Your Comprehensive Guide to Activity Tracking with Moto Watch 70

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The Moto Watch 70 is ideal for tracking both indoor workouts and outdoor activities. Equipped with advanced PPG and motion sensors, it provides accurate tracking for various physical activities.

Diverse Activity Options:

- The watch offers **23 activity modes**, covering almost any type of workout or exercise.

Starting an Activity:

1. Open the menu widget and select **Activity**.
2. Choose your preferred activity mode.
3. A **3-second countdown** begins, then tracking starts automatically.

Real-Time Activity Tracking:

- While exercising, a stopwatch shows **elapsed time**.
- Activity-specific data displayed may include:
  - Steps
  - Calories burned
  - Distance
  - Heart rate
  - Pace (min/km)
- Navigate through multiple screens using the **Up/Down arrows**.

Additional Activities in the Moto Watch Lite App:

- The app supports two extra mobile-tracked activities: **Running** and **Cycling**.

Managing Activity:

- **Pause:** Press the physical button or swipe left, then tap **Play** to resume.

- **End:** Tap **Stop**. If data is insufficient, choose to continue or end.

- After completion, review activity data on the watch, swipe left to return to the activity menu, or press the physical button to return to the main menu.

Data Synchronization:

- All activity data syncs automatically with the **Moto Watch Lite app**.

- **Note:** Factory resetting before syncing may prevent data transfer.

With diverse activities, real-time stats, and seamless syncing, the Moto Watch 70 helps you monitor and improve your physical performance efficiently.