Heart Rate Tracking with Moto Watch 70

Inas B. - 2025-10-08 - Product Features

Your Moto Watch 70 offers continuous heart rate monitoring throughout the day, during activities, and even while you sleep. Here's what you need to know:

Monitoring Your Heart Rate:
Swipe to the heart rate widget to see your data:

- Heart rate graph in the center.
- Current heart rate at the top.
- Highest and lowest heart rates of the day at the bottom.

Wearing Your Moto Watch 70:
Proper wear is essential for accurate readings:

- Center the watch on top of your wrist.
- Thread the strap or band through the loop.
- Adjust the strap to fit snugly, ensuring the pin is securely in the hole. Avoid overtightening.

Skin Sensitivity and Allergies:
If you have sensitive skin or allergies to watch materials, take precautions.

Additional Guidelines:

- Avoid excessive bending of the strap or band.
- Do not brace the watch against your body or a hard surface.

Note on Comfort:
If you experience discomfort, especially on sensitive skin or due to tight fastening, adjust the fit for comfort.

Troubleshooting Tips:

- Make sure both the watch and the Moto Watch Lite app are up-to-date.
- Environmental factors and skin conditions may affect accuracy.

Following these guidelines ensures accurate heart rate tracking while wearing your Moto Watch 70 safely and comfortably.