Sync Your Moto Watch with Google Fit in Minutes

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Want your Moto Watch workouts, sleep, and heart rate automatically tracked in Google Fit? Here's how to set it up fast:

What is Google Fit?
Google Fit tracks activity, heart rate, sleep, and more, giving personalized insights to help you reach your fitness goals.

How to Connect Moto Watch to Google Fit:

1. Open the Moto Watch app on your phone.
2. Go to your profile.
3. Tap **"Connected Apps."**
4. Select **"Enable Google Fit."**
5. Log in to Google Fit when prompted.
6. Authorize the connection so Moto Watch can share data.
7. You'll see a confirmation message and return to the Moto Watch app.

All your Moto Watch data—workouts, steps, sleep, heart rate—will now sync automatically with Google Fit.

Pro tip: Check your Google Fit dashboard to track your progress over time.