

# Steps to check your MacBook's battery charge cycle

Checking the battery charge cycle will help you properly assess the battery's durability so that appropriate adjustments can be made during use to help the device maintain its durability.

Apple's latest MacBooks have the most impressive battery life of any laptop thanks to the new Apple silicon chip.

But like all rechargeable batteries, the actual life of the battery is determined by the number of charge cycles it has undergone. Whenever you use your MacBook, its battery goes through charging cycles. A charge cycle is complete when you use up the battery's power, but a cycle doesn't need to take place during a one-time charge.

MacBook batteries have a limited number of charge cycles before their performance can degrade, but the good news is that most modern Apple laptops are capable of going through 1,000 charge cycles before needing to be replaced. the battery. So you can check right away with the simple steps below.



**Step 1 :** Click the Apple icon in the upper left corner of the menu bar;

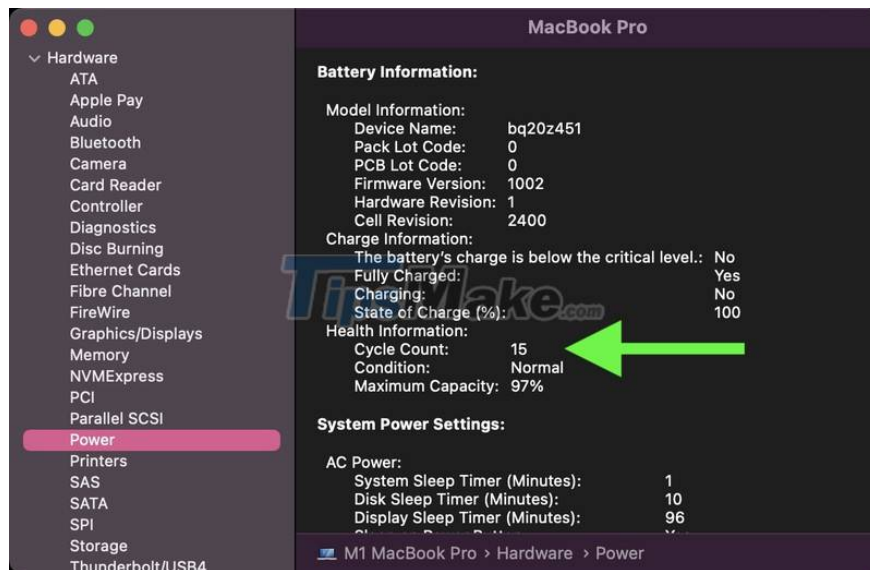
**Step 2 :** Click 'About This Mac';



**Step 3** : At the "Overview" tab selected, click 'System Report';

**Step 4** : Click 'Source' in the side column of the window;

**Step 5** : Find the Cycle Number in "Health Information".



In the "Health Information" section, your Mac's battery health is also displayed. As noted above, most modern Macs have a maximum cycle count of 1000. This also helps you check when buying a used Macbook.

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