

Mi Watch Lite

Get smart, get fit



Built-in GPS/GLONASS	Stylish 1.4" color display	5 ATM water resistance
120+ watch faces/emoji support	Heart rate/sleep monitoring	Up to 9 days of battery life

1000+ customized combinations New look whenever you want

Mi Watch Lite is not just a smart watch, it has its own unique personality. There are three color options for the watch case, five color options for the strap, over 120 themed watch faces and watch face function customization* to satisfy your ever-changing style.



1.4" TFT color touch display

Supports automatic brightness adjustment.
Everything you need to know on one screen.



Handles both indoor and outdoor exercise
Your own personal trainer



11 workout modes 5 ATM water resistance up to 50m

Whether you are indoors or outdoors, Mi Watch Lite keeps track of your movement in real time and supports setting specific workout goals to help improve the results of your exercise.



Outdoor running



Treadmill



Outdoor cycling



Open water swimming



Freestyle



Pool swimming



Cricket*



Trekking



Trail run



Walking



Indoor cycling



Precise dual satellite positioning system

Explore endlessly

With GPS+GLONASS positioning and multiple smart sensors, the watch can accurately track your trajectory, speed, distance and calories burnt. It can also measure any changes in heart rate, providing a clear picture of your workout status.



Professional health monitoring

Keep track of your physical condition

24-hour heart rate monitoring

Equipped with a PPG sensor, the watch can accurately detect your heart rate 24 hours a day and notify you when your heart rate goes above normal levels. It can also save your resting heart rate data for 30 days to help monitor long-term heart rate changes.



Sleep monitoring

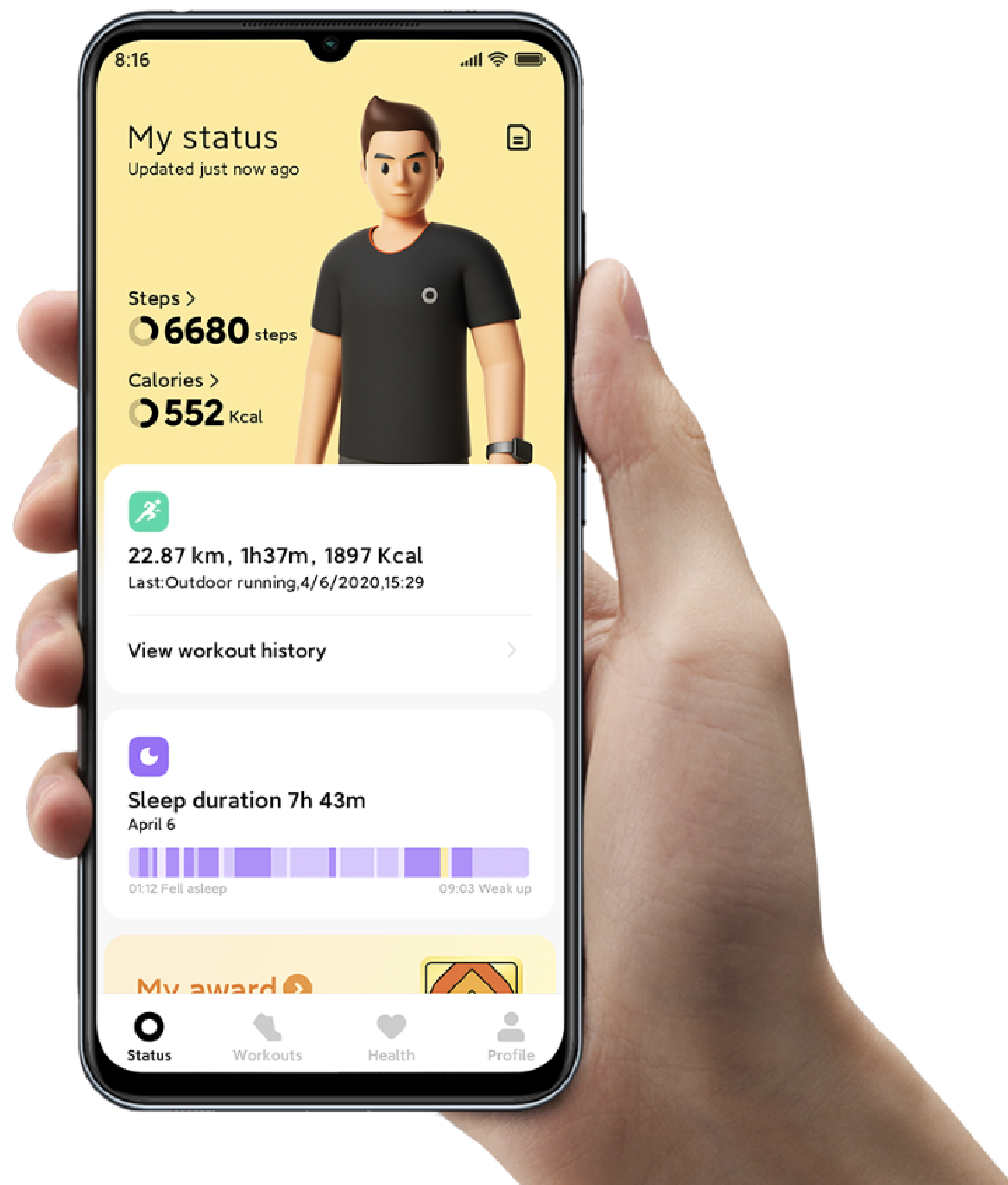
Perform guided breathing exercises for 1 to 5 minutes at a set rhythm to alleviate stress anytime, anywhere.



Breathing

Perform guided breathing exercises for 1 to 5 minutes at a set rhythm to alleviate stress anytime, anywhere.





Daily health data at a glance

The watch records your daily heart rate, exercise, and sleeping data, making sure that you are well informed of your health condition.

*Android users need to install the Xiaomi Wear app to connect the watch, while iOS users need to install the Xiaomi Wear Lite app

Up to 9 days of battery life Saving the trouble of daily charging

100% charge in 2 hours

9 days

Typical usage*

10 hours

Continuous GPS sports mode



More practical features on your wrist

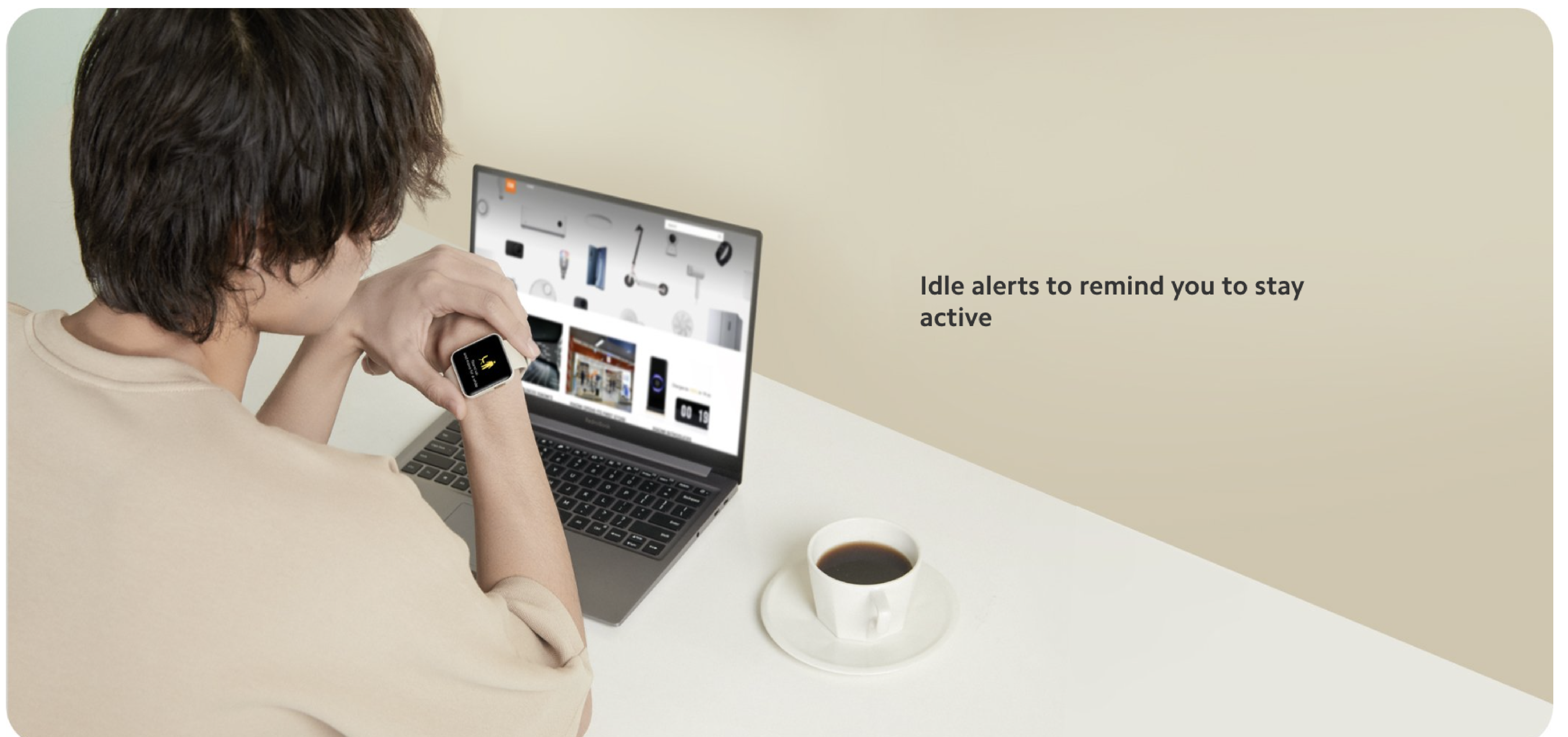
Daily records of calories burned, step count, and times you've stood up.



Instantly view calls, texts, and app notifications



Control music while keeping your phone in your pocket



Idle alerts to remind you to stay active



Find phone



Weather report



Alarm



Stop watch



Flash



Timer

Three watch cases and five straps in fashionable Morandi colors, combine as you like



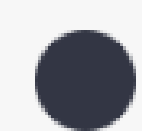
Pink



Ivory



Black



Navy blue



Olive



[See specs >](#)



*The 50m water resistance is based on standard GB/T 30106-2013 and has been tested by the China National Horological Quality Supervision and Testing Center. Water resistance report numbers: Mi Watch Lite: QT2009041. The water resistance rating is 5 ATM (equivalent to a depth of 50m under water), allowing the device to be worn while showering and swimming, but not in saunas or when diving.

*The app's user interface is subject to change. Please refer to actual downloaded version of Xiaomi Wear/Xiaomi Wear Lite for an accurate representation.

*The device currently only supports long night's sleep monitoring, and does not support monitoring of short naps of daytime sleeping. Long night's sleep refers to sleep that lasts for more than two hours after falling asleep during the night period. The standard night period lasts from 21:00 to 9:00 the next day. Long night's sleep that meets one of the following conditions can be monitored: 1) The sleep duration is entirely within the night period; 2) The sleep starts earlier than 21:00, or ends later than 9:00, but over 50% of the sleep duration occurred within the night period.

*Cricket mode may be upgraded through OTA updates.

*Customized watch face functions: Some watch faces support customized display content, so that you can choose to display your favorite or most frequently used functions on the watch according to your needs.

*The Black, Ivory and Navy blue watch cases come with a strap of the corresponding color. The Olive and Pink straps must be purchased separately.

*All data on this page regarding charging and battery life are obtained from Zhou Hai laboratories. Actual results may vary according to differences in software version, environment and watch edition and may not reflect the actual product.

*Typical battery usage was measured as follows: The watch was set to default factory settings. Sleep monitoring, 30-minute interval heart rate monitoring and non-stop step counting were enabled. Bluetooth received and displayed 100 notifications every day, two alarms were set a day, the locked display was turned on 50 times a day, and the watch data was synced with a phone once a day. The watch also monitored one outdoor exercise session a week, lasting 35 minutes.

*"1000+" refers to the maximum number of possible combinations, based on 120+ personalized watch faces that can be combined with three different colored watch cases and different colored straps.

*Images on this page are illustrations and the design of the real product may differ.

*Please avoid rubbing light-colored straps against beige fabrics to prevent the strap from being stained.