What to Do If Your Moto Watch 120 Isn't Syncing with Google Fit

Inas B. - 2025-10-09 - Troubleshooting & Setup

If your Moto Watch 120 isn’t syncing with Google Fit, the issue is usually related to permissions, connectivity, or app settings. Follow the steps below to ensure everything is correctly configured.

1. Check Google Fit Permissions

Your Moto Watch 120 needs permission to share data with Google Fit.

- **Go to Settings on your phone** → open **Apps** or **Applications**.
- **Find Moto Watch Lite** → select the app.
- **Check Permissions** → make sure the app can access fitness and health data (e.g., location, sensors).
- Ensure that **Google Fit** is listed as a data-sharing option and has permission enabled.

2. Verify Data Sharing During Setup

During setup, you’re prompted to allow data sharing with Google Fit. If you skipped this step, you can reconnect manually.

- Open the **Moto Watch Lite** app.
- Go to **Account → Data Sharing → Google Fit**.
- Confirm that Google Fit sync is turned **on**.
- If not, tap **Google Fit → Connect**, and select the correct Google account.

3. Confirm Sync Is Active on Both Apps

Both apps need to be connected and actively syncing.

- **In Moto Watch Lite:** Go to *Account → Data Sharing → Google Fit* and confirm connection.
- **In Google Fit:** Open the app and verify that data is updating.
  Try closing and reopening Google Fit if data isn’t syncing.

4. Check Bluetooth Connection

Your Moto Watch 120 must stay connected via Bluetooth.

- Open your phone’s **Bluetooth settings** and make sure your Moto Watch 120 is connected.

- Toggle Bluetooth **off and on** to refresh the connection if needed.

5. Update Apps and Firmware

Outdated software can prevent syncing.

- **Update Moto Watch Lite:** Go to your app store, search *Moto Watch Lite*, and install updates.
- **Update Moto Watch 120:** In the Moto Watch Lite app, check for available firmware updates.

6. Restart Devices and Apps

Restarting can fix temporary connection issues.

- **Restart your watch:** Hold the power button → select *Restart*.
- **Restart the app:** Close and reopen Moto Watch Lite.

7. Check for Google Fit Sync Errors

Open the **Google Fit** app → go to **Settings** → check for any sync-related error messages or alerts.

8. Reinstall the Apps

If syncing still fails:

- Uninstall both **Moto Watch Lite** and **Google Fit**.
- Reinstall both apps and repeat the setup process.