moto watch FIT

User guide

To best view this guide, download a PDF reader app, then open the guide in the app.

Contents

Caution: this is not a medical device and is not intended to diagnose or monitor any medical condition.

Get started

First look

Let's get started. We'll take you on a tour to explore your watch. The **moto watch fit** is a smart watch that can analyse your exercise pattern, monitor your health and provide you with a variety of convenient apps. You can browse the various features and launch them by tapping the screen, and change the watch face to suit your taste.

Note: product images are for illustration purposes only and may differ from the actual products you purchase.

Watch front

Light sensor

Power button

Screen

Watch faces
(example only)
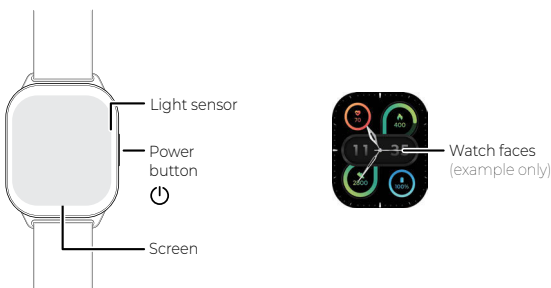
Light sensor: the light sensor senses the ambient light and is primarily used in adjusting the screen brightness automatically.

Power button and screen	Function
Power button	When the watch is off, press for 2 seconds to turn it on; when the watch is on, press and hold to turn it off (see more at **Power on and off**).
	When on the watch face, press once to go to the Apps list (see more at **Apps and features**).
	When on interfaces other than the watch face, press once to go back to your watch face (see more at **Watch face**).
	When the watch is on, press twice to go to the most recent app or the customised app you set (see more at **Preferences**).

Power button and screen	Function
Screen	When the screen is on, cover it with your palm to turn it off. When **Tap to Wake** is on, tap the screen to wake your watch; when **Raise to Wake** is on, raise your wrist to wake your screen (see more at **Display**). When **Tap to Wake** and **Raise to Wake** are both off, press the power button to wake your screen.

Watch back

> **Caution:** avoid looking directly at the heart rate sensor/PPG sensor, which may cause discomfort or temporarily impair vision.

Band release buttons

Heart Rate Sensor/ Photoplethysmography (PPG) Sensor

Charging Contacts
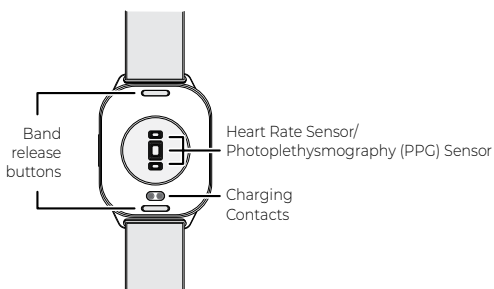
Heart rate sensor/PPG sensor: the heart rate sensor/ Photoplethysmography (PPG) sensor is an optically obtained plethysmogram and used primarily in measuring the heart rate and blood oxygen levels.

Charge your watch

Charge your device with the magnetic charging cable included in the box. Align the pins on the cable with the charging contacts on the device back and then connect the charging cable to a USB-C power supply.

Note: make sure the charging pins and charging contacts are clean and dry.

> **Caution:** avoid using a damaged charging cable. If the charging cable is damaged, stop using it.
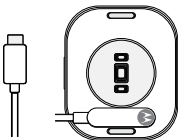
Tip: to check the charging status or battery detail on the screen, swipe down from the watch face or check on the **Moto Watch app**.

Power on and off

» Press and hold the power button (see **Watch front**) to turn on your device.

» Press and hold the power button until ⏻ **Power off** appears on the screen, then tap it to turn off your device.

Tip: for information on how to restart or reset your watch, see **Unpair, restart or reset your watch**.

Pair and connect

You can pair the watch with phones running Android 12 or later after installing the companion app on your phone.

Download and install the watch app

You can download the 🔵 **Moto Watch** app from the following places.

Note: the 🔵 **Moto Watch** app is for Android devices only.

» Power on your watch, place it near your phone, swipe down on the watch screen and then tap the **App QR code**. Scan the QR code, download and install the **Moto Watch app** on your phone.

» Scan the QR code below to download the app on Google Play™ Store.

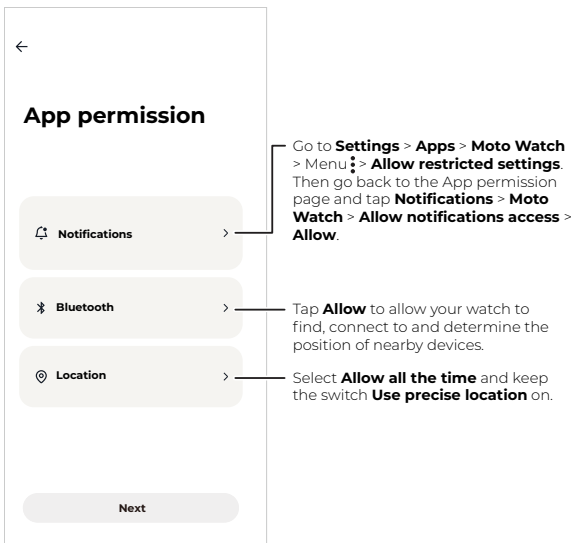
» Get the 🔵 **Moto Watch** app at motorola.com/mymotowatch.

Tip: on some phones, you may get a pop-up window to download the 🔵 **Moto Watch** app when your watch approaches the phone in the initial connection.

Allow app permissions

1 Open the 🔵 **Moto Watch** app on your phone.

2 Allow app permissions for **Notifications**, **Bluetooth** and **Location**.

←

App permission

🔔 **Notifications**   ›

Go to **Settings** > **Apps** > **Moto Watch** > Menu ⋮ > **Allow restricted settings**. Then go back to the App permission page and tap **Notifications** > **Moto Watch** > **Allow notifications access** > **Allow**.

✴ **Bluetooth**   ›

Tap **Allow** to allow your watch to find, connect to and determine the position of nearby devices.

◎ **Location**   ›

Select **Allow all the time** and keep the switch **Use precise location** on.

Next

Note: the paths for **Allow notification access** may vary by phone. Consult your phone manufacturer for details. For more, visit Learn about restricted settings - Android Help.

**3** Go back to the **App permission** page when restrictions are removed and then tap **Next**.

Pair with your phone

1 Open the 🔵 **Moto Watch** app on your Android phone.

2 Log in to your Moto or Google account.

Note: full access to set up your watch requires a Moto or Google account.

3 Go to **Watch** > **Add Watch** and then select **moto watch fit**. Tap **Pair** when the Bluetooth pairing code appears on the screen and matches the code on your watch.
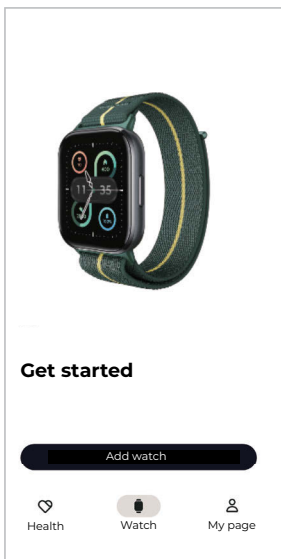
4 Follow the on-screen instructions to set up your watch and complete the pairing.

Tip: if you are unable to make a connection, try restarting or resetting your watch (see **Unpair, restart or reset your watch**).

Watch language

The watch language is defaulted to the same as the phone connected. Not all languages are supported on the watch. The language of your watch will be defaulted to English if the language of your paired phone is not supported on your watch.

To change your watch language:

1 Change your phone's system language.

   Tip: on Motorola phones, go to **Settings** > **System** > **Languages** > **System Languages** and then tap a language and drag it to the first place of the preferred language list.

2 Your watch language will change automatically to be consistent with the phone paired. If not, reset your watch. See **Unpair, restart or reset your watch** for more.

3 Follow the steps in **Allow app permissions** and **Pair with your phone** to pair your watch and phone.

Wear your watch

Loosen the band and wrap your watch around your wrist, then adjust the band to fit your wrist and secure it. Wear the watch firmly around your forearm above your wrist for accurate readings.

> **Caution:** stop using your watch and seek medical advice if you experience skin irritation. ⚠️

Tips

» Make sure that you feel comfortable when wearing the watch and that the band is not too loose or tight.

» If you wear a wet watch for a long time, your skin may be affected.

» If you have been wearing your watch for a long time, remove it from your wrist for a while to keep your skin healthy and allow your wrist to rest.

» You can set up your wearing preferences, such as left or right wrist, through the **Moto Watch app** or on the watch (see more at **Watch orientation**).

Release or change your band

Your band is easily removable. You can use the lug adapters (may be included in the box) to change your band and switch between different styles.

Release the band

To remove the band, press the band release button(s). See **Watch back** for the location of the buttons.
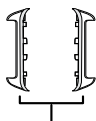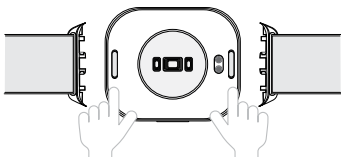
Lug adapters

Change the band

You can change the original band and use a different one with lug adapters.

1 Press the band release button(s) to remove the original band (see **Release the band**)

2 Attach your band to the lug adapters.

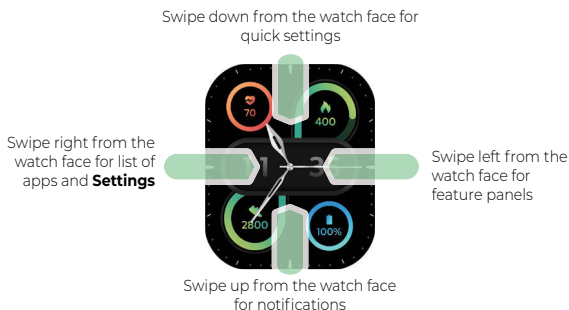**Note:** the bands shown in the picture below are for reference only and are not included in the box.

3 Align the lug adapter pins with holes on the watch and press until both ends of your band are fixed.

Navigation

You can swipe up, down, left and right on the watch face to switch the content shown on the screen and touch and hold the watch face for more styles.

Caution: to avoid damaging the watch screen, do not tap it with sharp objects or apply excessive pressure to it.

Swipe down from the watch face for quick settings

Swipe right from the watch face for list of apps and **Settings**

Swipe left from the watch face for feature panels

Swipe up from the watch face for notifications

Tips

» Cover the screen with your palm to turn off the screen.

» On your watch, go to **Settings** > **System** > **Quick tour** for the navigation tutorial.

Watch face

Personalise your watch face so it looks the way you want and provides the functions you need. The **Moto Watch** app offers you a variety of watch faces.

Change your watch face

Change your watch face on the watch screen

1 Touch and hold your watch face until ⊖ appears on the screen.

2 Swipe left or right, tap the desired watch face to select it. Or tap ⊖ to remove the watch face. Or exit the editing page by pressing the power button once.

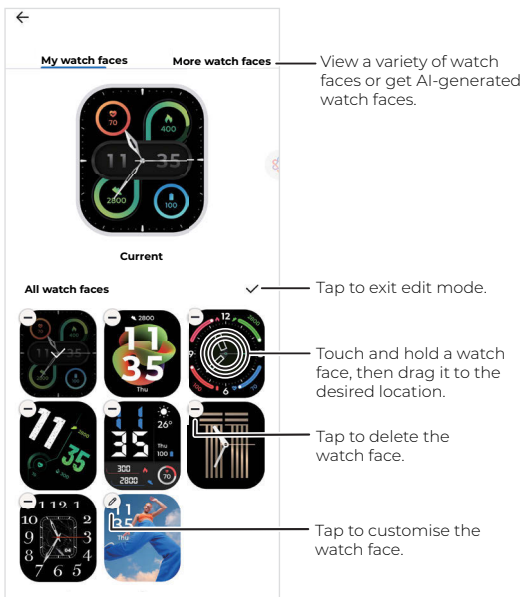### Change your watch face in the Moto Watch app

1 Open the 🔵 **Moto Watch** app on your phone.

2 Tap **Watch** > **Watch faces** > **My watch faces** and then choose the watch face you like.

3 Tap **Set as current**.

Tip: you can have up to 10 watch faces on your watch. For more, see **Moto Watch app**.

Customise your watch face

1 Open the 🔵 **Moto Watch** app on your phone.

2 Tap **Watch** > **Watch faces** > **My watch faces** and then tap ✏ to edit the watch faces.

View a variety of watch faces or get AI-generated watch faces.

Tap to exit edit mode.

Touch and hold a watch face, then drag it to the desired location.

Tap to delete the watch face.

Tap to customise the watch face.

3 Tap ✏ in the corner of the watch face to enter the **Customise** page.
4 Tap ➕ to upload your image from the phone, then choose a clock style and colour.
5 Tap **Set as current** to set your image in your gallery as the watch face.

Generate watch faces with Moto AI

You can generate watch faces with **Moto AI** on Motorola phones, such as **motorola razr 60 ultra**.

Note: on some phones, you may need to download the 🌀 **Moto AI** app from Google Play Store.

1 Open the 🟠 **Moto Watch** app on your phone.
2 Tap **Watch** > **Watch faces** > **More watch faces**, then tap the box under **Generate image**, enter your description and then select a style such as **Abstract**, **Vintage** and more. Then tap **Generate image** at the bottom of the page to get the image.
3 Tap **Set as current** to make the AI-generated image your watch face or tap ✕ to exit.

Shortcuts on the watch face

On some watch faces, you can get a quick glimpse of your active calories, steps, heart rate and battery information. Tap to quickly measure your heart rate or view more daily activities. For more, see **Heart rate** and **Daily activities**.

Tap to measure your heart rate.

Tap to view your daily activities.

Check the battery information.

Tap to view your daily activities.
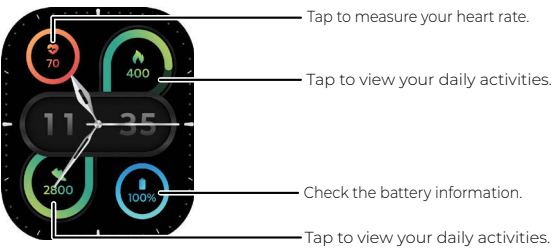
Quick settings

Check your watch's status and configure settings from the quick settings.

Find it: swipe down from the watch face for quick settings (see **Navigation**).

Note: icons on your watch may change.

Icon	Function
⌖	Tap to adjust screen brightness or turn on/off auto-brightness.
	You can also adjust your brightness through **Display**.
☺	Tap to turn on/off **Sleep Mode.**
	Touch and hold to turn on/off **Sleep Mode** and **Auto-detect** mode.
	Tip: your watch will automatically turn on **Sleep Mode** if **Auto-detect** mode is on. For more, see **Sleep**.

Icon	Function
⊖	Tap to turn on/off **Do Not Disturb** mode.
	Touch and hold to turn on/off **Do Not Disturb** mode, set **Notification reminders**, **Mute reminders**, manage **Notification dot**, **Show all notification content** and **Light up screen when notifications are received**.
	For more, see **Choose how to be notified**.
≈	Tap to turn on **Water Lock** mode. When **Water Lock** is on, the screen will be locked to prevent mis-operation caused by water flow.
	To turn off **Water Lock**, press and hold the power button (see **Watch front**) for 2 seconds. See **Water lock** for more.
✎	Tap to turn on/off the torch. For more, see **Torch**.
⏱	Tap to set your timer. For more, see **Timer**.
⚙	Tap to open Settings. For more, see **Settings**.
▯	Tap to turn on/off vibration.
	Touch and hold to turn on/off **Vibrate** mode, **Touch Feedback**, manage **Vibration intensity** and **Vibration patterns**.
	For more, see **Vibration**.
⏻	Tap to turn off your watch. For more, visit **Power on and off**.

Tip: you can manage your icons by opening the 🇫🇷 **Moto Watch** app on your phone and then tapping **Watch** > **Quick settings**. Tap ⊖ to remove an icon. Hold and drag icons to rearrange.

Feature panels

Your feature panels are shortcuts to apps on your watch (see more at **Apps and features**), including **Daily activities**, **Sleep**, **Heart rate**, **Weather**, **Music controls**, **Alarm**, **Blood oxygen**, **Steps**, **Stress** and **Timer**.

Find it: swipe left from the watch face for feature panels (see **Navigation**).

Daily activities   Sleep   Heart rate   Weather   Music controls

Alarm   Blood oxygen

Steps   Stress   Timer

When touching and holding a feature panel, you can access the edit mode to change their arrangement and add or remove feature panels.

» To move the feature, hold and drag it to the desired location.

» To remove a feature, tap ⊖ on the screen.

» To add a feature, tap ⊕ **Add a panel** on the screen.

Note: you can have up to 10 feature panels on your watch.

Tip: you can manage your feature panels by opening the 🎲 **Moto Watch** app on your phone and tapping **Watch** > **Panels**.

Notifications

Notification panel

Check notifications, such as new messages, events or missed calls, on the notification panel. On the watch face, swipe up to open the notification panel (see **Navigation**).

When there are new notifications, a red notification dot will appear on the watch face. If the notification indicator does not appear, open the 🔵 **Moto Watch** app on your phone, tap **Watch** > **Watch settings** > **Notifications** and then tap the **Notification dot** switch to turn it on.

Note: you won't receive notifications when you are not wearing the watch.

Choose how to be notified

Manage notifications in the **Moto Watch** app

1 Open the 🔵 **Moto Watch** on your phone.

2 Tap **Watch** > **Watch settings** > **Notifications**.

3 Tap the switch next to **Show notifications when phone screen is idle**, **Show notifications when phone is in use**, **Mute notifications on Phone**, **Show with details** or **Notifications wake screen**.

- **Show notifications when phone screen is idle:** when the phone screen is off or locked, notifications will be sent to your watch while you're wearing it.

- **Show notifications when phone is in use:** phone notifications are sent to watch even when phone is being used.

- **Mute notifications on phone:** when an app on your phone shows a notification while you are wearing your watch, that notification is muted on your phone.

- **Show with details:** automatically show new notification details on your watch screen.

- **Notifications wake screen:** your watch screen turns on when notifications are received.

Manage notifications on the watch screen

1 Swipe down from the watch face to open **Quick settings** (see **Navigation**.

2 Tap ⚙ > **Notifications**.

- Tap **Notification reminders** to select **When your phone is idle** (When the phone screen is off or locked, notifications will be sent to your watch while you're wearing it) or **Always** (notifications will always be sent to your watch while you're wearing it).

- Tap the switches next to **Do Not Disturb**, **Mute reminders**, **Notification dot**, **Show all notification content**, **Light up screen when notifications are received** to choose the ways notifications are sent.

Select apps for receiving notifications

Select apps on your phone to receive notifications on your watch.

1 Open the 🔵 **Moto Watch** on your phone.

2 Tap **Watch** > **Watch settings** > **Notifications** > **App notifications**.

3 Tap the switch next to **Allow apps to send watch notifications** to turn it on.

4 Tap the switch next to apps (such as **Phone** app) to receive notifications from the apps list.

Decline a call on your watch

To decline a call on your watch, follow the steps in **Select apps for receiving notifications** to allow your phone call app to send watch notifications.

When there is an incoming call, tap 🔴 on your watch to decline it. If a call is missed, a missed call notification 🔴 will appear on your notification panel. On the notification panel, check missed call notifications.

Apps and features

The Apps list displays all apps installed on the watch. On the Apps list, select an app to open it.

Find it: swipe right from the watch face for the list of apps.

Note: the available apps may vary depending on the software version.

You can adjust the order of apps in the **Moto Watch** app on your phone > **Watch** > **Apps**. Touch and hold next to the app name and drag it to the desired location.

Tip: to change the way apps are displayed on your watch, see **App list style**.

Workout

Record your exercise information and check the results.

Caution: before using this app, seek the advice of a licensed medical professional, such as a doctor, if you are not in the appropriate condition to exercise independently. If you feel dizzy, experience pain or have difficulty breathing during exercise, stop exercising immediately and seek the advice of a licensed medical professional, such as a doctor.

1 Swipe right from your watch face (see **Navigation**) and tap **Workout**.

2 Select your exercise modes, such as **Outdoor running**, **Indoor running**, **Outdoor walking**, **Indoor walking**, **Jump rope**, **Pool swim**, **Free training** and more.

   Tip: you can choose to **add** and **remove** exercises on the page.

3 Tap to set your goals.

4 Tap **Go** on the screen to start the exercise.

5 To pause your workout, press the power button (see **Watch front**) once or swipe right on the screen and tap **Pause**.

6 To continue your workout, press the power button once or swipe right on the screen and tap **Continue**.

7 To finish a workout, swipe right on the screen and tap **Finish**.

Tip: to manage the way your watch records workout data and send reminders to you, see **Health and fitness**.

Workout record

You can check your exercise history on your watch and the **Moto Watch** app, where your workout data is sorted by date and exercise type.

» **Check workout data on your watch:** swipe right from your watch face and tap **Workout record**.

» **Check workout data on your phone:** open the **Moto Watch** on your phone. Tap **Health** > **Workout record** to view the records by **Day**, **Week**,

Month or **Year**. Tap 📅 at the right corner of the page to select a different date.

Heart rate

Your **moto watch fit** can measure and record your heart rate. The heart rate tracker is intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or the cure, mitigation, treatment or prevention of disease.

Tip: to set a heart rate alert through the 🔵 **Moto Watch** app on your phone, see **Set a heart rate alert**.

Measure your heart rate manually on the watch

1 Swipe right from your watch face (see **Navigation**) and tap **Heart Rate**.

2 Your watch starts measuring automatically.

  Note: keep your wrist still when measuring your heart rate.

3 When measuring is finished, your watch will vibrate once.

4 Check the measured heart rate on the screen. To check additional information, swipe upwards or downwards on the screen.

Tip: you can also measure your heart rate by swiping left from your watch face to open the panel for Heart rate (see **Feature panels**).

Measure your heart rate in the Moto Watch app

1 Open the 🔵 **Moto Watch** on your phone while wearing your watch.

2 Tap **Health** > **Heart rate** > **Measure**.

3 Check the measured heart rate by **Day**, **Week**, **Month** or **Year** on the app screen. Tap 📅 at the right corner of the page to select a different date.

Sleep

Your watch can analyse and record your sleep by measuring your heart rate and movement while you sleep wearing the watch.

Note: the watch will start to measure your sleep. Sleep sessions under 15 minutes are not recorded.

The sleep pattern has four states: **Awake**, **REM** (Rapid Eye Movement), **Light sleep** and **Deep sleep**, analysed by using your movement and changes in your heart rate while you are sleeping. You can check the recommended ranges for each measured sleep state in the graph on your connected phone.

» **Check sleep data on your watch:** swipe right from your watch face (see **Navigation**) and tap **Sleep**. Or swipe left from your watch face to open the panel for sleep (see **Feature panels**).

» **Check sleep data on your phone:** open the 🔵 **Moto Watch** on your

phone after you wake up. Tap **Health** > **Sleep** to check your sleep state and records by **Day**, **Week**, **Month** or **Year**. Tap 📅 at the right corner of the page to select a different date. Tap ✐ to edit your sleep goals.

Stress

The watch can calculate stress scores by measuring heart rate variability analysis (HRV) and combining it with other physiological data.

Measure your stress manually on the watch

1 Swipe right from your watch face (see **Navigation**) and tap **Stress**.

2 Keep your wrist still while measuring. You will feel a vibration when the measuring is finished.

3 Scroll down to view the measured stress level on the screen or tap **Remeasure**.

Measure your stress in the Moto Watch app

1 Open the 🟠 **Moto Watch** on your phone while wearing your watch.

2 Tap **Health** > **Stress** > **Measure**.

3 Check the measured stress level by **Day**, **Week**, **Month** or **Year** on the app screen. Tap 📅 at the right corner of the page to select a different date.

Stress levels

Your watch measures stress levels with scores. Through the score range, you can know our physical condition in real time.

The measurement results are for reference only and are not used as a basis for medical diagnosis.

Tip: see **Breathing exercises** to alleviate stress with the breathing exercise.

Blood oxygen

Your watch can measure your blood's oxygen level to check whether your blood is properly delivering oxygen to the different parts of your body.

This feature is only for your general wellness and fitness. Therefore, do not use it for medical purposes, such as diagnosing the symptoms, treatment or prevention of disease.

Measure your blood oxygen level manually on the watch

1 Swipe right from your watch face (see **Navigation**) and tap **Blood Oxygen**.

2 Follow the on-screen instructions to wear your watch and keep your wrist still while measuring. You will feel a vibration when the measuring is finished.

3 View the measured blood oxygen level on the screen or tap **Test again**.

Measure your blood oxygen level in the Moto Watch app

1 Open the 🔵 **Moto Watch** on your phone while wearing your watch.

2 Tap **Health** > **Blood Oxygen** > **Measure**. Keep your wrist still while measuring. You will feel a vibration when the measuring is finished.

3 Check the measured blood oxygen level on the watch screen or blood oxygen range by **Day**, **Week**, **Month** or **Year**. Tap 📅 at the right corner of the page to select a different date.

Daily activities

Check your current daily status, such as steps, active times, activity calories and their targets, and related information with your watch.

» **Check daily activity data on your watch:** swipe right from your watch face (see **Navigation**) and tap **Daily Activities**. Or swipe left from your watch face to open the panel for Daily activities (see **Feature panels**). Tap the panel and scroll down to view **Active calories**, **Steps**, **Active time** and **Distance**.

  • **Active calories:** check the total amount of calories you spent doing an activity throughout the day.

  • **Steps:** check the amount of steps you walk or run throughout the day.

  • **Active time:** check the total time you were physically active throughout the day.

  • **Distance:** check the total distance you move.

» **Set daily activity goals on your phone:** open the 🔵 **Moto Watch** on your phone. Tap **My page** > **Daily activity goals**, tap **Steps**, **Calorie** or **Activity duration** to set targets. Tap the switch next to **Achievement notification** to turn it on so you will receive notifications on your watch when you achieve your goal.

Breathing exercises

You can have breathing exercises with the watch when stressed.

» To start the breathing exercise, swipe right from your watch face (see **Navigation**) and tap **Breathing exercises**. Follow the on-screen instructions to start, **Inhale** and **Exhale**.

» To stop the breathing exercise, swipe right from the screen or press the power button (see **Watch front**).

Weather

Check weather information on the watch for the location set on the connected phone. Swipe right from your watch face (see **Navigation**) and tap **Weather**. Or swipe left from your watch face to open the panel for Weather (see **Feature panels**). Scroll down on the page to view more details. Swipe right to exit the details page.

To customise your weather display, open the 🕐 **Moto Watch** on your phone. Tap **Watch** > **Watch settings** > **Weather**, where you can set your temperature unit as **Fahrenheit** or **Celsius**, set **Auto-refresh** at **Never**, **Every hour**, **Every 3 hours**, **Every 6 hours** or **Every 12 hours**.

Timer

The Timers on your watch can help you keep track of time.

1 Swipe down from the watch face to open **Quick settings** and then tap 🕐. Or swipe right from your watch face (see **Navigation**) and tap **Timer**.

2 Tap a duration (such as **2**, **5**, or **10** minutes). Or tap **Custom** to set a different duration.

3 Tap ❙❙ to pause, ▷ to resume or ✕ to end.

Alarm

Set and manage alarms on your watch.

» **Set an alarm:** swipe right from your watch face (see **Navigation**) and tap **Alarm** > **Add**, set your alarm time and then tap **Next**, set other alarm options, such as the date when to go off and whether to repeat the alarm and tap **Save**. The saved alarm is added to the alarms list. To turn on or off alarms, tap the switch next to the alarm in the alarms list. Tap the alarm list to edit it.

» **Turn off alarms:** tap **Snooze** or **Stop** to end vibration.

» **Deleting alarms:** in the alarms list, touch and hold an alarm, and then tap **Delete**.

Stopwatch

Time events with a stopwatch on your watch.

1 Swipe right from your watch face (see **Navigation**) and tap **Stopwatch**.

2 Tap **Start** to time an event.

3 To record lap times while timing an event, tap ⌀̄.

**4** Tap ❙❙ to pause timing, ▷ to resume, ↻ to restart.

Music controls

You can remotely control the media played on the phone connected to the watch.

> **Caution:** to prevent possible hearing damage, be careful when adjusting the volume while listening to media with earpieces.

1   Play media on the phone connected to your watch.

2   Swipe right from your watch face (see **Navigation**) and tap **Music controls**. Or swipe left from your watch face to open the panel for Weather (see **Feature panels**).
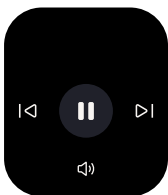
3   Tap ❚❚ to pause music on the phone, ▷ to play music, ▷❙ to play the next track, ❙◁ to play the previous track. Tap ◁)) to adjust the volume.

Tip: to open Music controls automatically from your watch when you play music or videos on the connected phone, open the 🌓 **Moto Watch** on your phone. Tap **Watch** > **Watch settings** > **Display** and tap the switch next to **Show media controls** to turn it on. When you play media on your phone, the music control icon 🎵 will display on your watch. Tap 🎵 to open the Music control panel.

Torch

Use the torch to light a dark area, alert others when you're out for an evening run, or light nearby objects while maintaining your night vision.

1   Swipe down from the watch face to open **Quick settings** and then tap 🖊. Or swipe right from your watch face (see **Navigation**) and tap **Torch**.

2   Swipe left or right to choose a mode - steady white light or flashing red light.

3   To turn off the torch, swipe right from the screen or press your power button (see **Watch front**).

Find my phone

Find your lost or misplaced phone paired with your watch if your phone is nearby (within 10 metres).

1   Swipe right from your watch face (see **Navigation**) and tap **Find my phone**.

2   Tap 🔵 to ring your phone.

3 Tap 🔵 to stop ringing your phone.

Settings

Display

Swipe down from the watch face to open **Quick settings** and then tap ⚙ >
Display. Or swipe right from your watch face (see **Navigation**) and tap
Settings > **Display**. You can easily adjust the display on your watch by
opening the 🔵 **Moto Watch** on your phone. Tap **Watch** > **Watch settings** >
Display.

- » **Brightness:** tap to adjust screen brightness or turn on/off auto-
  brightness.
- » **Raise to Wake:** tap the switch to turn on **Raise to Wake** so your screen
  will turn on when you raise your wrist wearing the watch.
- » **Tap to Wake:** tap the switch to turn on **Tap to Wake** so your screen will
  turn on when you tap it.
- » **Auto Screen Off:** select the time lapse to auto turn the screen off, such
  as **5 sec**, **10 sec**, **15 sec**, **30 sec**, or **60 sec**.
- » **Turning on the Always on Display feature:** tap the switch next to
  Always on Display to turn it on so your watch will show time and
  relevant info while wearing the watch even if it's asleep. However, the
 battery will drain more quickly than normal while using this feature.

Vibration

To change the vibration settings, swipe down from the watch face to open
Quick settings and then tap ⚙ > **Vibration**.

- » **Vibrate:** tap to adjust screen brightness or turn on/off vibration.
- » **Touch Feedback:** when the switch next to **Touch Feedback** is on, you
  will feel a vibration when you enter pins (see **Water lock**), set timers (see
  Timer) and edit watch faces (see **Watch face**).
- » **Vibration intensity:** tap to select **Light**, **Moderate** or **Strong**
  intensiveness. Or open the 🔵 **Moto Watch** on your phone. Tap **Watch** >
  Watch settings > **Vibration**. Turn on the switch next to **Use vibration**,
  and then select **Light**, **Moderate**, or **Strong**.
- » **Vibration patterns:** tap to select the vibration patterns for **Call vibration**,
  Notification vibration, **Alarm vibration** and **Timer vibration**.

Preferences

App list style

To change the way apps are displayed on your watch, swipe down from the
watch face to open **Quick settings** and then tap ⚙ > **Preferences** > **App
list style** and then select **List** or **Grid**.

List view

Grid view
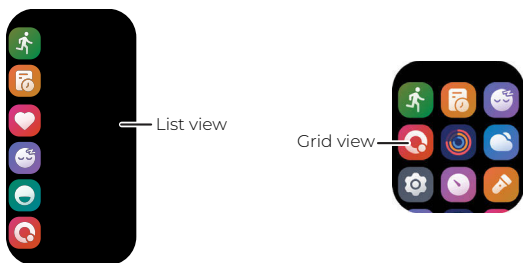
Watch orientation

Customise your wrist and power button (see **Watch front**) preferences when wearing the watch. Swipe down from the watch face to open **Quick settings** (see **Navigation**) and then tap ⚙ > **Preferences** > **Watch orientation**. Then select **Left Hand** or **Right Hand** for your wrist and **Left side** or **Right side** for the power button.

Or open the 🔵 **Moto Watch** on your phone. Tap **Watch** > **Watch settings** > **Wrist preference** to choose the hand and button side you use.

Gestures

Customise which app to open on your watch when pressing the power button (see **Watch front**) twice. Swipe down from the watch face to open **Quick settings** (see **Navigation**), tap ⚙ > **Preferences** > **Double press power button** and then select **None**, **Last used** or any other app on the list.

Or open the 🔵 **Moto Watch** on your phone. Tap **Watch** > **Watch settings** > **Wrist preference** > **Gestures**. Select **None**, **Recent** or any other app on the list.

Status indicators

Customise how charging, Bluetooth and other status indicators appear on your watch. Swipe down from the watch face to open **Quick settings** (see **Navigation**), tap ⚙ > **Preferences** > **Status indicators** and then select **Always show** or **Hide after 2 sec**.

Tip: the icon ⚫ on the watch indicates that the watch is connected to the phone, while ⚫ indicates no connection.

Water lock

Enable water lock mode when using the watch underwater and avoid mis-touch on screen. Swipe down from the watch face to open **Quick settings** (see **Navigation**) and then tap 〰. Or tap ⚙ > **Water Lock**.

When **Water Lock** mode is on, the screen will be locked to prevent mis-operation caused by water flow.

To turn off **Water Lock**, press and hold the power button (see **Watch front**) for 2 seconds.

Tip: after using your watch underwater, follow the tips in **Clean your watch** to dry it.

Set your PIN

Use the screen lock feature to protect your data, such as your personal information saved on your watch. After turning on this feature, the watch will require you to unlock it after you remove the watch from your wrist. If you unlock it once while wearing the watch, it will remain unlocked.

1 Swipe down from the watch face to open **Quick settings** and then tap ⚙ > **PIN**.

2 Turn on **Auto-lock** so your watch automatically locks when you're not wearing it to protect personal data on the watch.

3 Tap **Set PIN**, enter a 4-digit PIN and follow on-screen instructions.

About your watch

Swipe down from the watch face to open **Quick settings** and then tap ⚙ > **About** to view your watch details such as **Model**, **Serial number**, **Bluetooth address** and **Regulatory information**.

Or on the 🔵 **Moto Watch** on the phone, tap **Watch** > **Watch settings** > **About watch** for more information.
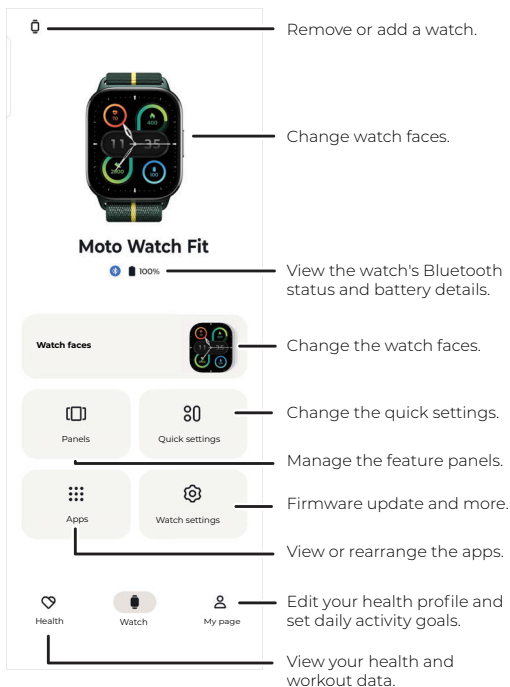
Moto Watch app

To connect your watch to a phone, you must install the 🎨 **Moto Watch** app on your phone. For more, visit **Download and install the watch app**.

You can check your watch's battery details, configure the settings, find your watch and explore more with the 🎨 **Moto Watch** app.

> **Find it:** open the 🎨 **Moto Watch** app on your phone.

Note: some features may not be available depending on the connected phone.

🔲 —	Remove or add a watch.
Watch face display	Change watch faces.
Moto Watch Fit	
🔵 🔋 100%	View the watch's Bluetooth status and battery details.
Watch faces	Change the watch faces.
Panels	Change the quick settings.
Quick settings	Manage the feature panels.
Apps	Firmware update and more.
Watch settings	View or rearrange the apps.
Health / Watch / My page	Edit your health profile and set daily activity goals.
	View your health and workout data.

Set up your profile and goals

Open the **Moto Watch** app on your phone, and go to **My page** to view or edit your profile, manage data and more.

- » **Health profile:** share your **Gender**, **Height**, **Weight** and **Date of birth** so the watch can provide personalised health and fitness recommendations.
- » **Daily activity goals:** set your targeted **Steps**, **Calorie** and **Activity**

duration.

Tip: turn on **Achievement notification** so you will receive a notification on your watch when your goal is achieved.

» **Sleep duration goal:** set your targeted sleep duration. For more, see **Sleep**.

» **Cloud service:** turn on **Sync data to cloud** to keep your data accessible via account. Tap **Erase usage data** to delete all stored health and fitness data from the cloud.

» **Notification:** turn on **Moto Watch notifications**, **Moto Watch running** and **Allow notification dot** to keep your phone informed about the watch. For notifications on the watch, see **Notifications**.

Overview of your health and workout data

To have an overall view of your health and workout data, open the **Moto Watch** app on your phone, and go to **Health**. Tap the tiles to view data of **Daily activities** (see more at **Daily activities**), **Workout record** (see more at **Workout record**), **Heart rate** (see more at **Heart rate**), **Sleep**(see more at **Sleep**), **Stress** (see more at **Stress**) and **Blood Oxygen** (see more at **Blood oxygen**).

Health and fitness

Configure the various settings related to exercise and fitness on your phone paired with the watch.

1 Open the 🔵 **Moto Watch** app on your phone.

2 Tap **Watch** > **Watch settings** > **Health & fitness**.

- **Workout reminders:** tap **Exercise** and tap the switch next to **Send workout reminder** to turn it on. You will receive automatic reminders when you start running, walking, cycling or doing other exercises. For more, see **Workout**.

- **Auto pause recording:** tap **Exercise** > **Auto pause recording** and then tap the switch next to **Auto pause recording** to turn it on. Select **Walking**, **Running** and **Outdoor cycling** to define the scenarios that pause recording when you stop exercising and resume recording when you continue exercising.

- **Sedentary reminder:** to get a reminder on your watch when you are inactive for a while, tap **Sedentary reminder** and then turn on **Get sedentary reminders**. You can edit your **Start time** and **End time** to receive reminders. Reminders will be muted during lunch break if the feature **Lunch break** is on. You can edit the **Start time** and **End time** for **Lunch break**.

- **Manage your stress:** tap **Stress** to set **Auto-measure** or **Manual only** measurements. For more, see **Stress**.

Set a heart rate alert

You can receive an alert when your heart rate is higher or lower than the resting heart rate value you set.

1 Open the 🔘 **Moto Watch** app on your phone.

2 Tap **Watch** > **Watch settings** > **Health & fitness** > **Heart rate** > **Continuous monitoring**.

3 Tap **Heart rate alerts** and then tap the switch next to **Get heart rate alerts** to turn it on. You may set the **High HR threshold** (such as Higher than 120 bpm),and the **Low HR threshold** (such as Lower than 45 bpm) on the page.

General app settings

Open the 🔘 **Moto Watch** on your phone. Tap **Watch** > **Watch settings** to manage its general settings.

» **Display:** adjust the watch brightness, wake screen and see more at **Display**. Turn on **Show media controls** so the music control icon 🎵 will display on your watch when you play media on your phone (see more at **Music controls**).

» **Notifications:** manage watch notifications and set the way your watch receives notifications (see more at **Notifications**).

» **Vibration:** adjust the intensity your watch vibrates (see more at **Vibration**).

» **Weather:** manage the way your watch shows weather information (see more at **Weather**).

» **Wrist preference:** select the most comfortable way you wear your watch and use the power button (see more at **Preferences**).

» **Disconnection alerts:** go to **Advanced** and turn on **Disconnection alerts**. The icon ⚡ will appear on your watch when Bluetooth connection is lost.

» **Backup and restore data:** go to **Advanced** and experience Moto cloud services such as **back up data**, **Restore data** and **Delete back up**.

» **Firmware update:** to get the latest firmware for your watch, go to **Firmware update** > **Check for updates**.

» **Tips:** view shortcuts and navigate you through the basic experience of using the watch.

Find your watch

If you misplace your watch, the 🔘 **Moto Watch** app on your connected phone can help you find it.

1 Make sure your watch is connected to your phone.

2 Open the 🔘 **Moto Watch** app on your phone.

3 Tap **Watch** > **Watch settings** > **Find my watch**, then tap 🔵 to vibrate your watch. Meanwhile, the heart rate sensor (see **Watch back**) flashes green and the watch screen flashes red.

4 To stop vibration and flashing light on the watch, tap 🔵 on the phone or tap ✕ on the watch.

Note: to vibrate your watch, it should be nearby (within 10 metres) and connected to your phone.

Troubleshoot

Fix issues

If your watch responds slowly or improperly, try the following adjustments:

» Ensure that your watch and the paired phone are within the maximum Bluetooth range (10 metres). The distance may vary depending on the environment.

» Ensure to keep your watch away from electromagnetic waves.

» Make sure that your firmware (see "Firmware update" at **General app settings**) and the **Moto Watch** app are up to date (See **Download and install the watch app**).

Note: the watch's GNSS signals may be obstructed in some locations, such as indoors.

Unpair, restart or reset your watch

If your watch is not working properly after making adjustments in **Fix issues**, try unpairing, restarting or resetting it.

» **Unpair:** to unpair your watch, open the ⭘ **Moto Watch** app on your phone. Tap **Watch** > ⬜ at the top > 🗑 next to your watch name > **Continue remove**. See more at **Moto Watch app**.

» **Restart:** if your watch is unresponsive, press and hold the power button (see **Watch front**) for more than 12 seconds to restart it. If the watch is responsive, swipe right from the watch face (see **Navigation**) and tap **Settings** > **System** > **Restart**.

» **Reset:** reset your watch to clear all settings and information about the current paired phone, so you can pair your watch with a different phone. To reset your watch, swipe down from the watch face to open **Quick settings** (see **Navigation**) and then tap ⚙ > **System** > **Reset** > **Reset**. Or swipe right from the watch face (see **Navigation**) and tap **Settings** > **System** > **Reset** > **Reset**. Follow the steps in **Pair and connect** to reconnect your watch to your phone.

> **Warning:** all user data on your watch will be deleted after reset. Data on your phone will not be deleted.

See more help

Legal, safety and regulatory information

To access legal, safety and regulatory information for your device, visit motorola.com/accessory-legal.

Dust and water resistance

Tested to IP68 water and dust resistance standards and 5 ATM water ratings under controlled laboratory conditions. Withstands immersion in up to 1.5 metres of still, fresh water for up to 30 minutes, and water pressure up to 50 metres deep for up to 10 minutes. Exposure to conditions beyond these ratings is not covered by warranty. Resistance will decrease as a result of normal wear. Do not expose to pressurised water jets or liquids other than fresh water. Do not attempt to charge a wet device. Designed to provide protection against the ingress of solid foreign objects of any size. Not waterproof.

To prevent water damage to your product:

» Dry your product and ports thoroughly with a soft, clean cloth.

» Do not drop, puncture, or scratch your product, as this could damage the water-repellent features.

Clean your watch

» Do not immerse the product in cleaning agents, and do not use cleaning materials that contain bleach or abrasive agents.

» Clean your wrist and band after exercising or sweating.

» To clean your band, release it from your watch (see **Release the band**).

» After drying the band, reattach it to the watch and make sure that it is securely fastened.

» Use a soft, dry cloth to gently clean the watch. If necessary, use wipes or cloths moistened with surgical spirit with a concentration of 70% (specific for electro-electronic products) to clean the watch.

» Avoid moisture in the product's openings, including charging contacts.

Service and repair

If you have questions or need assistance, we're here to help. Go to www.motorola.com/support, where you can select from a number of customer care options.

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