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

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

If your Moto Watch 120 is not syncing with Google Fit, follow these steps to ensure everything is set up correctly:

1. Check Google Fit Permissions

- Open your phone's **Settings → Apps → Moto Watch Lite**.
- Verify that all necessary permissions (location, sensors, health data) are granted.
- Ensure Google Fit is listed in the **data-sharing options**.

2. Confirm Data Sharing with Google Fit

- Open **Moto Watch Lite → Account → Data Sharing**.
- Ensure Google Fit syncing is enabled.
- If not, tap **Google Fit → Connect** and select the correct Google account.

3. Ensure Sync is Active on Both Apps

- In Moto Watch Lite, confirm Google Fit is connected.
- In Google Fit, ensure your data is updating. Restart the app if needed.

4. Check Bluetooth Connection

- Ensure your watch is properly connected via Bluetooth.
- Toggle Bluetooth off and on to reset the connection if needed.

5. Update App and Watch Firmware

- Update the Moto Watch Lite app via the App Store/Google Play.
- In the app, check for firmware updates for your Moto Watch 120 and install them.

6. Restart Apps and Devices

- Restart your Moto Watch 120 and the Moto Watch Lite app to refresh connections.

7. Check for Google Fit Sync Errors

- Open Google Fit → Settings → look for any sync errors or notifications.

8. Reinstall the Apps

- If issues persist, uninstall and reinstall both Moto Watch Lite and Google Fit, then set up syncing again.

If the problem continues, reach out to our support team for assistance.