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# Heart Rate Tracking with Moto Watch 70

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Your Moto Watch 70 offers continuous heart rate monitoring throughout the day, during activities, and even while you sleep. Here's what you need to know:

## Monitoring Your Heart Rate:

Swipe to the heart rate widget to see your data:

- Heart rate graph in the center.
- Current heart rate at the top.
- Highest and lowest heart rates of the day at the bottom.

## Wearing Your Moto Watch 70:

Proper wear is essential for accurate readings:

- Center the watch on top of your wrist.
- Thread the strap or band through the loop.
- Adjust the strap to fit snugly, ensuring the pin is securely in the hole. Avoid overtightening.

## Skin Sensitivity and Allergies:

If you have sensitive skin or allergies to watch materials, take precautions.

## Additional Guidelines:

- Avoid excessive bending of the strap or band.
- Do not brace the watch against your body or a hard surface.

## Note on Comfort:

If you experience discomfort, especially on sensitive skin or due to tight fastening, adjust the fit for comfort.

## Troubleshooting Tips:

- Make sure both the watch and the Moto Watch Lite app are up-to-date.
- Environmental factors and skin conditions may affect accuracy.

Following these guidelines ensures accurate heart rate tracking while wearing your Moto Watch 70 safely and comfortably.