

# How to monitor Internet data usage on Windows

Although Internet data usage on PCs is not as common as mobile phones, that doesn't mean you don't need to care about it. Below, we will show you how to reset data usage records in Windows 10.

Most people do not monitor Internet usage on their desktop or laptop computers. Although most home Internet connections are unlimited, there are many reasons why a person would want to monitor their Internet usage. You can monitor your Internet usage in Windows using one of the methods in this guide.

## Use Task Manager

To get an overview of the Windows applications that use the most data each month, you can use the reliable Task Manager in Windows. Press **Ctrl+Alt+Esc** to open **Task Manager**, then click **More details** to get the full Task Manager view.

The screenshot shows the Windows Task Manager window with the 'App history' tab selected. The window title is 'Task Manager' and it has a menu bar with 'File', 'Options', and 'View'. Below the menu bar are tabs for 'Processes', 'Performance', 'App history', 'Start-up', 'Users', 'Details', and 'Services'. The 'App history' tab is active, displaying 'Resource usage since 11/02/2020 for current user account.' and a link to 'Delete usage history'. A table lists applications with columns for Name, CPU time, Network, Metered network, and Tile updates. The 'Mail and Calendar' app is highlighted in yellow, indicating it has the highest network usage.

Name	CPU time	Network	Metered network	Tile updates
Mail and Calendar	0:10:40	562.4 MB	0 MB	0 MB
Xbox (Beta)	0:16:45	185.8 MB	0 MB	0 MB
Skype	0:14:09	54.9 MB	0 MB	0 MB
Microsoft Store	0:07:43	8.7 MB	0 MB	0 MB
Ori And The Will Of The ...	0:20:34	7.7 MB	0 MB	0 MB
Sticky Notes	0:01:24	4.2 MB	0 MB	0 MB
Messenger	0:00:12	3.8 MB	0 MB	0.1 MB
Xbox Console Companion	0:00:17	3.2 MB	0 MB	0.1 MB
OneNote	0:00:12	2.8 MB	0 MB	0.1 MB
People	0:00:19	1.2 MB	0 MB	0 MB
Microsoft Photos	1:28:44	1.0 MB	0 MB	0 MB
Weather	0:00:00	1.0 MB	0 MB	1.0 MB
Xbox Accessories	0:00:05	0.7 MB	0 MB	0 MB

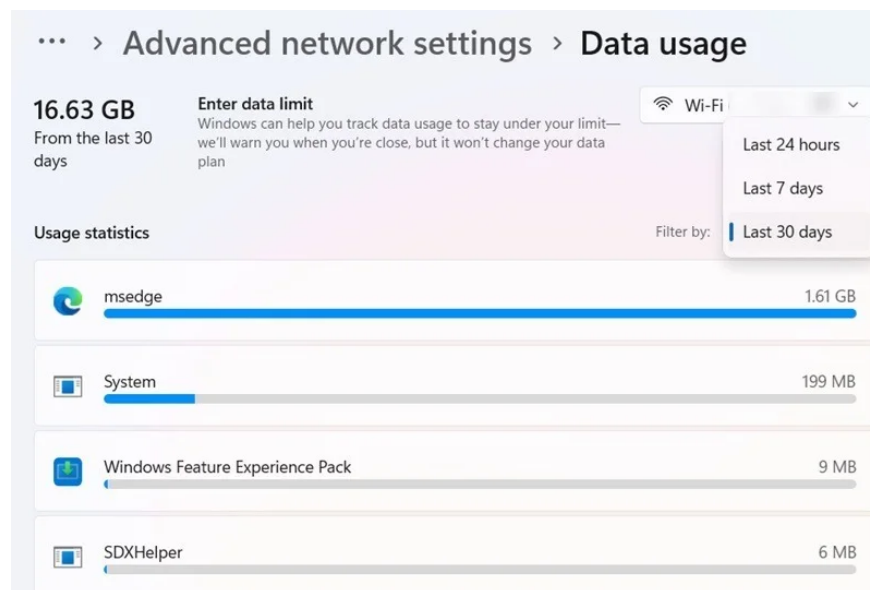
Next, click the **App history** tab, then click **Network** to list apps by network usage over the last month. As you can see here, **Mail and Calendar** consumes a lot of data despite being rarely used. This might be a good time to think about stopping the auto-sync features built into those apps, if you're concerned about data usage.

# Use Data Usage Overview

Task Manager provides a brief overview of UWP apps and their data usage. It can only provide information for up to 7 days. For more detailed statistics including all applications over a 30-day period, do a Data Usage Overview search in Windows and select **Data Usage** .

Additionally, in Windows 11, go to **Settings > Network & Internet > Advanced Network Settings > More Settings > Data Usage** . In Windows 10, go to **Start > Settings > Network & Internet > Data Usage** .

In Windows 11 on the right side of the screen, click the network name. It provides a list of apps in order of the amount of data they have used in the last 30 days, 7 days or 24 hours. For similar information in Windows 10, click **View usage per app** .



**In the Data usage window** , set a data limit by selecting the active network from the drop-down menu and clicking **Enter Limit** . Select **Limit type** on monthly, weekly, daily, one-time and unlimited values. Set **Data Limit** based on GB or MB units and save the settings.

# Use Command Prompt

You can also monitor aggregate Internet usage through Command Prompt in Windows. This is a great way to view network data information without using third-party tools. Open Command Prompt with admin rights and enter the following information:

```
netstat -e -s
```

The command line screen will quickly give an overview of received and sent data packets by byte. It also divides data usage information into Unicast and Non-Unicast packets. This gives you an idea of whether the data is sent to one or more interfaces.

Scroll further down to see data usage by **TCP, UDP** , and **IPv4/IPv6 statistics**.

```

Administrator: Command Prompt
Microsoft Windows [Version 10.0.22631.3527]
(c) Microsoft Corporation. All rights reserved.

C:\Windows\System32>netstat -e -s
Interface Statistics

                Received          Sent
Bytes           2969558776          1453510248
Unicast packets 10024518              8380782
Non-unicast packets 55482                19194
Discards        0                    0
Errors          0                    0
Unknown protocols 0

IPv4 Statistics

Packets Received           = 625054
Received Header Errors     = 6
Received Address Errors   = 6
Datagrams Forwarded       = 0
Unknown Protocols Received = 0

```

Command Prompt also has a useful guide that allows you to view various network-related information for active connections. To see them, enter:

```
netstat -anb
```

View all IP addresses, at the **Listening** or **Established** stage . Dig deeper by examining the processes (browser like **msedge.exe** or service host like **svchost.exe** ) that generated those IP addresses.

```

C:\Windows\System32>netstat -anb
Active Connections

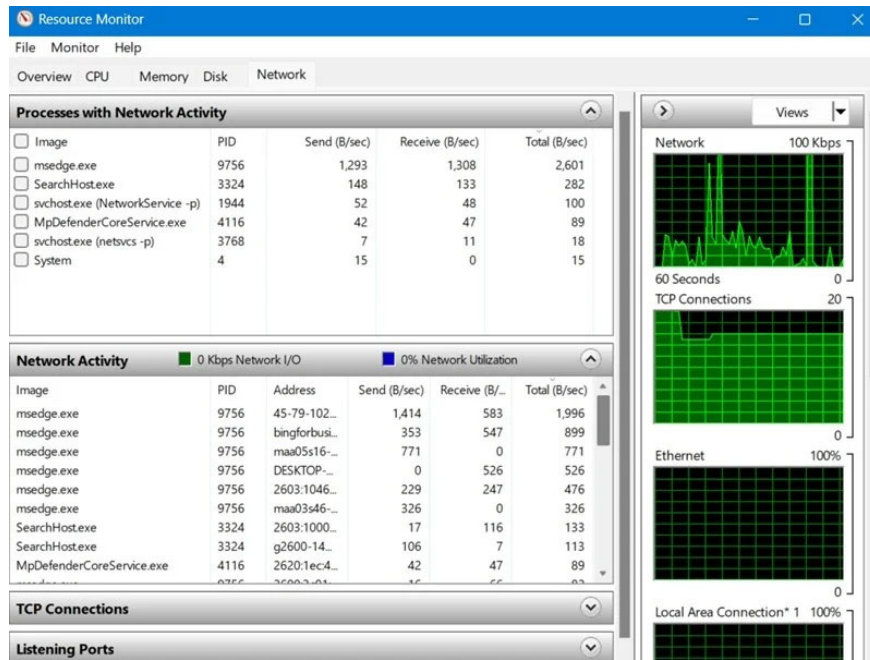
Proto Local Address           Foreign Address         State
TCP   0.0.0.0:135              0.0.0.0:0               LISTENING
RpcSs
[svchost.exe]
TCP   0.0.0.0:445              0.0.0.0:0               LISTENING
Can not obtain ownership information
TCP   0.0.0.0:5040             0.0.0.0:0               LISTENING
CDPSvc
[svchost.exe]
TCP   0.0.0.0:7680             0.0.0.0:0               LISTENING
Can not obtain ownership information
TCP   0.0.0.0:49664            0.0.0.0:0               LISTENING
Can not obtain ownership information
TCP   0.0.0.0:49665            0.0.0.0:0               LISTENING
Can not obtain ownership information
TCP   0.0.0.0:49666            0.0.0.0:0               LISTENING
EventLog
[svchost.exe]
TCP   0.0.0.0:49667            0.0.0.0:0               LISTENING
Schedule

```

## Using Resource Monitor (Resmon)

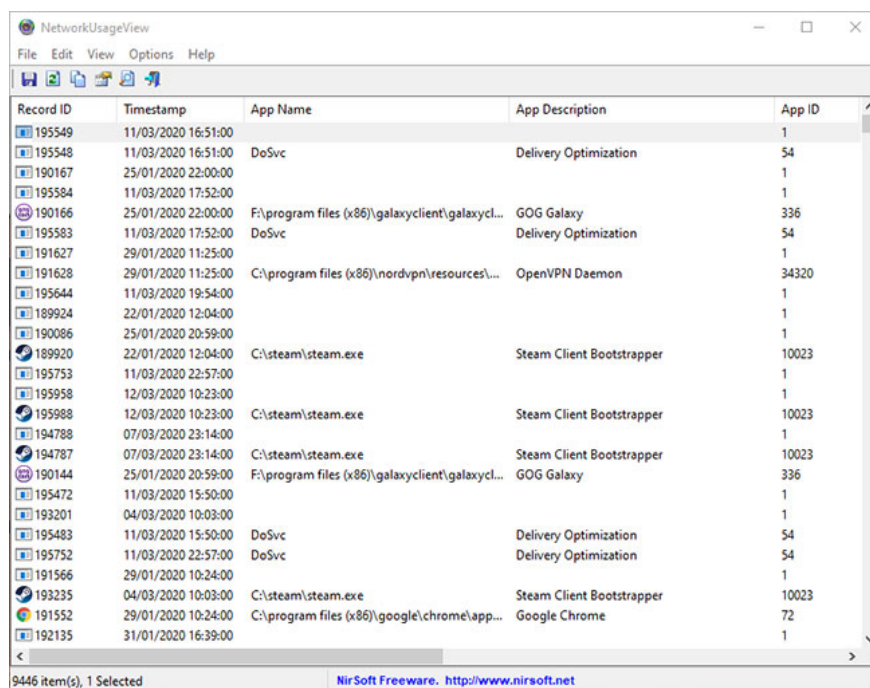
Windows has Resource Monitor (or 'Resmon'), a useful Run command that provides live network activity for free. Open it from Windows search or Run command, **Win + R** , then type '**resmon**'.

Go to **the Network** tab to see **Processes with Network Activity** , **Network Activity** , **TCP Connections** and **Listening Ports** . For each process, view the **Total** , **Send** , and **Receive** data in **B/sec** . If any process consumes too much data, close it through Task Manager.



## Use NetworkUsageView

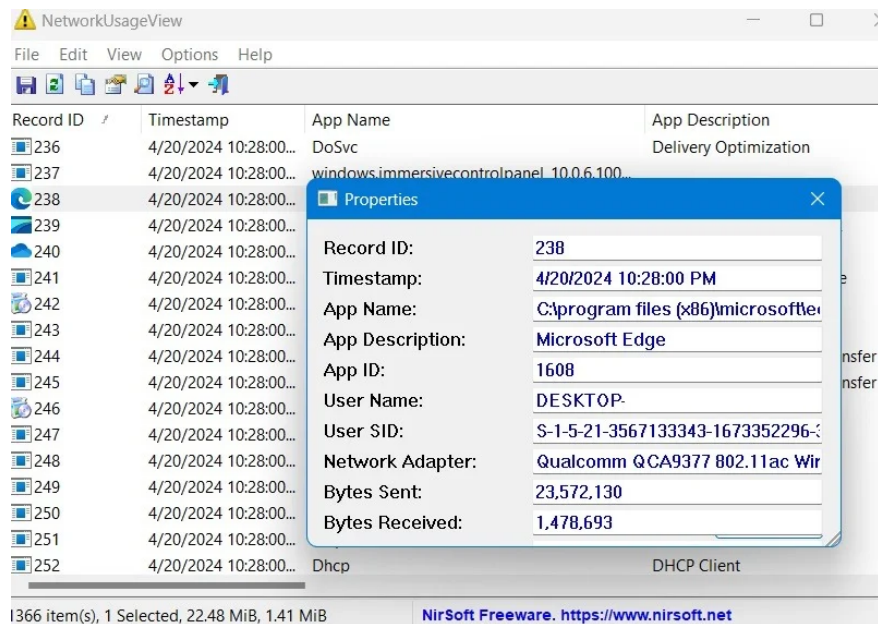
NirSoft's NetworkUsageView is perhaps the most popular network monitoring tool, giving you a super detailed breakdown of how much data each process on your PC uses - from games to system processes and more. .



The utility has all kinds of filters, allowing you to narrow down what data you're looking at - whether it's by name, time period, or amount of data sent or received. If you're looking to dig a little deeper into Internet traffic on Windows 10, here's the way to do it.

Download and extract the .exe application from the official site. When you click on it, you can view all network usage profiles based on **App Name** and **Timestamp** . Double clicking on any **Record ID** will provide **Bytes**

## Sent and Bytes Received .



The screenshot shows the NetworkUsageView application window. The main window displays a table of network usage records. A 'Properties' dialog box is open over record 238, showing detailed information for that specific record.

Record ID	Timestamp	App Name	App Description
236	4/20/2024 10:28:00...	DoSvc	Delivery Optimization
237	4/20/2024 10:28:00...	windows.immersivecontrolpanel.10.0.6.100...	
238	4/20/2024 10:28:00...		
239	4/20/2024 10:28:00...		
240	4/20/2024 10:28:00...		
241	4/20/2024 10:28:00...		
242	4/20/2024 10:28:00...		
243	4/20/2024 10:28:00...		
244	4/20/2024 10:28:00...		
245	4/20/2024 10:28:00...		
246	4/20/2024 10:28:00...		
247	4/20/2024 10:28:00...		
248	4/20/2024 10:28:00...		
249	4/20/2024 10:28:00...		
250	4/20/2024 10:28:00...		
251	4/20/2024 10:28:00...		
252	4/20/2024 10:28:00...	Dhcp	DHCP Client

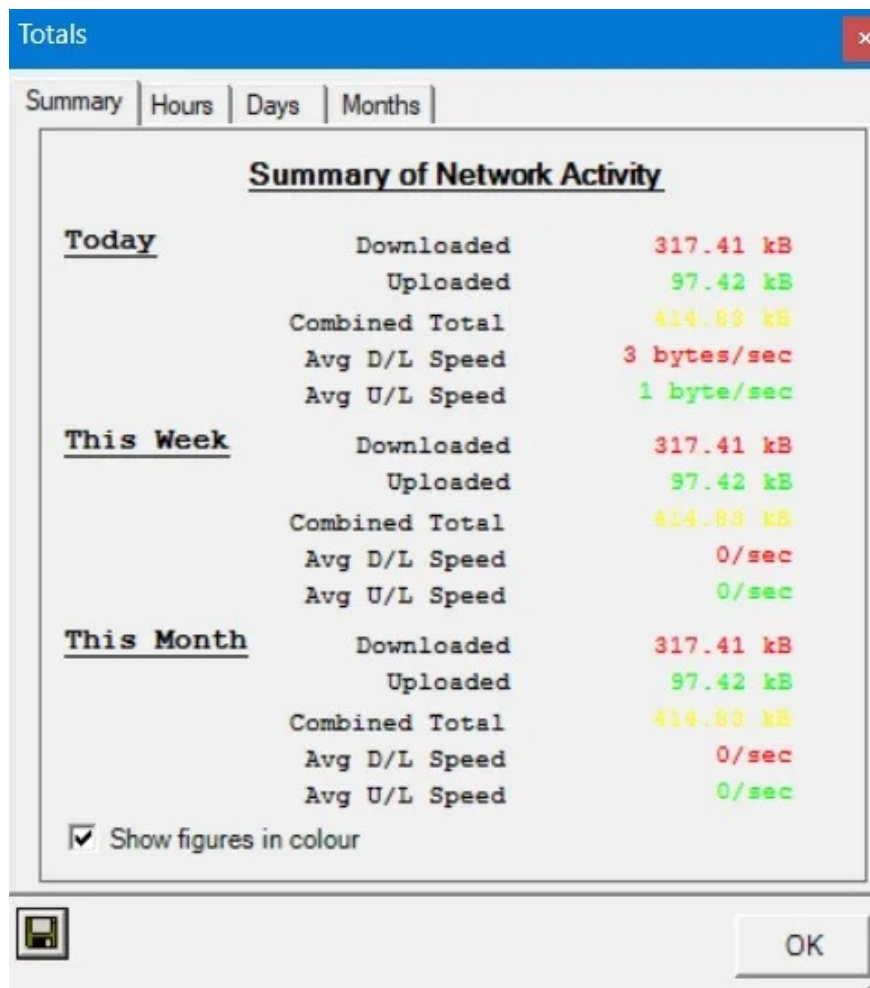
Property	Value
Record ID:	238
Timestamp:	4/20/2024 10:28:00 PM
App Name:	C:\program files (x86)\microsoftedge...
App Description:	Microsoft Edge
App ID:	1608
User Name:	DESKTOP-
User SID:	S-1-5-21-3567133343-1673352296-...
Network Adapter:	Qualcomm QCA9377 802.11ac Wir...
Bytes Sent:	23,572,130
Bytes Received:	1,478,693

The data can be a bit overwhelming at first, but there are all kinds of filters that allow you to simplify what you're seeing.

## Use BitMeter 2

If you want a more detailed look at how much data your Windows PC is using at any given time or over specific periods of time, BitMeter 2 is a good choice. This is free software with no time limit features, ads or other problems. Installing it will only consume 3MB of space.

As soon as you launch BitMeter 2, it will scroll across your screen. If you find this annoying, right-click in the application window and click **Send to Tray**, then right-click to select **Statistics** or **Statistics Grid** and get a **Summary of Network Activity** by day, hour or month.



In addition to providing detailed information about Internet usage, BitMeter 2 also helps set alerts for high data usage over a certain period of time. Use the **Calculator** , **ISP Restrictions** and **Alerts feature** for those settings. This is one of the best apps to view Internet usage during international roaming or other data restrictions.

Now you know how to monitor Internet usage on your laptop or Windows PC. If you want to keep messing around with your Windows network settings, learn how to optimize your network connection for speed and stability.

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