Why Your Moto Watch 120 Syncs with Apple Health on iOS but Not Google Fit

Inas B. - 2025-10-09 - Troubleshooting & Setup

If you're using an iPhone with your Moto Watch 120, you may notice that it syncs seamlessly with **Apple Health**, but not with **Google Fit**. Here's why.

Apple Health Syncing on iOS

On iOS devices, the Moto Watch 120 integrates directly with **Apple Health**, Apple's built-in health and fitness platform. This allows your watch to share data such as steps, heart rate, sleep, and calories burned directly to the Apple Health app.

By design: When using the **Moto Watch Lite** app on an iPhone, it automatically syncs with Apple Health. This is due to Apple's closed ecosystem and the deeper level of integration iOS provides with Apple Health.

Why Google Fit Is Not Supported on iOS

Currently, the Moto Watch 120 does **not** sync with Google Fit on iOS.

Here's why:

- **Platform Differences:** Google Fit is designed primarily for Android, and iOS does not support native syncing with Google Fit.
- **App Compatibility:** The **Moto Watch Lite** app for iOS is optimized for Apple Health. While Google Fit integration is available on Android, the app prioritizes Apple Health when used on iOS.

What This Means for You

- **If you're using an iPhone:** Your Moto Watch 120 will sync with **Apple Health**, giving you a complete overview of your fitness data in one place.
- **If you're using Android:** You can sync with **Google Fit** to track and manage your health and fitness metrics.

Future Updates

We're always working to expand compatibility and improve the Moto Watch experience. While Google Fit integration on iOS isn't currently supported, we encourage you to stay tuned for future updates.

For now, iOS users can enjoy a smooth, optimized fitness experience through **Apple Health** integration.