Syncing Your Moto Watch 120 with Google Fit

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To enhance your health and fitness tracking, syncing your **Moto Watch 120** with **Google Fit** provides a complete view of your activity and wellness data across both platforms. Follow the steps below to connect your watch to Google Fit.

How to Connect Your Moto Watch 120 with Google Fit

1. **Open the Moto Watch Lite App**
   Launch the app on your phone where your Moto Watch 120 is paired.

2. **Navigate to Account**
   In the app, go to the **"Account"** tab in the menu.

3. **Access Data Sharing**
   Scroll down and select **"Data Sharing."**

4. **Connect to Google Fit**
   Tap **"Google Fit"** and select **"Connect."**
   Choose the **Google account** you want to sync with Google Fit.

What Syncs Between Moto Watch 120 and Google Fit

After connecting successfully, your Moto Watch 120 will share the following data with Google Fit and the Moto Watch Lite app:

- Steps
- Heart Rate
- Sleep Data
- Calories Burned

By syncing your Moto Watch 120 with Google Fit, you can easily monitor your daily activities and health metrics in one place, creating a more connected fitness experience.