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## Step Tracking on Moto 360: Understanding Accuracy and Influencing Factors

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The Moto 360 smartwatch provides step tracking using advanced wrist-based algorithms to give insights into your daily activity. While these readings are helpful, it's important to understand how they work and what may affect their accuracy.

### How Step Tracking Works:

- **Wrist Movement Matters:** The Moto 360 tracks steps primarily through wrist motion. Activities with limited arm movement, like pushing a stroller or carrying groceries, may slightly impact step counts.
- **Comparison with Waist-Based Trackers:** Unlike pedometers worn at the waist or foot-based trackers, wrist-based trackers focus on your hand movements. This approach is highly effective for most daily activities but may slightly over- or undercount steps during certain movements, such as driving.
- **Algorithm Guidance:** Step tracking relies on sophisticated algorithms to estimate your activity. While they may not always match your exact steps, they provide valuable insights into your overall movement and fitness patterns.

### Ensuring Accurate Tracking:

- **Testing Against Foot-Based Trackers:** During development, the Moto 360's step tracking algorithms were tested against foot-based trackers to ensure reliability across different activities.
- **Accuracy Goal:** The device aims to keep step counts within 10% of actual steps in most scenarios, with special attention given to outdoor walking and common daily activities.
- **Continuous Improvement:** The Moto 360 team continually refines the algorithms, striving to provide users with accurate and consistent step data for a wide range of scenarios.

### Key Takeaway:

Step tracking on the Moto 360 offers a reliable overview of your daily movement. Treat the step count as an informative guide rather than a precise measurement, and enjoy the insights it provides for maintaining an active lifestyle.