

Knowing the internet speed is important as it lets you approximately figure out how much time it will take to download a file or an app. In this guide, I will tell you how to see your internet download and upload speed on Mac. We will start with the easiest method. After that, I will also show you some additional ways to know information about the network you are connected to.



Sometimes knowing Wi-Fi speed on Mac is also handy as it tells you that the wireless network is working or not. For example, in the first method below, if you are downloading something and the speed shows 0Kbps for long, you instantly come to know that something is not working correctly.

How to Check Download and Upload Speed of Internet or Wi-Fi on Mac

Quick Access:

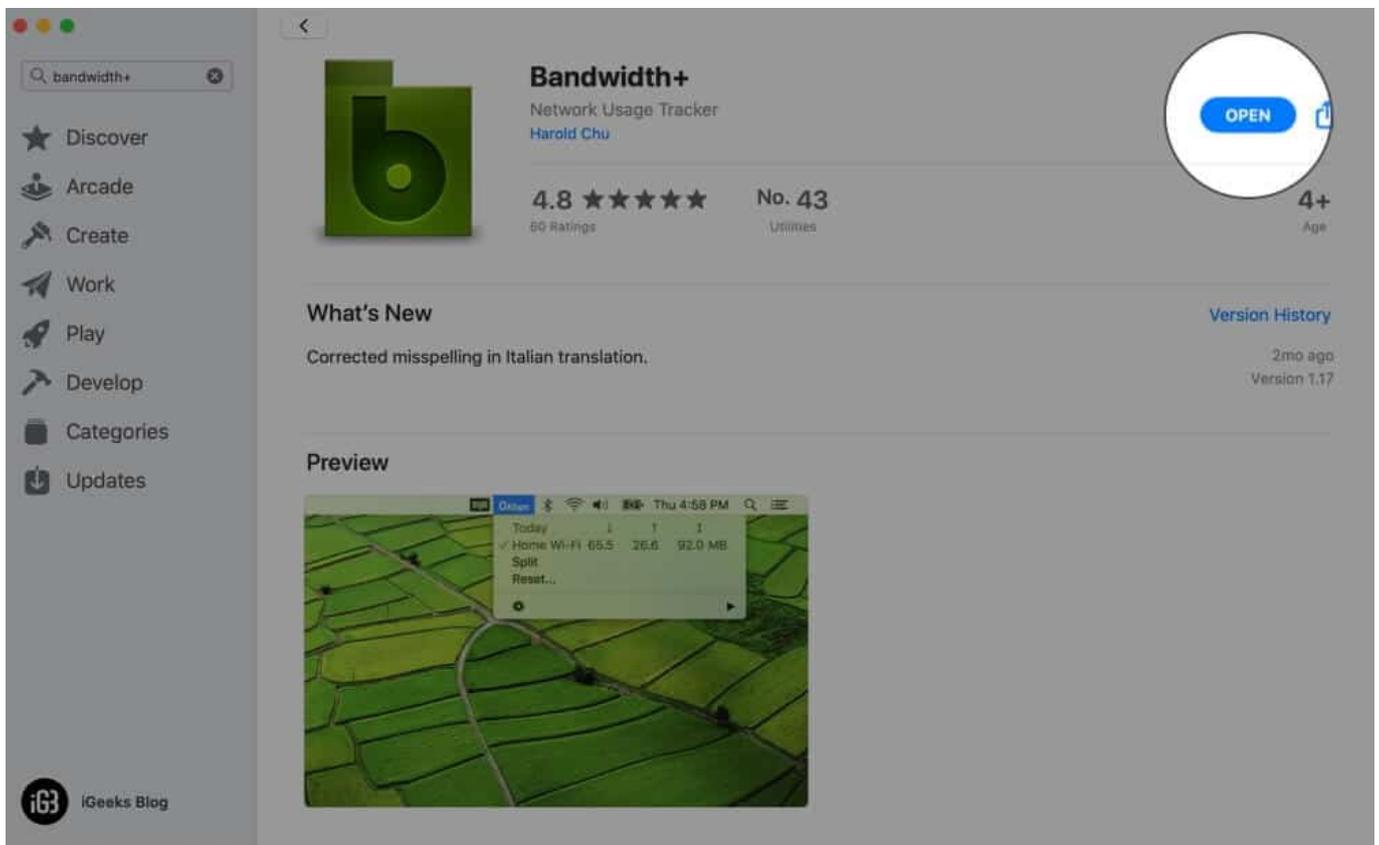
- [How to Continuously See Internet/Wi-Fi Speed with Bandwidth+](#)
- [Check Download and Upload Speed on Mac Using Activity Monitor](#)
- [How to Know Link Speed on your Mac](#)

- [Check Wi-Fi Information from Menu Bar on Mac](#)
- [How to Know Wi-Fi Transmit Rate Using System Report](#)

How to Continuously See Internet/Wi-Fi Speed with Bandwidth+

Step #1. Launch **App Store** on your Mac and download [Bandwidth+](#). It is a free app.

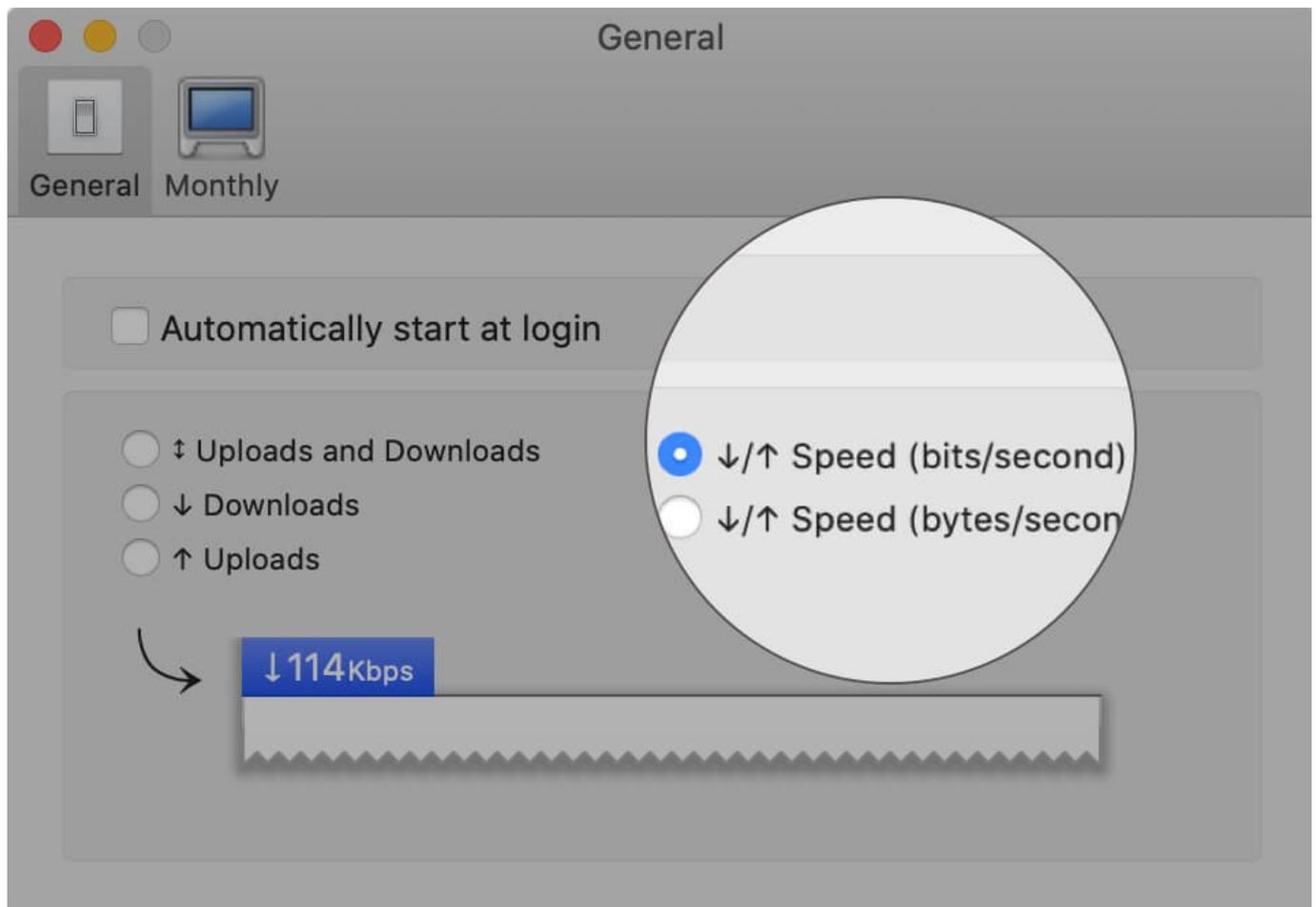
Step #2. Open the app. By default, it shows the total amount of data uploaded and downloaded.



Step #3. From the top menu bar, click on the app. Now take your pointer on the **Settings icon** and select **Preferences...**



Step #4. Here select [Speed \(bits/second\)](#).

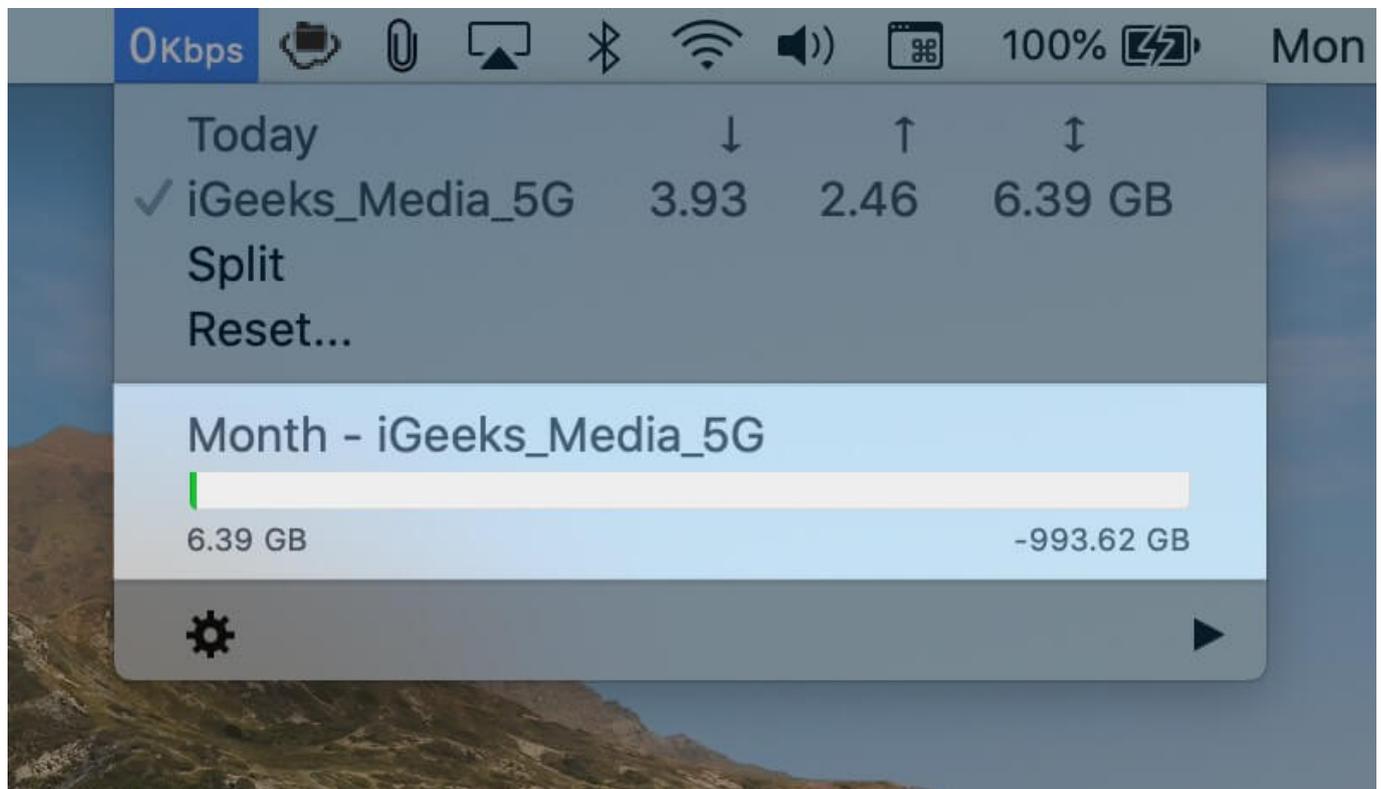


Step #5. Open a browser and visit a site or do anything on your Mac that requires data to be downloaded or uploaded. You will see your internet speed in the menu bar. Download speed will have a downward-facing arrow and upload speed will have an upward-facing arrow shown before Kbps.

That's it!

The app will show speeds for any [Wi-Fi you are connected to](#), or Mobile Hotspot, Ethernet, iPhone USB, etc.

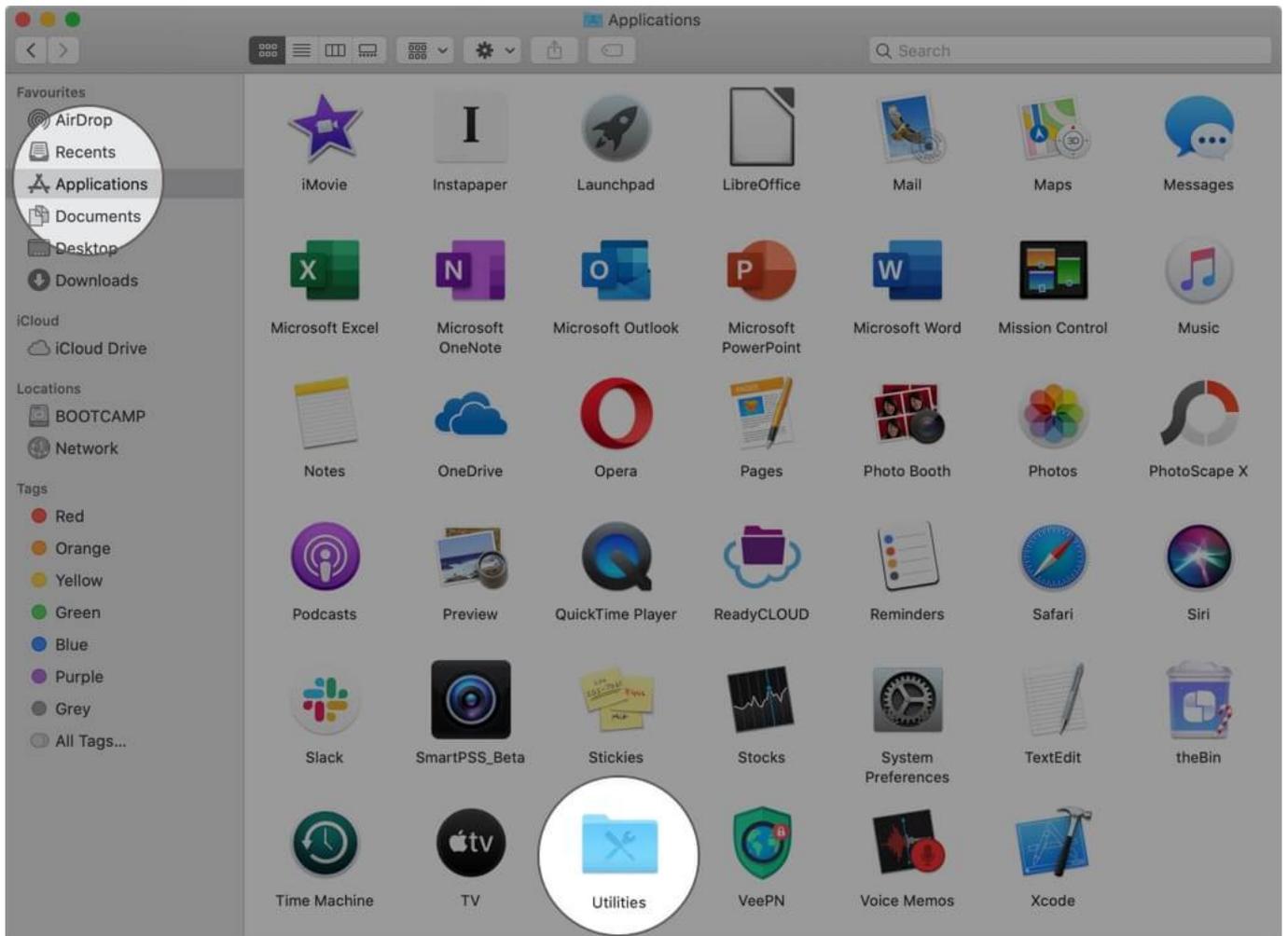
Bandwidth+ also has an additional feature that lets you set a monthly quota for a network. It is handy if you are on a limited plan.

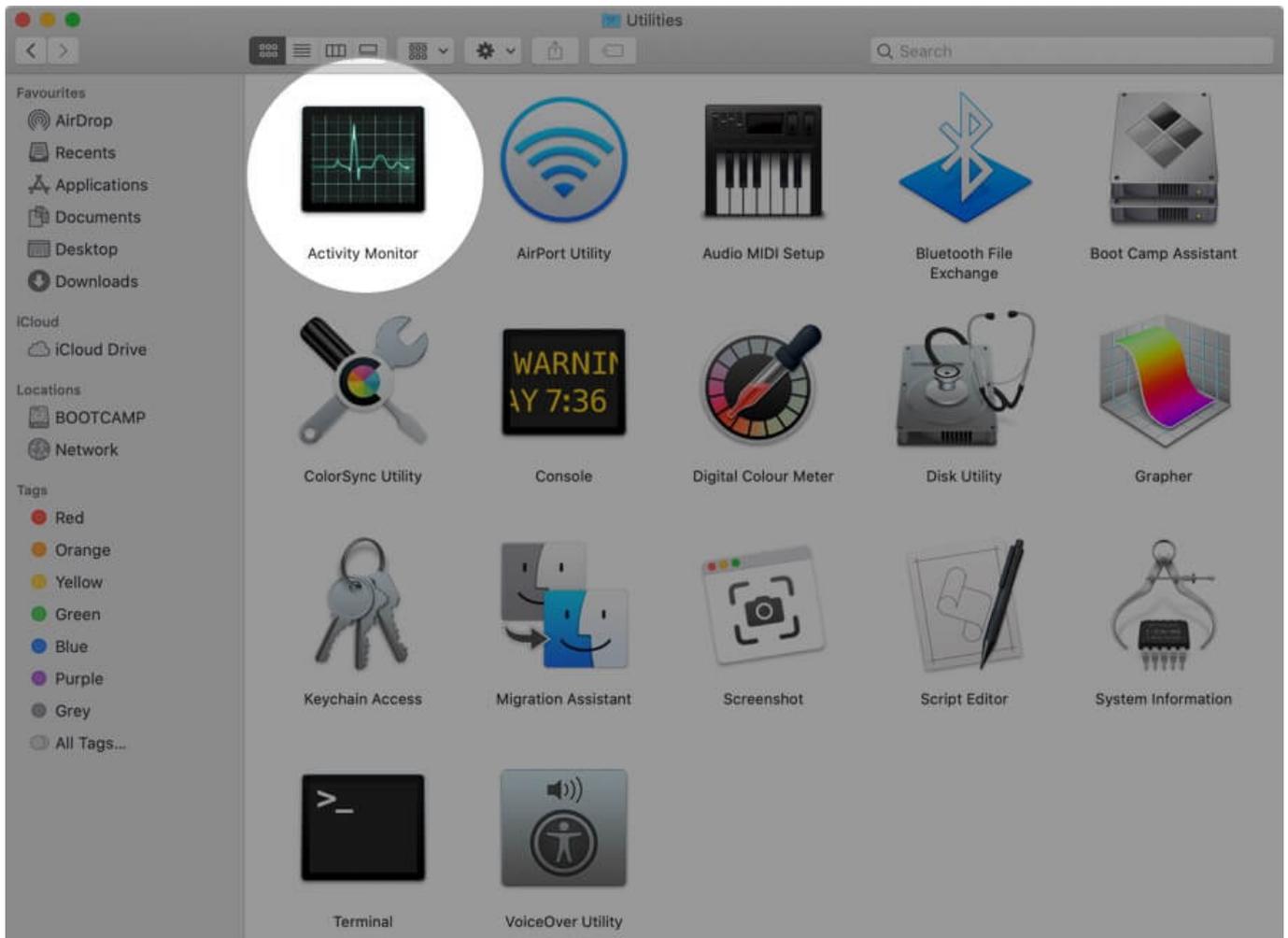


There are additional ways to see the speed of your Wi-Fi or Ethernet connection. Now, before you read, I should let you know that the above method is the one I prefer. But there is no harm in knowing more than one way to do a thing. Right. Let us begin.

How to Check Download and Upload Speed on Mac Using Activity Monitor

Step #1. Launch **Activity Monitor** from **Applications**. You will find it under **Utilities** or **Other** folder. You may also launch [Spotlight Search](#) by pressing **Command(⌘) + Space Bar** and type 'Activity Monitor.'

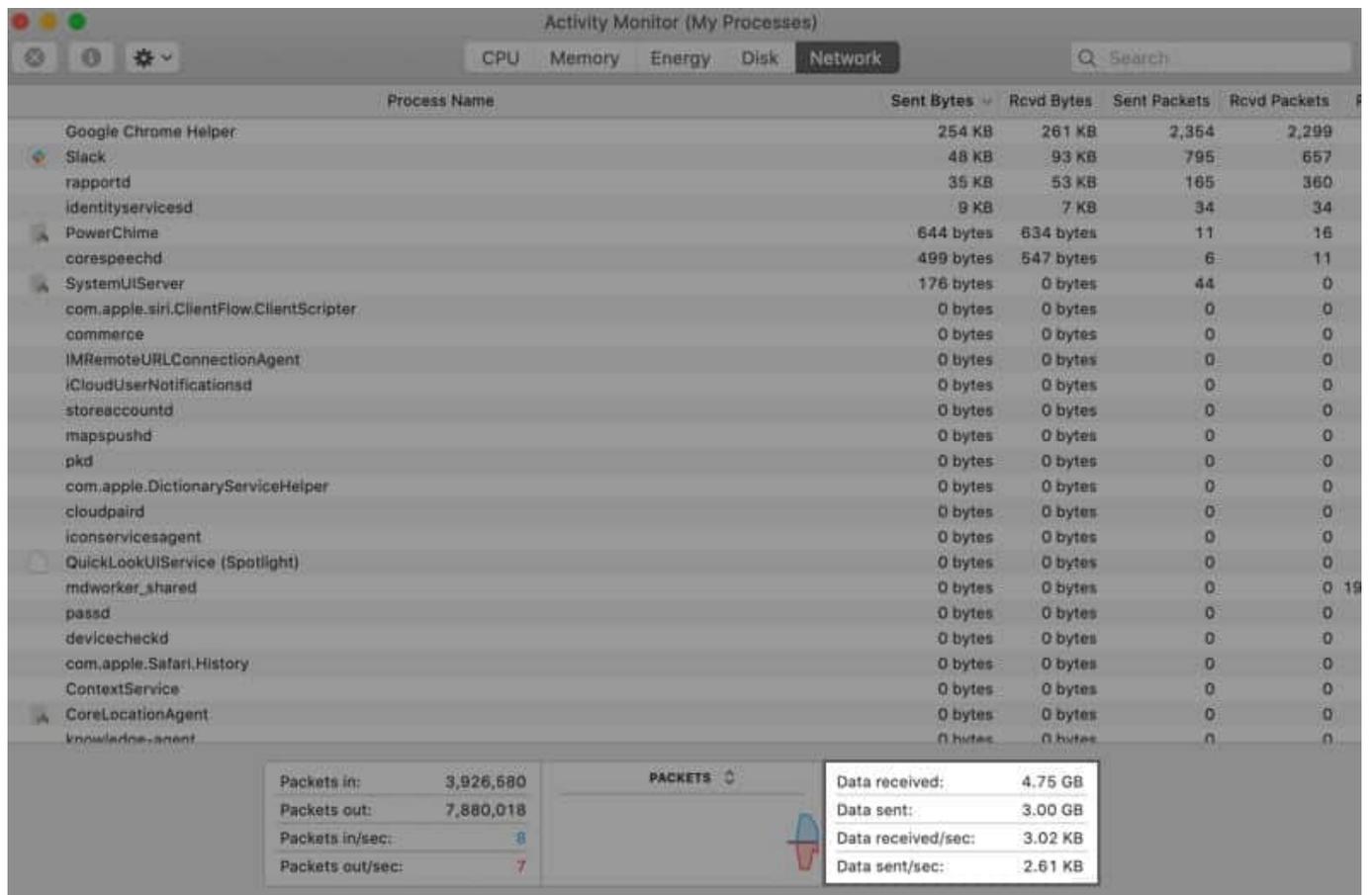




Step #2. Click on **Network**.

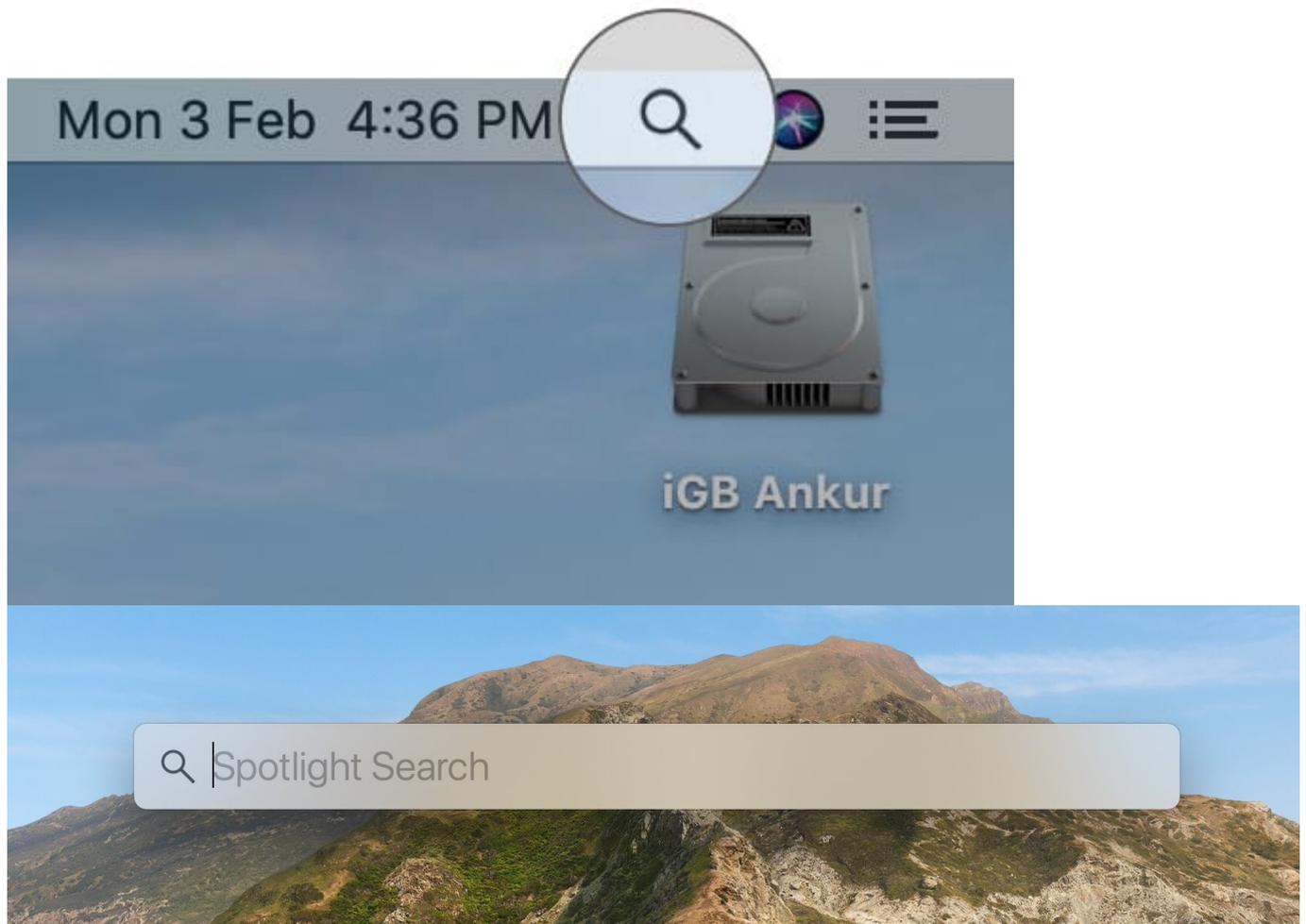


Step #3. At the bottom right, you will see **Data received/sec**, which is your download speed. Below it, you have **Data sent/sec**, which is your upload speed.

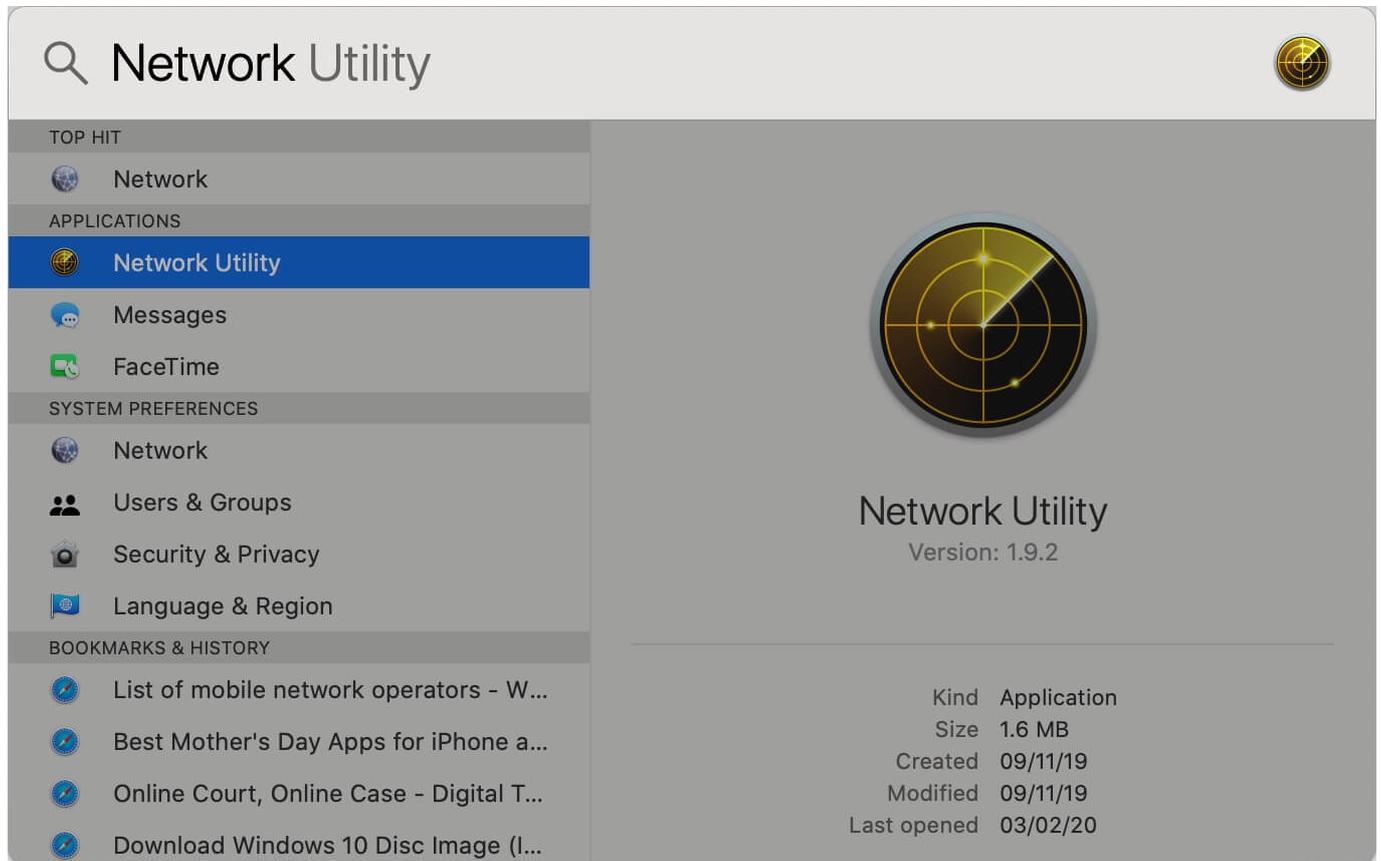


How to Know Link Speed on your Mac

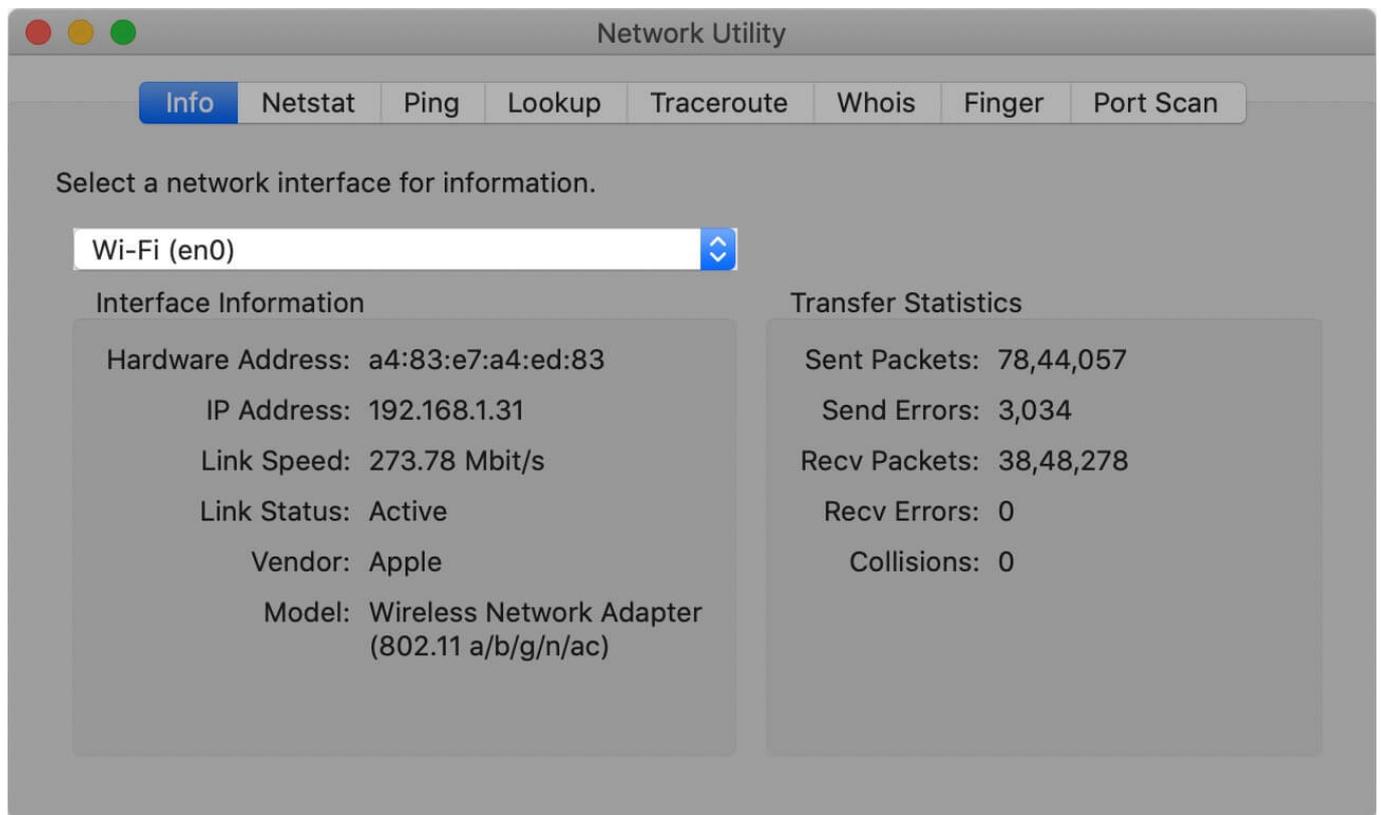
Step #1. Open **Spotlight Search**. To do this, click on the **search icon** from the top right of menu bar or press together **Command(⌘) + Space Bar**.



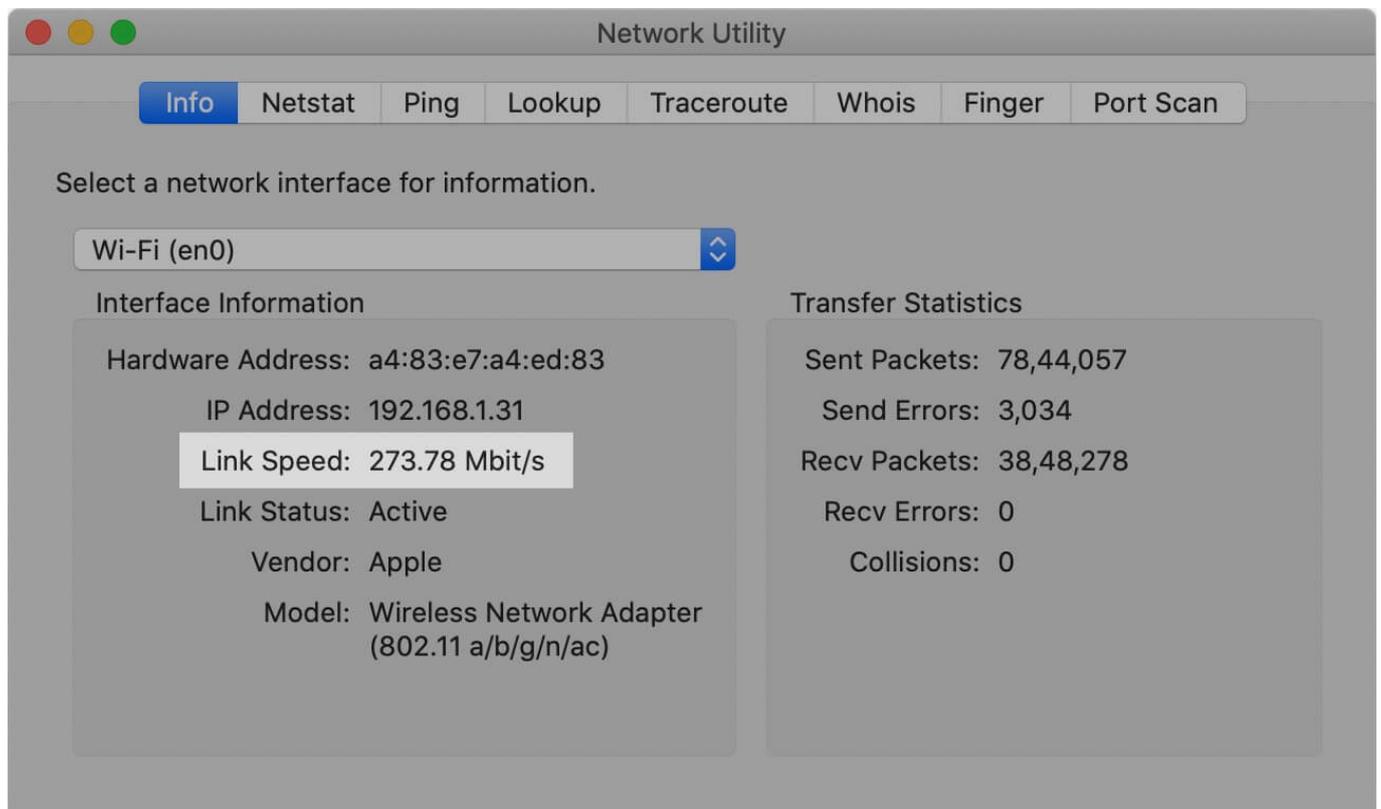
Step #2. Type **Network Utility** and launch the app.



Step #3. Ensure that under **Select a network interface for information**, Wi-Fi or whatever you are using like Ethernet, Thunderbolt, FireWire, iPhone USB, etc. is selected.



Step #4. The **Link Speed** is shown below it.



Check Wi-Fi Information from Menu Bar on Mac

Step #1. First, **press and hold the Option (and alt) key** and **click on the Wi-Fi icon** from the menu bar.

Step #2. You will see several essential information. **Tx Rate** you see there is your **transmission speed**.

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Interface Name: en0
Address: a4:83:e7:a4:ed:83
Enable Wi-Fi Logging
Create Diagnostics Report...
Open Wireless Diagnostics...

Wi-Fi: Looking for Networks...
Turn Wi-Fi Off

Personal Hotspots

Apple's iPhone	📶	🔋	📶
Apple's iPhone	📶	🔋	📶
Apple's iPhone	📶	🔋	📶

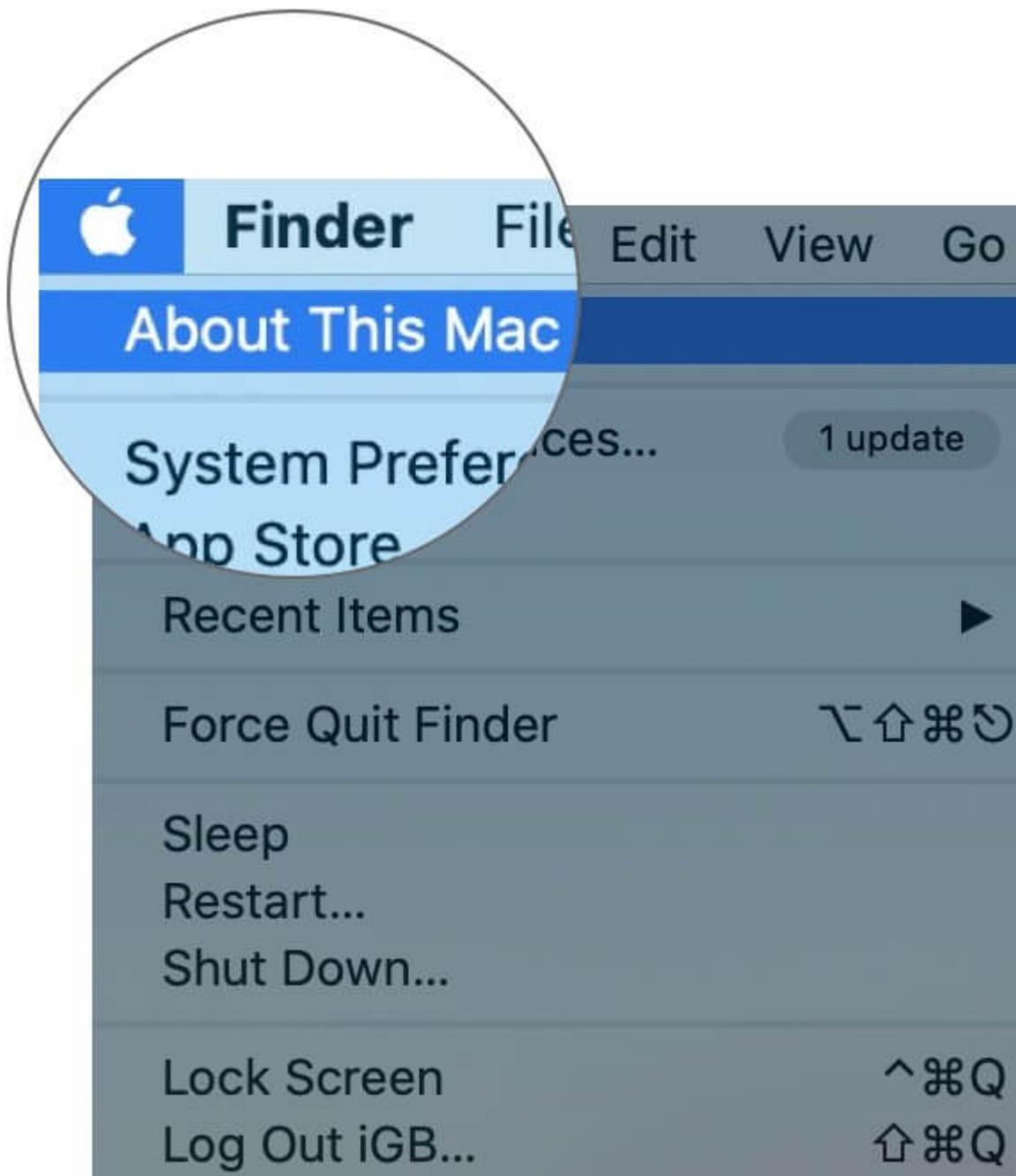
✓ iGeeks_Media_5G 🔒 📶
Disconnect from iGeeks_Media_5G
IP Address: 192.168.1.31
Router: 192.168.1.1
Security: WPA/WPA2 Personal
BSSID: 74:da:88:64:c7:cf
Channel: 44 (5GHz, 80 MHz)
Country Code: IN
RSSI: -41 dBm
Noise: -88 dBm

Tx Rate: 585 Mbps

PHY Mode: 802.11ac
MCS Index: 7
NSS: 2

How to Know Wi-Fi Transmit Rate Using System Report

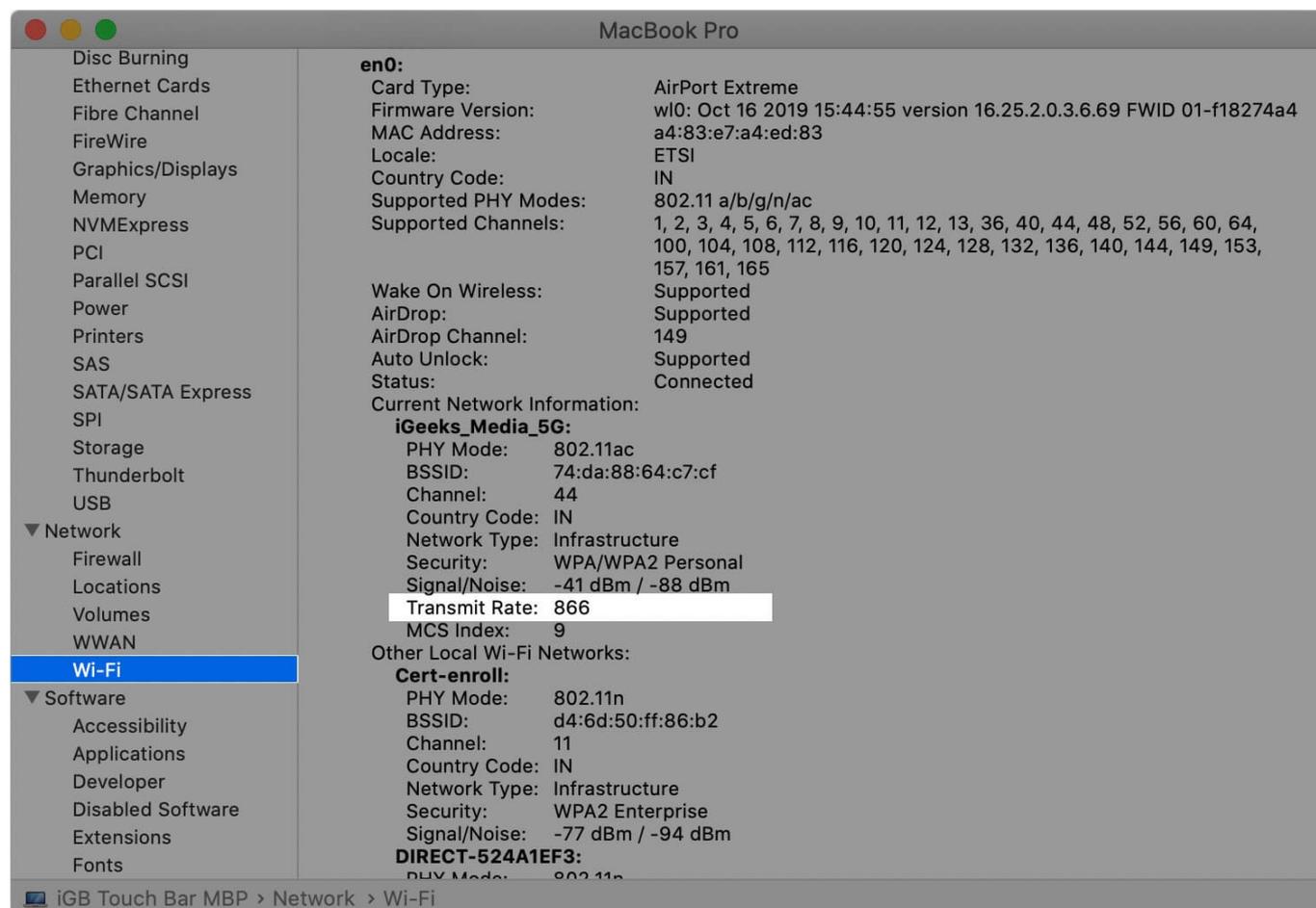
Step #1. Click on the **Apple Logo**() from top left and then click **About This Mac**.



Step #2. Here click on **System Report...**



Step #3. Under **Network**, you will see **Wi-Fi**. Click on it. There are a plethora of options here. One of them is the **Transmit Rate** of your Wi-Fi.



Signing off...

So these were some of the ways to know your internet speed on Mac. Now you might feel that the first method is the easiest and the best. I agree with you.

Do you know of any other method besides this? I am familiar with a technique involving Terminal, but I did not mention it here as it is not very convenient. If you have some other trick to see Wi-Fi speeds on Mac, share that with us in the comment section below.

You may like to take a look at...

- [17 Mac Settings You Should Change Right Now!](#)
- [How to Fix Google Chrome Crashing Issues in macOS](#)
- [MacBook connects to Wi-Fi but has no Internet? 12 Fixes](#)