



MacBook Pro
14-inch, M3 Pro, No...



M3 Pro



18 GB

2.8 avg · 3.9 GB peak swap
56 elevated transitions over 31 days
8 avg · 11 peak apps



512 GB

162 GB free · 32%

Filling ~12 GB/month
Critical in ~10 months

🌐 macOS 26.6.1

📅 Last 30 Days

Apps you've used

Days seen running, of the 31 days your Mac was on, and time spent

 Xcode25/31 d 20 h	 Safari23/31 d 19 h	 Google Chrome21/31 d 14 h	 Visual Studio Code18/31 d 14 h
 Figma18/31 d 13 h	 Slack15/31 d 11 h	 iTerm215/31 d 10 h	 Mail14/31 d 6 h
 Notion13/31 d 11 h	 Terminal13/31 d 6 h	 Calendar12/31 d 8 h	 Spotify11/31 d 6 h
 Postman10/31 d 8 h	 Discord10/31 d 6 h	 Obsidian10/31 d 5 h	 Zoom8/31 d 5 h
 Ledgerline8/31 d 5 h	 Adobe Photoshop8/31 d 4 h	 Things7/31 d 4 h	 Messages7/31 d 3 h
 Final Cut Pro5/31 d < 1 h	 Dash5/31 d < 1 h	 Sketch4/31 d 2 h	 Notes4/31 d 2 h
 Preview4/31 d 2 h	 Maps4/31 d 1 h	 1Password3/31 d < 1 h	 Photos2/31 d 2 h
 Music2/31 d < 1 h	 Lightroom Classic2/31 d < 1 h	 Activity Monitor1/31 d 1 h	 PDF Expert1/31 d < 1 h
 App Store1/31 d < 1 h	 Marked 21/31 d < 1 h	 System Settings1/31 d < 1 h	

Your longest sessions

Unbroken stretches in one app, ordered by session time per day used

 Xcode
typical 24 m longest 1.2 h ± 16 m

Background

-  Amphetamine
-  Backblaze
-  Bartender
-  Dropbox
-  Google Drive
-  Rectangle