Troubleshooting Step Tracking on Moto Watch 70

Inas B. - 2025-10-08 - Troubleshooting & Setup

If you're noticing inaccuracies with step tracking on your Moto Watch 70, don't worry—it's common for step counters to vary slightly due to movement patterns and device positioning. Follow these steps to improve accuracy:

1. Understand Pedometer Limitations

Your Moto Watch 70 uses a **pedometer**, not GPS. It detects **arm motion** to estimate steps. Activities like pushing a stroller, walking with hands in pockets, or limited arm movement may reduce accuracy.

2. Check Watch Position

Ensure the watch sits **snugly on your wrist** with sensors touching the skin. A loose or poorly positioned watch may miss movements.

3. Set Realistic Step Goals

In the **Moto Watch Lite app**, adjust your **daily step goal** to better reflect your activity level and compare results more accurately.

4. Avoid Non-Walking Movements

Repetitive actions like **driving, cooking, or typing** can sometimes be counted as steps. These movements may cause inflated counts.

5. Keep Software Updated

Outdated firmware may affect tracking accuracy.

- On your watch: go to **Settings > About > Version**.
- On your phone: update the **Moto Watch Lite app** via your app store.

6. Reset Your Watch (If Needed)

If the issue persists, try resetting your watch to clear potential software errors:
Go to **Settings > System > Reset**.

7. Adjust Step Sensitivity

For better tracking, wear the watch on your **dominant wrist** — this increases detection of natural arm movement.

8. Sync Data Regularly

Open the **Moto Watch Lite app** after your walks to ensure step data has **synced correctly**. Delayed syncs can cause temporary mismatches.

9. Know What Affects Accuracy

- **Environment:** Uneven terrain or slow walking may reduce accuracy.
- **Movement style:** Walking briskly with normal arm swing provides the most reliable results.

10. Contact Support

If step tracking remains inaccurate, contact our support team at for further assistance.