User Guide
Movado MotionX
iPhone & Android application

MotionX-365

The widely used, patented MotionX® sensor-fusion engine inside your Swiss made Movado Motion smartwatch tracks activity and sleep patterns. Daily activity (steps, calories, and distance) and sleep information is presented accurately in real-time on its iconic, elegantly modern analog dial.

Simple and easy-to-understand graphics highlight how much you have moved and slept during the day, week, or month. Goals and dynamic coaching help encourage a better self-awareness and understanding, which in turn fosters well-being.

To sync data, your smartwatch connects to your phone or tablet via Bluetooth. Launch the MotionX-365 app and press the smartwatch's crown button to connect. Your data will sync with the app once it has connected. Your data syncs every minute automatically when the app is open and your Movado Motion smartwatch has established a Bluetooth connection with your phone or tablet.

Once the sync is complete, you can immediately review your progress in the app.

Phone or tablet requirements:
Android 4.4.3 or later
iOS 8 or later

The primary app screen (Dashboard) shows an overview of daily progress toward your activity and sleep goals. Important connection status information is shown in the upper right watch icon.

Connection
Status

no watch paired:
touch icon to pair watch

watch not connected:
press the watch crown button to connect and sync

watch is connected

watch connected
and sync in progress

phone or tablet Bluetooth is turned off

watch connected
and in timed workout mode

watch connected
and in sleep mode

Application actions:
Change modes, access settings and share or export your data.

Dashboard shortcut:
When highlighted it indicates you are currently on the Dashboard.
Touch the icon from any other screen to return to the Dashboard.

The Sub-Dial: **Modes**

Activity
Mode

In Activity Mode, the date hand points to the current date – in this case, the 22nd – and remains there.

The goal hand points to the percent of activity goal achieved today on a scale of 0-100%, in this case 30%.

Sleep
Mode

In Sleep Mode, the date hand points to the moon icon and remains there.

The goal hand points to percent of sleep goal achieved today on a scale of 0-100%, in this case 63%.

The Watch Crown: **Crown Actions**

The watch crown button plays an integral role in the operation of your Movado Motion smartwatch.
By pressing the crown you can initiate a sync with your smartphone or tablet, check your goal progress, and switch modes.

Crown Action: **Sync Data**

Press the crown button once, and the app will sync with a nearby paired smartphone or tablet.
Place the watch and phone or tablet very close together for optimal performance.

The animated spinner indicates the watch and app are syncing.

Crown Action: **Switch Modes**

Press and hold the crown button for three seconds to switch between sleep and activity modes.

Activity

When you're in Activity Mode, the date hand points to the current date, in this case, the 31st.

Sleep

When you're in Sleep mode, the date hand points to the moon icon.

NOTE: The sub-dial face and hands may vary slightly in appearance and color from watch model to model.

Crown Action: **View Goal Progress**

Press the crown button twice to view your goal progress in the *inactive* watch mode – for example, take this action during the day to see the sleep goal you achieved last night.

Activity Mode
When in Activity Mode, pressing twice shows progress toward today's Sleep goal.

NOTE: The date hand moves to the moon when it shows sleep progress.

Sleep Mode
When in Sleep Mode, pressing twice shows progress toward today's Activity goal.

NOTE: The date hand moves to the current date when it shows activity progress.

Dashboard

Each colored ring represents your goal completion percentage: activity in gold, sleep in blue and coach (overall) in green.

Touch one of the goal percentages to view detailed graphs and data.

Activity

The star icon indicates the point at which your activity goal was achieved.

The calories you burn from taking steps (walking, jogging or running) are shown under step calories.

Even when you're sedentary or sleeping, your body burns calories; they are known as BMR (basal metabolic rate) calories or rest calories.

Activity

If you record a Stopwatch activity, select this stopwatch icon to view the details of your recording.

Touch and drag your finger across the graph to view how many steps you had at a particular time of day.

Sleep

The alarm clock icon indicates a smart sleep alarm.

The graph indicates periods of deep sleep, light sleep, and awake time.

Sleep

Touch and drag your finger across the graph to view start and end times of each sleep segment.

Touch the pencil icon to edit the bedtime and rise time of your sleep recording, or to delete it.

Dynamic Coach

The dynamic coach shows your trends and averages.

Choose between daily, weekly, and monthly summaries.

You'll get suggestions, tips, and information catered specifically to you based on your personal activity and sleep data.

My Watch

To access details about your connected Movado Motion smartwatch, touch the watch button that is always at the top right corner of the application interface.

Select align hands to calibrate all of your watch hands.

Select watch update to check for firmware updates for your watch. Updates are installed wirelessly via your smartphone or tablet.

Application Actions

settings
Access settings (see table on next page)

sleep cycle alarm
Wakes you at the optimal time in your sleep cycle during the time frame you set.

get active alert
Set a get active alert to remind you to move. Your watch will make a sound if you sit still for too long.

start sleep mode
Allows you to switch between sleep and activity modes. You can also do this by pressing and holding the crown on the watch.

record a power nap
Use powernaps to catch up on your sleep during the day.

Sleep duration indicates how long you would like to nap. The app will only start counting the duration after you actually fall asleep. For example, if you select 30 minutes, but it takes you 10 minutes to fall asleep, the app will wake you after a total of 40 minutes.

Max duration indicates the latest time the alarm will sound after you start the powernap. For example, you need to be up in 45 minutes, so you want to be awakened at that point, regardless of how long it takes you to fall asleep or whether you are in deep sleep.

stopwatch
Allows you to record the steps you take on a walk, hike, jog or run, and view the distance covered during your recording.

share
Share your graphs via email or Twitter. You also have the option to export all of your data.

Settings

my watch
View details about your watch including connection status, firmware version, last sync time, and serial number. You can also align hands, unpair, and reset.

goals
Review and adjust what you established as your activity and sleep goals.

sleep mode placement
Choose the location for your watch when you go to bed: either on your wrist or under your pillow.

user profile
Adjust your profile information.

general
Adjust your preference for distance units, sleep mode auto-stop, and BMR calorie counting. If you are signed into an account, view your last backup or enable cloud backup. Also allows user to Reset Watch, Reset Application or Reset Calibration.

account
Create, log in or log out of a MotionX Cloud account for backing up your data.

add new watch
Follow the instructions to pair a new watch.

help & faq
Additional resources to help you get the most of your Movado Motion smartwatch.

send feedback
Contact us directly for assistance, or with feedback or suggestions.

Troubleshooting

If your Movado Motion smartwatch is unable to connect to your phone, try the following steps to connect.

1. With the MotionX-365 app open, press the watch crown once — this will activate the connection between your smartwatch and the app.

2. While troubleshooting, try placing your watch very close to your phone or tablet.

3. If there is a red Bluetooth symbol in the upper right corner of the phone's display, Bluetooth is turned off on your smartphone. Turn on Bluetooth from your phone's Settings app. If your Bluetooth is already on, turn it off then back on again.

4. Power off your phone to restart it. Then re-launch the MotionX-365 app and try connecting again. In general, it's a good idea to restart your phone or tablet from time to time to keep them running smoothly.

Replace them with a new Movado Motion Page:

(logo:)
MOVADO

Movado Motion
Powered by MotionX®

Museum Sport Motion – 44mm
0660001
Steel/black PVD case, steel bracelet

0660002
Steel/black PVD case, rubber strap

0660003
Black PVD-finished case and bracelet

Bellina Motion – 39mm
with diamond markers

0660004
Stainless steel

0660005
Two-toned stainless steel

0660006
Stainless steel, diamond bezel

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