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# Optimizing Language Preferences on Your Moto Watch 100

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Your Moto Watch 100 is designed to stay in sync with your preferences, making it easy to set and maintain your preferred language. Here's how to optimize your language settings:

## 1. Select Your Language

- On your watch, go to the language settings and choose the language you want to use.

## 2. Align With Your Device

- To keep your watch and mobile app consistent, enable **"Follow system language"** in the device settings within the app. This ensures a seamless experience across your devices.

## Need Help?

- If you notice that the time or language on your watch doesn't match your mobile device, don't worry. Reach out to our support team at . Our experts are ready to help you get everything aligned perfectly.