How Do I Set Up Activity Reminders on My Reebok Kinetic?

Inas B. - 2026-11-20 - Health & Activity Tracking

Your Reebok Kinetic includes reminders designed to encourage regular movement and help you stay aware of your daily activity goals.

Available reminders include:

- **Move reminders:** Notify you after a period of inactivity.
- **Goal alerts:** Let you know when you reach a daily activity target.

Configure your reminders

1. Open **Settings** on your watch.
2. Go to **Health & Wellness**.
3. Find the **Reminders** options.
4. Configure the available move and goal alerts.

You can adjust the reminders according to the options available on your watch.

These alerts are intended to encourage regular movement and help you keep track of your daily activity.