|| Parallels[®]

Resource Monitor in Parallels Desktop for Mac

- Parallels Desktop for Mac Standard Edition
- Parallels Desktop for Mac Pro Edition
- Parallels Desktop for Mac Business Edition

How to track the number of resources my virtual machine consumes?

Information

Note: Resource Monitor is not available on Mac computers with Apple silicon.

1. Start Parallels Desktop if it's not running and while the **Control Center** is in the focus from the top menu bar select **Window > Show Resource Monitor:**

- 2. If a virtual machine is running to open Resource Monitor it's required to access the same Window menu:
 - From **Coherence**, click the virtual machine icon on the Dock to get focus to the virtual machine, then from the top menu bar select **Window > Show Resource Monitor.**
 - From **Full Screen**, move the mouse cursor to the top edge of the screen and wait for a bit, once th

To open Resource Monitor go to Window menu on macOS menu bar when your virtual machine is active > select :

Resource Monitor will appear and stay on top of all open windows. Since Parallels Desktop 14 for Mac it lists all running virtual machines:

Resources used by the Mac side are shown using white color. Each running virtual machine has its own color which corresponds to the color of the name of the virtual machine in Resource Monitor.

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