

# 9 Things to Know About the Google Pixel Watch 3

<p><b>1</b> <b>Meet the Google Pixel Watch 3, designed for performance.</b></p>	<p>The Pixel Watch 3<sup>1</sup> is the latest smartwatch engineered by Google, designed for performance inside and out to help you maximize your fitness routine and stay on top of your day. Now available in two sizes, 41 mm and 45 mm, the Pixel Watch 3 offers more display than ever,<sup>2</sup> making room for richer and more glanceable information. The cutting-edge Actua display is bigger, brighter, and more responsive,<sup>2</sup> delivering brilliant clarity, even in bright daylight.</p> <p>New advanced running capabilities help you plan run routines, work to beat your best times, and improve your form with every run. All-new readiness<sup>3</sup> and cardio load<sup>4</sup> tracking guide you to a better workout routine – you’ll know when to recover, when your body is ready to take on a tough workout, and how hard your heart is working, so you’re not under- or overtraining.<sup>5</sup> Plus with Fitbit Premium,<sup>6</sup> get personalized, AI-powered run recommendations based on your goals and readiness, and target load. Fitbit Morning Brief, a summary of your most important health and fitness information, is delivered after you wake up so you can plan your workout, know of any overnight changes to your health metrics, and even get details on today’s weather. With our deepest Google integration yet, running your day is easier than ever before with convenient new experiences like Nest camera and doorbell streams, a Google TV remote, offline Google Maps, and the ability to screen and hold calls with the help of Google Assistant, all accessible from your watch.<sup>7,8,9</sup></p> <p>The Pixel Watch 3 delivers 24-hour battery life with always-on display, and can last up to 36 hours in Battery Saver mode without compromising health, fitness, or safety capabilities.<sup>10</sup></p>
<p><b>2</b> <b>Bigger. Brighter. Bolder.</b></p>	<p>The Pixel Watch 3 is Google’s boldest wearable yet, now in two sizes: 41 mm and 45 mm. With over 16% smaller bezels, it has a larger active screen area compared to the Pixel Watch 2 – over 10% more screen on the 41 mm watch and 40% more on the 45 mm size. It’s now easier to read your messages, navigate with Maps, and see your metrics during exercise.</p> <p>The cutting-edge Actua display is sharp and vibrant, with the brightest, most immersive display on Pixel Watch. It’s 2x brighter,<sup>2</sup> with up to 2000 nits of brightness, and it dims to as low as 1 nit in always on display, so you can still see your stats clearly in bright daylight or in a dark environment, like a movie theater, without causing disruption. And the refresh rate dynamically adjusts between 1 and 60Hz for more responsive performance and power efficiency.</p>
<p><b>3</b> <b>Advanced running – plan, execute, and reflect to beat your best.</b></p>	<p>The Pixel Watch 3 introduces a comprehensive running experience designed to help you plan, perform, and progress your running routine. Create a variety of running routines – add timed warmups and cool downs, set target pace, heart rate, times, and distances, or even set up interval routines with repeats. Then execute your saved run routines with real-time on-wrist guidance via audio and haptic cues. Know when you’re off pace or over your heart rate target, and when it’s time for your next sprint or to cool down.<sup>11</sup> Plus, a new update embeds media controls right into your workout so you can adjust the volume or change songs without missing a beat.</p> <p>While you run, the Pixel Watch 3 tracks your form using advanced motion sensing and machine learning so you can see a detailed breakdown of your</p>

	<p>cadence, stride length, vertical oscillation, and more to help improve your run performance. The new running dashboard in the Fitbit app shows your weekly mileage, PRs, a detailed analysis of your running workouts, and more to help you track performance over time and keep motivated along the way.</p> <p>And Fitbit Premium<sup>6</sup> makes your routine more personalized than ever before – Google AI uses your past runs, readiness, and target cardio load to customize run recommendations each day. Plus, you’ll receive insight on your form and how to improve with content and drills.</p>
<p><b>4</b> <b>Balance activity and rest with readiness and cardio load.</b></p>	<p>The Pixel Watch 3 is designed to guide you to your optimal workout routine with all-new readiness and cardio load tracking. Balance activity with your body’s need for recovery so you can maximize performance and avoid overtraining.<sup>5</sup></p> <p>Your readiness score is now more responsive and personalized to you, using your sleep, resting heart rate, and heart rate variability to better reflect your body’s state of recovery.<sup>5</sup></p> <p>Cardio load shows how hard your heart is working, so you can see your exertion throughout the day and how it relates to your workout routine. You’ll receive a target cardio load each day, based on your readiness levels, to help you balance recovery, reduce injury risk, and continue to improve. Comparing cardio load trends over time helps you understand if you are under- or overtraining.<sup>5</sup></p>
<p><b>5</b> <b>Start the day with Morning Brief.</b></p>	<p>Fitbit helps you plan your day with the all-new Morning Brief. Each morning, it delivers a summary of your most important health and fitness metrics: see how you slept, your readiness score, progress towards your weekly exercise goal, and if any of your health metrics – like heart rate variability, breathing rate, or SpO2 – are out of your personal range.<sup>12</sup> Plus it shares other information like the weather. So you’ll know when to bring an umbrella or your running shoes when you’re at peak readiness or if today you need to prioritize a good night’s sleep.</p>
<p><b>6</b> <b>Get more done with Google &amp; Pixel.</b></p>	<p>The Pixel Watch 3 works seamlessly with Pixel and Google devices and is fully integrated into the Google ecosystem with exciting new ways to help you save time and get things done right from your wrist.<sup>7</sup> Tell the delivery person to leave a package out front through your Nest Cam and Doorbell notifications, live view, and two-way talk.<sup>8</sup> Pause a show, turn up the volume, or change the channel with Google TV remote on-wrist – there’s no need to dig through the couch cushions when you can’t find the remote.<sup>7</sup> Control your Pixel phone camera for selfies, group shots, and astrophotography with Night Sight.<sup>13</sup> See who’s calling and why with Call Screen, and let Google AI pick up and hold calls for you when you need a moment to find your phone.<sup>9</sup> Record a memo or song on the go using the Pixel Recorder app, then access the recording on your watch or phone.<sup>14</sup> Plus access Google Maps, even while offline, use Wallet for payments and transit.<sup>7</sup></p>
<p><b>7</b></p>	<p>The Pixel Watch 3 introduces new ways to get the most out of your battery. Get 24 hours of battery with an always-on display, or up to 36 hours with</p>

<p><b>Battery life that lasts.</b></p>	<p>Battery Saver mode from a full charge without compromising health, fitness, and safety features.<sup>9</sup> Your device will automatically go into Battery Saver mode when it hits 15%, helping extend its battery life until you can get to a charger. And the Pixel Watch 3 automatically detects sleep and enables bedtime mode, turning off notifications and always-on display to allow disruption-free rest while conserving battery for a full night of sleep tracking.</p> <p>With fast charging, spend less time with your watch on the charger and more time tracking your activity on-wrist – the Pixel Watch 3 41 mm charges 20% faster than before.<sup>15, 16</sup></p>
<p><b>8 Timeless style and design.</b></p>	<p>The Google Pixel Watch 3's iconic, circular design is made with 100% recycled aluminum<sup>17</sup> and comes in an array of classic and trendy colors.<sup>18</sup> Available in two sizes, 41 mm and 45 mm, the watch can be further customized to your preferences, style, and needs.</p> <p>Both sizes are available in a Matte Black Aluminum case with an Obsidian band and Polished Silver Aluminum with a Porcelain band. The 45 mm watch is also available in Matte Hazel Aluminum with a Hazel band, and the 41 mm model comes in Champagne Gold Aluminum with a Hazel band as well as Polished Silver Aluminum with a Rose Quartz band.</p> <p>An assortment of Pixel Watch accessories comes in a range of styles, colors, and materials designed to take you from the gym to a night out. From Active Sport to Metal Links to Leather, there's a band to match your every move.<sup>19, 20</sup></p>
<p><b>9 Pump it up with Premium.</b></p>	<p>Level up your fitness with Fitbit Premium.<sup>6, 21</sup> The Pixel Watch 3 comes with 6 months of Premium,<sup>6</sup> giving you access to deeper insights, run and workout recommendations, and exclusive workout content from Fitbit Premium expert trainers and Peloton.<sup>6</sup></p>

1 Works with most phones running Android 10.0 or newer and requires a Google Account, Google Pixel Watch app and internet access. Some features require a Fitbit mobile app and/or a paid subscription. Google apps and services are not available in all countries or languages. See [g.co/pixelwatch/specs](https://g.co/pixelwatch/specs) for technical and device specifications.

2 Compared with Pixel Watch 2.

3 Daily Readiness is available on all Google Pixel Watches as well as Fitbit devices with heart-rate.

4 Cardio Load and Target Load available only on Google Pixel Watch 3.

5 Some features require the Fitbit mobile app. Performance of heart rate tracking may be affected by physiology, location of device and your movements and activity.

6 Fitbit Premium requires a Google Account, Fitbit mobile app, a compatible Android or iOS device (see [fitbit.com/devices](https://fitbit.com/devices) for specifications), and internet connection. Content and features are subject to change, are not available in all countries, may vary by device, and may be in English only.

7 Google apps and services are subject to change and are not available in all countries and languages.

8 Nest camera and doorbell streams only available on Nest Cam (outdoor or indoor, battery), Nest Cam with floodlight, Nest Cam (indoor, wired, 2nd gen), Nest Doorbell (battery), Nest Doorbell (wired, 2nd gen), and 1st-gen Nest Cams that have been transferred to the Home app. Some features, including mobile and browser notifications, remote control, video streaming and video recording, require working internet and Wi-Fi.

9 US only. Call Screen requires Pixel 6 or newer Pixel phone (sold separately). Call Screen may not detect all robocalls and spam calls. Not available in all countries or languages, and may be in English only. For more information, see [g.co/help/callscreen](https://g.co/help/callscreen). Google Assistant and some related features are not available in all languages. Data rates may apply.

10 Maximum battery life is approximate and is based on testing conducted in California in 2024 on pre-production hardware and software, using default settings with a median Pixel user battery usage profile across a mix of talk, data, standby, and use of other features, or for “up to 36 hours”, the use of features that are default in Battery Saver mode. Battery life depends on features enabled, usage, environment and many other factors. Use of certain features will decrease battery life. Actual battery life may be lower.

11 Like all heart rate tracking technologies, performance is affected by physiology, location of device, and your movements and activity.

12 Some features require the Fitbit mobile app. Performance of heart rate tracking may be affected by physiology, location of device and your movements and activity. SpO2 is not available in all countries. Blood oxygen measurements, when available and enabled, are intended for general fitness and wellness purposes and are not intended to diagnose or treat any medical condition or for any other medical use, including self-diagnosis or consultation with a doctor. Please consult your doctor before beginning or modifying any exercise regimen or making health-related decisions.

13 Some Google apps and services require a paired phone within Bluetooth range of your device and are not available in all countries or languages.

14 Pixel Recorder and some related features are not available in all countries or languages.

15 Based on use of in-box USB-C® Fast Charging Cable with 30W adapter (sold separately) plugged into a wall socket. Actual results may be slower. Charging speed based on testing with fully drained device batteries. Charging testing in mid-2024 on pre-production hardware and software using default settings with the device powered on. Charging speed depends upon many factors including battery age and ambient temperature.

16 Pixel Watch 3 41mm compared to Google Pixel Watch 2.

17 Recycled aluminum is at least 4% of product based on weight.

18 Colors may vary and change over time with use. Not all colors available in all regions.

19 Most 41mm accessories are compatible with the Pixel Watch, Pixel Watch 2 and 41mm Pixel Watch 3. Metal Slim and Metal Mesh bands are not compatible with the Pixel Watch.

20 45mm accessories are only compatible with 45mm Pixel Watch 3.

21 New and returning Fitbit Premium members only. Must activate membership within 60 days of device activation. Valid form of payment required. After the 6 months, renews at \$9.99/mo or \$79.99/yr (based on your registration). Cancel anytime. Membership cannot be gifted. See here for more details. T&C apply.