Oxygen Saturation (SPO2) Tracking on the Moto Watch 70

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The Moto Watch 70 does **not** include SPO2 (blood oxygen level) monitoring. Unlike some wearables that feature SPO2 sensors, this model focuses on core fitness metrics.

Why There's No SPO2 Monitoring
SPO2 requires a dedicated sensor that measures oxygen levels in the blood, usually with light-based technology. The Moto Watch 70, while equipped with advanced sensors for heart rate and activity, does **not** include this technology.

What You Can Track Instead

- **Heart Rate Monitoring:** Continuous tracking during the day, activities, and sleep.
- **Sleep Tracking:** Insights into light and deep sleep, and total sleep duration.
- **Activity Tracking:** Track running, cycling, swimming, calories, steps, and distance.
- **Fitness Goals:** Set daily targets and monitor progress.

Alternative Ways to Monitor SPO2

- **Moto Watch 120:** This model includes an SPO2 sensor for blood oxygen monitoring.
- **External Devices:** Use dedicated pulse oximeters for accurate SPO2 readings.

While the Moto Watch 70 does not offer SPO2 tracking, it excels in heart rate monitoring, activity tracking, and sleep analysis. If SPO2 is essential, consider the Moto Watch 120 or an external device.