

Task Manager					
File Options View					
Processes Performance App history Startup Users Details Services					
Name	Status	5% CPU	74% Memory	1% Disk	0% Network
Apps (5)					
> Google Chrome (15)		0.4%	938.2 MB	0 MB/s	0 Mbps
> Microsoft Excel		0%	40.3 MB	0 MB/s	0 Mbps
> Microsoft Word (4)		0%	50.0 MB	0 MB/s	0 Mbps
> Paint		0%	43.1 MB	0 MB/s	0 Mbps
> Task Manager		1.9%	17.0 MB	0 MB/s	0 Mbps
Background processes (50)					
> Adobe Acrobat Update Service		0%	0.4 MB	0 MB/s	0 Mbps
> AgentService EXE		0%	0.8 MB	0 MB/s	0 Mbps
> Bonjour Service		0%	0.5 MB	0 MB/s	0 Mbps
COM Surrogate		0%	1.7 MB	0 MB/s	0 Mbps
COM Surrogate		0%	1.7 MB	0 MB/s	0 Mbps
> Configuration Manager Remote...		0%	0.8 MB	0 MB/s	0 Mbps
> Cortana (3)		0%	3.0 MB	0 MB/s	0 Mbps
crashpad_handler		0%	0.5 MB	0 MB/s	0 Mbps
CTF Loader		0%	2.8 MB	0 MB/s	0 Mbps
Google Drive File Stream		0%	12.1 MB	0 MB/s	0 Mbps
Google Drive File Stream		0%	10.6 MB	0 MB/s	0 Mbps
Google Drive File Stream		0%	18.0 MB	0.1 MB/s	0.1 Mbps
Google Drive File Stream		0%	0.8 MB	0 MB/s	0 Mbps
> Host Process for Microsoft Conf...		0%	7.6 MB	0.1 MB/s	0 Mbps
Host Process for Windows Tasks		0%	0.8 MB	0 MB/s	0 Mbps

Activity Monitor (My Processes)

CPU

Memory

Energy

Disk

Network

Search

Process Name	% CPU	CPU Time	Threads	Idle	Wake Ups	PID	User
mdworker	13.3	0.55	5	1	22854	bluesquarethin	
https://drive.google.com	2.8	1:58.15	6	46	22802	bluesquarethin	
Activity Monitor	2.0	1.76	5	2	22850	bluesquarethin	
trustd	1.8	1:24.01	8	0	9490	bluesquarethin	
Spotify	0.6	28:21.25	43	8	9647	bluesquarethin	
Fitbit Connect Menubar Helper	0.5	27:08.84	8	0	9556	bluesquarethin	
Microsoft Word	0.5	4.09	5	17	22843	bluesquarethin	
syncdefaults	0.2	8.71	5	3	22729	bluesquarethin	
Adobe Illustrator CS6	0.2	44:46.84	26	25	17296	bluesquarethin	
Spotify Helper	0.2	10:40.30	15	2	9687	bluesquarethin	
com.apple.iCloudHelper	0.1	0.84	5	0	22783	bluesquarethin	
AdobeCrashDaemon	0.1	1:23.33	1	1	17297	bluesquarethin	
AdobeCrashDaemon	0.1	5:04.49	1	1	13638	bluesquarethin	
Citrix Receiver Helper	0.0	2:54.77	9	1	9583	bluesquarethin	
Opera	0.0	1:08:59.08	7	1	16632	bluesquarethin	
SafariBookmarksSyncAgent	0.0	15.14	5	1	19149	bluesquarethin	
cfprefsd	0.0	1:36.59	6	0	318	bluesquarethin	
aiStarter	0.0	1:17.78	1	2	9691	bluesquarethin	
Safari Networking	0.0	20:29.30	8	0	9554	bluesquarethin	
Photoshop	0.0	14:08.89	28	0	13637	bluesquarethin	
universalaccessd	0.0	26.89	3	1	9486	bluesquarethin	
lsd	0.0	12.78	4	0	329	bluesquarethin	
Quick Look UI Helper	0.0	0.13	3	0	22845	bluesquarethin	

System: 4.36%
 User: 7.86%
 Idle: 87.77%

CPU LOAD



Threads: 1189
 Processes: 299

Utility Software

