Ensuring Accurate Heart Rate Measurements on Your Motowatch 100

Inas B. - 2025-10-08 - Troubleshooting & Setup

Accurate heart rate readings are essential for monitoring fitness and health. Follow these steps to improve accuracy on your Motowatch 100:**1. Proper Wear**

- Center the watch on top of your wrist.
- Slide the strap through the loop and fit it snugly.
- Insert the pin fully but avoid overtightening.

2. Skin Sensitivity and Allergies

- If you have sensitive skin or allergies to watch materials, consider alternative straps.

3. Careful Handling

- Avoid bending the strap excessively.
- Do not press the watch against your body or hard surfaces.

4. Comfort Considerations

- Wearing the watch too tightly on sensitive skin may cause discomfort.

5. Keep Software Updated

- Ensure both the watch and Moto Wear app are updated to the latest versions.

6. Environmental and Skin Factors

- Temperature, humidity, and skin conditions may affect sensor accuracy.

7. Factory Reset (Last Resort)

- If issues persist, press and hold the top button for ~20 seconds to reset the watch.

Following these steps helps ensure reliable heart rate tracking and accurate fitness data on your Motowatch 100.