_raw_sample		
		ecg_smooth_sample	338	ecg	7	ecg_smooth_sample		
		race_event	358	activity	7	race_event		
		sleep_schedule	379	settings		sleep_schedule		
		cpe_status	394	activity		cpe_status		
		workout_schedule	428	activity		workout_schedule		
		msg_432?	432	activity		msg_432?		
alert_metric	enum							
		time	0					
		distance	1					
		calories	2					
		ascent	3					
		descent	4					
		reps	5					
		smart	7					
		pacing	8					
alert_zone	enum							
		off	0					
		custom	1					
		zone_1	101					
		zone_2	102					
		zone_3	103					
		zone_4	104					
		zone_5	105					
allow	enum							
		do_not_allow	0					
		allow	1					
antplus_device_type	uint8							
		running_dynamics	30					
auto_lap_mode	enum							
		time	0					
		distance	1					
		position	2					
		manual_only	6					
auto_pause_setting	enum							
		off	0					
		when_stopped	1					
		custom	2					
auto_scroll_mode	enum							
		off	0					
		slow	1					
		medium	2					
		fast	3					
avoidances	uint16							
		u_turns	0x0001					
		toll_roads	0x0002					

Type Name	Base Type	Value Name	Value	Comment	Source			
		major_highways	0x0004					
		unpaved_roads	0x0008					
		carpool_lanes	0x0010					
		interstate_hwy	0x0020					
		ferries	0x0040					
		narrow_trails	0x0080					
		climbing_paths	0x0100					
benefit	enum							
		no_benefit	0					
		recovery	1					
		base	2					
		tempo	3					
		threshold	4					
		vo2_max	5					
		anaerobic	6					
		sprint	7					
calculation_method	enum							
		minimize_time	0					
		minimize_distance	1					
		minimize_ascent	3					
climb_detection	enum							
		cat_4	1					
		cat_3	2					
		cat_2	3					
		cat_1	4					
		hc	5					
		uncategorized	6					
climb_pro_mode	enum							
		when_navigating	1					
		always	2					
climb_pro_terrain	enum							
		paved	0					
		unpaved	1					
		mixed	3					
connection_type	enum							
		antplus	0					
		bluetooth_low_energy	1					
		bluetooth	2					
course_recalculation	enum							
		auto_pause	0					
		auto_reroute	1					
		prompt_only	2					
		prompt_with_auto_reroute	3					
courses	enum							
		follow_course	0					
		use_map	1					
data_fields	uint16							
		total_calories	0					
		cadence	3					
		avg_cadence	4					

Type Name	Base Type	Value Name	Value	Comment	Source			
		lap_cadence	5					
		distance	6					
		lap_distance	7					
		altitude	9					
		grade	11					
		heading	12					
		heart_rate	13					
		avg_hr	14					
		lap_hr	15					
		hr_max	16					
		avg_hr_max	17					
		lap_hr_max	18					
		hrr	19					
		avg_hrr	20					
		lap_hrr	21					
		hr_zone	22					
		hr_gauge	23					
		laps	24					
		ete	28					
		distance_to_next	29					
		time_to_next	30					
		dest_wpt	31					
		next_wpt	32					
		pace	33					
		avg_pace	34					
		lap_pace	35					
		power	36					
		avg_power	37					
		lap_power	39					
		max_power	40					
		power_zone	43					
		steps	45					
		speed	48					
		avg_speed	49					
		lap_speed	50					
		sunrise	53					
		sunset	54					
		elapsed_time	55					
		timer	56					
		avg_lap_time	57					
		lap_time	58					
		time_of_day	59					
		total_ascent	60					
		total_descent	61					
		time_ahead	63					
		repetition	67					
		vert_spd	77					
		temperature	78					
		30_s_power	80					
		last_lap_distance	84					
		last_lap_pace	85					

Type Name	Base Type	Value Name	Value	Comment	Source			
		last_lap_speed	86					
		last_lap_time	87					
		maximum_speed	91					
		bearing	92					
		eta	93					
		eta_at_next	94					
		battery_pct	96					
		gps	97					
		aerobic_te	99					
		last_lap_power	100					
		last_lap_cadence	108					
		last_lap_hr	165					
		vertical_oscillation	170					
		avg_vert_osc	171					
		lap_vert_osc	172					
		ground_contact_time	173					
		avg_gct	174					
		lap_gct	175					
		last_lap_hr_max	187					
		last_lap_hrr	188					
		dist_remaining	197					
		time_in_hr_zone_1	199					
		time_in_hr_zone_2	200					
		time_in_hr_zone_3	201					
		time_in_hr_zone_4	202					
		time_in_hr_zone_5	203					
		24_hour_max	214					
		24_hour_min	215					
		connect_iq_field	216					
		avg_ascent	219					
		avg_descent	220					
		max_ascent	221					
		max_descent	222					
		lap_ascent	223					
		lap_descent	224					
		last_lap_ascent	225					
		last_lap_descent	226					
		min_altitude	227					
		max_altitude	228					
		gps_altitude	229					
		vert_dist_to_dest	230					
		ambient_press	231					
		glide_ratio	233					
		glide_ratio_dest	234					
		vert_speed_to_tgt	235					
		course	236					
		gps_heading	237					
		compass_hdg	238					
		off_course	239					
		location	240					
		dest_location	241					

Type Name	Base Type	Value Name	Value	Comment	Source			
		lat_lon	242					
		vel_made_good	243					
		active_calories	245					
		next_fork	246					
		step_distance	302					
		step_time	303					
		step_speed	304					
		step_pace	305					
		gct_balance	307					
		avg_gct_bal	308					
		lap_gct_bal	309					
		vertical_ratio	310					
		avg_vert_ratio	311					
		lap_vert_ratio	312					
		stride_length	313					
		avg_stride_len	314					
		lap_stride_len	315					
		perform_cond	320					
		battery_hours	395					
		muscle_o_2_sat	423					
		total_hemaglobin	424					
		anaerobic_te	433					
		resp_rate	452					
		total_time	455					
		est_total_dist	462					
		load	478					
		workout_comparison	511					
		cadence_gauge	512					
		primary_target	520					
		duration	522					
		vert_osc_gauge	524					
		vert_ratio_gauge	525					
		ground_contact_time_gauge	526					
		gct_balance_gauge	527					
		power_gauge	528					
		compass_gauge	529					
		te_gauge	530					
		asc_des_gauge	531					
		overall_ahead_behind	532					
		secondary_target	578					
		stamina_potential	580					
		stamina	581					
		distance_remaining	582					
		time_remaining	583					
		gauge_dist	585					
		altitude_chart	586					
		barometer_chart	587					
		heart_rate_chart	588					
		pace_chart	589					
		speed_chart	590					

Type Name	Base Type	Value Name	Value	Comment	Source			
		power_chart	591					
		gauge_time	597					
		hr_zones_ratio	610					
		time_of_day_seconds	616					
		grade_adjusted_pace	656					
duration_type	enum							
		time	0					
		distance	1					
epo_cpe_status								
		expired	0					
		current	1					
event	enum							
		performance_condition_al	39					
fairway	enum							
		left	0					
		right	1					
		hit	2					
garmin_product	uint16			gnss chipsets				
		mt3333_1	1619	MediaTek MT3333				
		mt3333_2	1620	MediaTek MT3333				
		mt3333_3	1621	MediaTek MT3333				
		mt3333_4	2957	MediaTek MT3333				
		mt3333_5	3411	MediaTek MT3333				
		mt3333_6	3750	MediaTek MT3333				
		cxd5603gf	3107	Sony CXD5603GF				
		cxd56xxxx_1	3799	Sony CXD56xxxx				
		cxd56xxxx_2	4058	Sony CXD56xxxx				
		cxd56xxxx_3	4197	Sony CXD56xxxx				
		ag3335m	3865	Airoha AG3335M				
		ag3335mn	3866	Airoha AG3335MN				
		fr970	4565	Forerunner 970				
gender_x	enum							
		female	0					
		male	1					
		not_specified	2					
gps_mode	uint16				2			
		GPS_L1	0x0001					
		GLONASS	0x0002					
		QZSS_L1	0x0010					
		Galileo_E1	0x0040					
		BeiDou_B1I	0x0080					
		auto_select	0x0100					
		GPS_L5,_Galileo_E5a,_Bei	0x1C00					
		QZSS_L5	0x2000					
gps_type	enum							
		ultra_trac_trigger	11					
		mode_change	49					
guide_text	enum							
		never_display	0					
		always_display	1					
		when_navigating	2					

Type Name	Base Type	Value Name	Value	Comment	Source			
light_sectors_status	enum							
		off	0					
		on	1					
		auto	2					
map_symbol	uint16							
		airport	0					
		amusement_park	1					
		anchor	2					
		ball_park	3					
		bank	4					
		bar	5					
		block_blue	6					
		boat_ramp	7					
		bowling	8					
		bridge	9					
		building	10					
		campground	11					
		car	12					
		car_rental	13					
		car_repair	14					
		cemetery	15					
		church	16					
		city_large	17					
		city_medium	18					
		city_small	19					
		civil	20					
		controlled_area	21					
		convenience_store	22					
		crossing	23					
		dam	24					
		skull_and_crossbones	25					
		danger_area	26					
		department_store	27					
		diver_down_flag_1	28					
		diver_down_flag_2	29					
		drinking_water	30					
		fast_food	32					
		fishing_area	33					
		fitness_center	34					
		forest	35					
		gas_station	36					
		glider_area	37					
		golf_course	38					
		lodging	39					
		hunting_area	40					
		information	41					
		live_theater	42					
		light	43					
		man_overboard	44					
		hospital_2	45					
		mine	46					

Type Name	Base Type	Value Name	Value	Comment	Source			
		movie_theater	47					
		museum	48					
		oil_field	49					
		parachute_area	50					
		park	51					
		parking_2	52					
		pharmacy	53					
		picnic_area	54					
		pizza	55					
		post_office	56					
		rv_park	57					
		residence	58					
		restricted_area	59					
		restaurant	60					
		restroom	61					
		scales	62					
		scenic_area	63					
		school	64					
		shipwreck	65					
		shopping_center	66					
		short_tower	67					
		shower	68					
		skiing_area	69					
		stadium	70					
		summit	71					
		swimming_area	72					
		tall_tower	73					
		telephone	74					
		toll_booth	75					
		trail_head	76					
		truck_stop	77					
		tunnel	78					
		ultralight_area	79					
		zoo	80					
		geocache	81					
		geocache_found	82					
		flag_blue	83					
		pin_blue	84					
		bike_trail	85					
		ice_skating	86					
		beacon	88					
		horn	89					
		beach	90					
		buoy_white	91					
		wrecker	92					
		navaid_amber	93					
		navaid_black	94					
		navaid_blue	95					
		navaid_green_white	96					
		navaid_green	97					
		navaid_green_red	98					

Type Name	Base Type	Value Name	Value	Comment	Source			
		navaid_orange	99					
		navaid_red_green	100					
		navaid_red_white	101					
		navaid_red	102					
		navaid_violet	103					
		navaid_white	104					
		navaid_white_green	105					
		navaid_white_red	106					
		bell	108					
		block_green	109					
		block_red	110					
		food_source	111					
		flag_green	116					
		flag_red	117					
		pin_green	118					
		pin_red	119					
		atv	120					
		big_game	121					
		blind	122					
		blood_trail	123					
		cover	124					
		covey	125					
		furbearer	127					
		lodge	128					
		small_game	129					
		animal_tracks	130					
		treed_quarry	131					
		tree_stand	132					
		truck	133					
		upland_game	134					
		waterfowl	135					
		water_source	136					
navigation_prompt	enum							
		text_only	1					
		map	2					
open_water_event_type	enum							
		change_stroke	44					
orientation	enum							
		north_up	0					
		track_up	1					
power_averaging	enum							
		include_zeros	0					
		do_not_include_zeros	1					
power_save_timeout	enum							
		normal	0					
		extended	1					
record_metric	enum							
		time	0					
		distance	1					
		ascent	2					

Type Name	Base Type	Value Name	Value	Comment	Source			
		power	3					
relief_shading	enum							
		default	0					
		off	1					
		on	2					
route_recalculation	enum							
		automatic	0					
		off	1					
		prompted	2					
routing_mode	enum							
		automobile_driving	0					
		road_cycling	1					
		pedestrian	2					
		mountain_biking	4					
		straight_line	5					
		motorcycle_driving	6					
		gravel_cycling	11					
		mixed_surface_cycling	12					
routing_type	enum							
		bearing	0					
		course	1					
running_power_mode	enum							
		off	0					
		accessory_mode	1					
		wrist_only	2					
		smart_mode	3					
satellites	enum							
		off	0					
		gps_only	1					
		gps_glonass	2					
		ultra_trac	3					
		gps_galileo	5					
		all_systems	7					
		all_multi_band	8					
		auto_select	9					
screen_type	enum							
		clock	21					
		hr_gauge	22					
		map	25					
		virtual_partner	26					
		run_dynamics	27					
		music	30					
		custom_lap_banner	32					
		compass	35					
		workout	38					
		altitude	44					
		segment	56					
		group_track_list	57					
		lap_summary	74					
		climb_pro	104					
		track_laps	109					

Type Name	Base Type	Value Name	Value	Comment	Source			
		track_summary	122					
		stamina	127					
		group_ride	162					
self_evaluation_status	enum							
		off	0					
		workouts_only	1					
		always	2					
sensor_type	enum							
		external_heart_rate	0		10			
		cadence	1		10			
		foot_pod	2		10			
		power	3		10			
		speed	4		10			
		speed_cadence	5					
		tempe	6		10			
		shimano_di2	8		12			
		edge_remote	10		10			
		smart_trainer	12		10			
		lights	13		10			
		radar	14		10			
		extended_display	15					
		shifting	16		10			
		muscle_o2	17		10			
		rd_pod	18		12			
		headphones	22					
		tank_pressure	28					
sound_and_vibe	enum							
		off	0					
		tone	1					
		vibration	2					
		tone_and_vibe	3					
sport_change	enum							
		manual_only	0					
		on	1					
touch_status	enum							
		off	0					
		on	1					
		system	2					
		map_only	3					
use_status	enum							
		off	0					
		indoor	1					
		always	2					
visibility_status	enum							
		hide	0					
		show	1					
volume	enum							
		ounces	1					
		milliliters	2					
waypoint_action	enum				5			
		add_to_existing	0					

Type Name	Base Type	Value Name	Value	Comment	Source			
		replace_existing	1					
		delete_all	2					
wind_data_status	enum							
		disabled	0					
		enabled	1					
yes_no	enum							
		no	0					
		yes	1					
zone_metric	enum							
		heart_rate	0					
		speed	1					
		cadence	2					
		power	3					
		elevation	4					

Message Name [1]	Field ID#	Field Name	Field Type [2]	Array [3] Components	Scale [4]	Offset [5]	Units	Bits [6]	Accumulate	Ref Field Name [7]	Ref Field Value [8]	Comment	Products:	Global Mes Source
device_settings	8	alarms_time	date_time	[N]										7
	28	alarms_enabled	switch	[N]			s							7
	92	alarms_repeat	uint32z	[N]										7
user_profile	24	year_of_birth	uint8				-1900					Add to existing		
	37	itspeed	uint8			10	km/h							
	41	time_last_thr_update	date_time				s							4
	62	gender_x	gender_x									Includes 'not specified'		
sport	15	popularity_routing	switch									Add to existing		
	17	navigation_prompt	navigation_prompt											
	18	sharp_bend_warnings	switch											
	21	workout_videos	switch											
	22	high_traffic_road_warnings	switch											
	23	road_hazard_warnings	switch											
	24	unpaved_road_warnings	switch											
totals	10	activity_profile	string											
training_settings	2	virtual_partner_pace	uint16			1000	m/s					In sport file		
	3	auto_lap_mode	auto_lap_mode											
	4	auto_lap_distance	uint16			100	m							
	7	auto_pause	auto_pause_setting											
	8	auto_pause_threshold	uint32			1000	m/s							
	12	power_averaging	power_averaging											
	15	auto_scroll	auto_scroll_mode											
	18	timer_start_prompt	switch											
	22	pool_length	uint16			100	m							
	25	auto_sleep	switch											
	27	satellites	satellites											
	35	3_d_speed	switch											
	36	3_d_distance	switch											
	37	auto_climb	switch											
	40	auto_climb_invert_colors	switch											
	41	auto_climb_vertical_speed	uint32			27.778	m/h							
	42	auto_climb_mode_switch	uint8				s							
	46	lap_key	switch											
	50	workout_target_alerts	switch											
	51	timer_start_auto	switch											
	52	timer_start_speed	uint16			1000	m/s							
	53	segment_alerts	switch											
	57	countdown_start	switch											
	63	climb_pro	switch											
	67	track_consumption	switch											
	69	bottle_size	uint16											
	70	volume	volume											
	80	minimum_ride_duration	uint16				s							
	86	lane_number	uint8											
	87	broadcast_heart_rate	switch											
	93	self_evaluation	self_evaluation_status											
	102	speed_pro	switch											
	103	touch	touch_status											
	106	record_temperature	switch											
	109	running_power_mode	running_power_mode											
	110	account_for_wind	switch											
	111	climb_pro_mode	climb_pro_mode											
	117	climb_detection	climb_detection											
	119	climb_pro_terrain	climb_pro_terrain											
	1001	gps	switch											
	1002	glonass	switch											
	1003	galileo	switch											
	1004	beidou	switch											
data_screen	3	nr_fields	uint8									In sport file		14
	7	data_fields	data_fields											
	8	layout	uint8											
	9	position	uint8											
	10	screen_type	screen_type											
alert	1	metric	alert_metric									In sport file		16
	2	value	uint32											
	time	uint32			1000	s			metric		time			
	distance	uint32			100	m			metric,metric,metric		distance,ascent,descent			
	calories	uint32				kcal			metric		calories			
range_alert	3	status	switch											
	4	message	string											
	5	repeat	switch											
	1	metric	zone_metric									In sport file		17
	2	low_status	alert_zone											
	3	low_value	uint16											
	heart_rate	uint16				bpm			metric		heart_rate			
	speed	uint16			1000	m/s			metric		speed			
	cadence	uint16				rpm			metric		cadence			
	power	uint16				watts			metric		power			
	elevation	uint16			5	500 m/s			metric		elevation			
	4	high_status	alert_zone											
	5	high_value	uint16											
	heart_rate	uint16				bpm			metric		heart_rate			
	speed	uint16			1000	m/s			metric		speed			
session	cadence	uint16				rpm			metric		cadence			
	power	uint16				watts			metric		power			
	elevation	uint16			5	500 m/s			metric		elevation			
												Add to existing		
	79	avg_swim_cadence	uint16		10	strokes/length								
	80	avg_swolf	uint16											7
	107	front_shifts?	uint16											7
	108	rear_shifts?	uint16											
	178	est_sweat_loss	uint16											
	185	execution_score	uint8				percent							
	188	primary_benefit	benefit											
	196	resting_calories	uint16				kcal							
	202	recovery_heart_rate	uint8											
	205	beginning_potential	uint8											
	206	ending_potential	uint8											
	207	min_stamina	uint8											
	211	grade_adjusted_speed	uint32		1000	m/s								

Message Name [1]	FieldDef #	Field Name	Field Type [2]	Array [3] Components	Scale [4]	Offset [5]	Units	Bits [6]	Accumulate	Ref Field Name [7]	Ref Field Value [8]	Comment	Products:	Global Mes Source
	212	wind_data	wind_data_status											
	215	beginning_body_battery	uint8											
	216	ending_body_battery	uint8											
lap	27	nec_lat	sint32				semicircles					Add to existing		
	28	nec_long	sint32				semicircles							
	29	swc_lat	sint32				semicircles							
	30	swc_long	sint32				semicircles							
	73	total_strokes	uint16				strokes							
	90	avg_swolf	uint16											
	145	est_sweat_loss	uint16											
	152	execution_score	uint8				percent							
	155	resting_calories	uint16				kcal							
	161	grade_adjusted_speed	uint32		1000		m/s							
	163	unpaved	uint8				percent							
record	90	performance_condition	sint8									Add to existing		
	107	is_moving	yes_no											
	121	total_accent	uint16				m					for activities that can be auto-paused		
	136	writc_heart_rate	uint8				bpm							
	137	stamina_potential	uint8											
	138	stamina	uint8											
	140	grade_adjusted_speed	uint32		1000		m/s							11
	143	body_battery	uint8											
	144	external_heart_rate	uint8				bpm							
event	3	data	uint32											
		performance_condition	uint16			100			event	performance_condition_alert				
		recovery_hr	uint8				bpm		event	recovery_hr				
device_used												Devices used for metric		22 4
	0	speed	device_index											4
	1	distance	device_index											4
	2	cadence	device_index											4
	3	elevation	device_index											4
	4	heart_rate	device_index											4
	6	power	device_index											4
workout	9	duration_type	wkt_step_duration									Add to existing		
	10	duration_value	uint32											
		duration_time	uint32		1000		s		duration_type,	time, repetition_time				
		duration_distance	uint32		100		m		duration_type,	distance				
		duration_hr	workout_hr				% or bpm		duration_type,	hr_less_than,				
									duration_type,	hr_greater_than				
		duration_calories	uint32				calories		duration_type,	calories				
		duration_step	uint32						duration_type,	repeat_until_steps_cm				
									duration_type,	pltr, repeat_until_time,				
									duration_type,	repeat_until_distance,				
									duration_type,	repeat_until_calories,				
									duration_type,	repeat_until_hr_less_than,				
									duration_type,	repeat_until_hr_greater_than,				
									duration_type,	repeat_until_power_less_than,				
									duration_type,	repeat_until_power_greater_than				
		duration_power	workout_power				% or watts		duration_type,	power_less_than,				
									duration_type,	power_greater_than				
		duration_reps	uint32						duration_type,	reps				
	17	notes	string											
	20	workout_index	uint16											
	21	time	uint32		1000		s							3
	22	distance	uint32		100		m							3
workout_step												Add to existing		
	18	skip_last_recover	yes_no											8
	31	workout_index	uint16											
location	0	name	string									In locations file		29
	1	position_lat	sint32				semicircles							
	2	position_long	sint32				semicircles							
	3	symbol	map_symbol											
	4	altitude	uint16	enhanced_altitude	5	500	m	16						
	5	enhanced_altitude	uint32		5	500	m							
	6	description	string											
map_layer	2	relief_shading	relief_shading									In sport file		70
	11	orientation	orientation											
	13	user_locations	visibility_status											
	14	auto_zoom	switch											
	15	guide_text	guide_text											
	16	track_log	visibility_status											
	20	courses	courses											
	23	spot_soundings	switch											
	24	light_sectors	light_sectors_status											
	27	segments	visibility_status											
	28	contours	visibility_status											
	29	some_label	string											
	31	popularity	switch											
routing												In sport file		71
	0	routing_mode	routing_mode											
	1	calculation_method	calculation_method											
	2	lock_on_road	switch											
	3	avoidances	avoidances											
	4	route_recalculation	route_recalculation											
	5	type	routing_type											
	7	course_recalculation	course_recalculation											
user_metrics												In activity file		79
	0	vo2_max	uint32		292.5714286		ml/kg/min					Scale = 1024 / 3.5		3
	1	age	uint8				hrs							
	2	height	uint8		100		m							
	3	weight	uint16		10		kg							
	4	gender	gender											
	6	max_hr	uint8				bpm							
	8	remaining_recovery_time	uint16				min							
	11	lthr	uint8				bpm							
	12	ltpower	uint8				watts							
	13	ltspeed	uint8		10		km/h							
	15	beginning_body_battery	uint8											
	16	start_of_activity	date_time				s							

[illegible]

1	rinserepeat	https://forums.garmin.com/developer/fit-sdk/f/discussion/254469/list-of-undocumented-mesg_num
2	Michael George	https://logix.github.io/gps-details/devices/garmin/developer/gps-events.html
3	Hakon Baunsgaard	personal correspondence
4	Chris Schlaeger	https://github.com/scrappier/fit4ruby/blob/master/lib/fit4ruby/GlobalFitMessages.rb
5	Roland Michel	personal correspondence
6	Michael George	https://logix.github.io/gps-details/devices/garmin/chipsets/products.html
7	GadgetBridge	https://codeberg.org/Freeyourgadget/Gadgetbridge/src/commit/27ce168d78fe85c4d7ba551058422e38fa02156/app/src/main/java/nodomain/freeyourgadget/gadgetbridge/service/devices/garmin/fit/GlobalFITMessage.java#
8	bombsimon	https://forums.garmin.com/developer/fit-sdk/f/discussion/424362/field-definition-for-skipping-last-repeat-on-workout
9	Peter Höglund	personal correspondence
10	(Former member)	https://forums.garmin.com/developer/fit-sdk/f/discussion/382599/is-the-auto-calibration-event-or-just-calibration-factor-in-general-for-the-footpod-stored-anywhere-in-the-activity-fit-file
11	Ben FIT	https://forums.garmin.com/developer/fit-sdk/f/discussion/369761/is-garmin-running-record-message-field-140-a-gap-calculation-in-mm-s
12	Pepe	https://forums.garmin.com/developer/fit-sdk/f/discussion/301794/where-to-get-a-complete-list-of-fit-profile-and-message-definitions/1993486

[1] Must Be Unique

[2] -One of the FIT basetypes

-Custom types can be used but they must be defined on the types sheet

[3] -Identifies if the field is intended to be an array and the planned size.

[4] -Field value is divided by scale (a float qty, 1=1.0)

-Accessors for fields with scales or offsets use the float type

-Unless otherwise specified, scale of 1 is assumed.

[5] -Field value has offset subtracted (a float qty, 0=0.0)

-Accessors for fields with scales or offsets use the float type

-Unless otherwise specified an offset of 0 is assumed.

[6] -Only used with components, number of bits to extract for the field.

-Current implementation only supports Bits value of max 32

[7] -Only used for dynamic fields.

-Reference another existing field that interpretation of this field depends on

-Field # should be blank for alternate field definitions

-Multiple conditions can be checked, separate them with commas

[8] -Lists conditions for using dynamic field

[9] -Default Product configuration called "EXAMPLE".