Date & Time Settings for Moto Watch 120

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Keep your **Moto Watch 120** in sync with the correct time and date throughout your day. Whether you prefer automatic syncing or manual control, here's how to manage your settings.

Syncing with Your Phone's Time Automatically

Your Moto Watch 120 automatically syncs with your phone's date and time settings, ensuring accuracy without any extra effort.

Choose Your Preferred Time Format

You can select between:

- **24-hour clock** – for military time
- **12-hour clock** – for AM/PM display

To switch formats:

1. Open the **Moto Watch Lite app**.
2. Go to **My Watch**.
3. Tap **Time Format** and choose your preferred option.

Manually Adjusting the Date and Time

If you prefer to set the date and time manually:

1. Open **My Watch Settings** in the **Moto Watch Lite app**.
2. Select **Date and Time**.
3. Adjust the date and time to your preference.

With these settings, your Moto Watch 120 will always display the correct time and date — whether you rely on auto-sync or prefer full manual control.