Mac health report

MacBook Pro 14-inch (2021) · generated 10 November 2026 at 3:51 PM

Summary

- Battery · Maximum capacity: 76% of design (below Apple's 80% service threshold)
- Battery · Cycle count: 1,021 (Apple rates batteries for 1,000)
- Battery · macOS condition: Service Recommended
- Memory & heat · Memory pressure red: 8% of the time
- Memory & heat · Memory pressure yellow or red: 43% of the time
- Memory & heat · CPU at 95 °C or hotter: 960 min (about 32 min a day)
- Storage · Free space: 31.0 GB of 494 GB (6%)
- Stability · Why it last shut down: The system stopped responding (watchdog restart) (code -62)
- Tests run · Speakers: Not heard: Right · 10 Nov 2026 at 3:44 PM

Machine

Model	MacBook Pro 14-inch (2021)
Model identifier	MacBookPro18,3
Chip	Apple M1 Pro
Memory	16 GB
macOS	macOS 26.1
Age	About 5 years (2021 model)
macOS support	Runs macOS 26, the current version

Battery

Maximum capacity	**76% of design (below Apple's 80% service threshold)** ⚠
Cycle count	**1,021 (Apple rates batteries for 1,000)** ⚠
macOS condition	**Service Recommended** ⚠
Capacity	4617 of 6075 mAh
Charger	96 W connected, charging

SSD

Wear	6% of rated life used
Data written	61.0 TB
Media errors	0
Spare blocks	100%

From the drive's own NVMe health log (SMART).

Memory & heat

Memory pressure red	**8% of the time** ⚠
Memory pressure yellow or red	**43% of the time** ⚠
Swap used	7.4 GB average, 21.0 GB peak
CPU at 95 °C or hotter	**960 min (about 32 min a day)** ⚠
Hottest minute (CPU)	104 °C average

Covers 30 days (240 hours the Mac was awake) of Stat Space's own history. A fresh install has little to show.

Storage

Free space	**31.0 GB of 494 GB (6%)** ⚠

Stability

Kernel panics	1
GPU restarts	0
App crash reports	23
Low-memory events	14
Sleep/wake failures	1 in 412 sleeps
Last restart	2 days ago
Why it last shut down	**The system stopped responding (watchdog restart) (code -62)** ⚠

Last 30 days, from macOS's diagnostic reports and power log. The shutdown cause comes from the log at the last boot.

Security

FileVault	On
System Integrity Protection	On
Firewall	On
Gatekeeper	On

Tests run

Display	No dead or stuck pixels or backlight bleed seen · 10 Nov 2026 at 3:43 PM
Keyboard	All 78 keys registered · 10 Nov 2026 at 3:41 PM
Ports & charging	Charger detected on 3 plug-ins; user confirmed every port charged (96 W) · 10 Nov 2026 at 3:46 PM
Speakers	**Not heard: Right · 10 Nov 2026 at 3:44 PM** ⚠
Trackpad	All 40 areas registered touch; click worked; Force Click worked · 10 Nov 2026 at 3:42 PM

Run by the user in Stat Space. Tests that weren't run aren't listed.
