

MacBook Battery Health & Cycle Count — Quick Diagnostic Guide

Use this step-by-step to capture the battery details we need for the most accurate SellMac quote. Works on macOS Sequoia and newer.

Ready to sell? Go to [SellMac.com](https://sellmac.com) and upload a screenshot of your Battery Information. We will finalize your offer fast—no surprises.

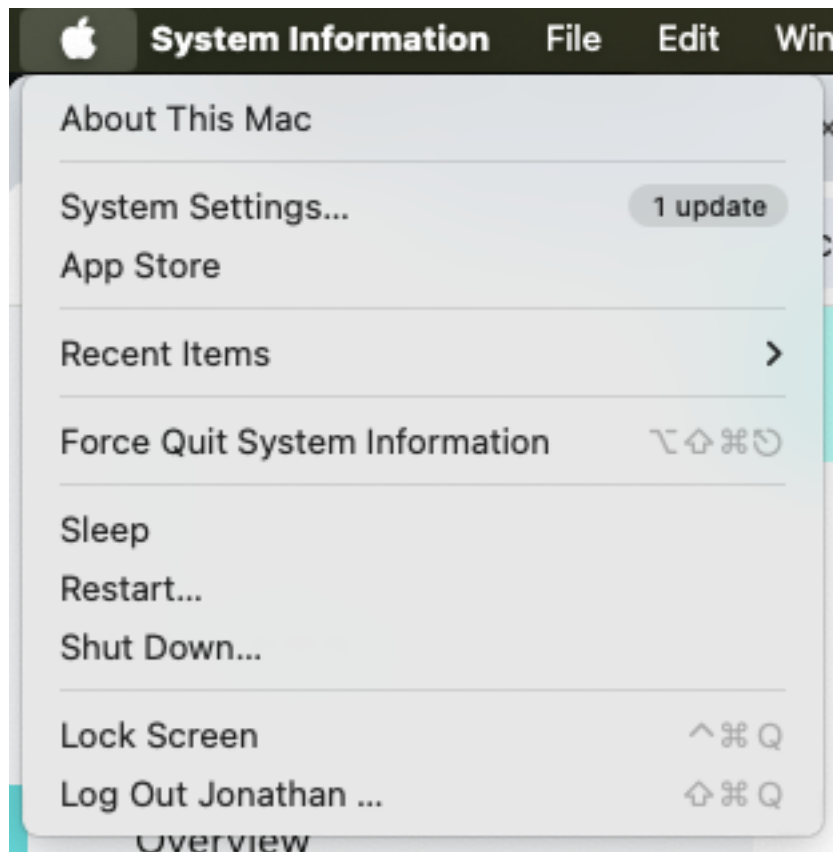
What you'll capture

- Cycle Count - Condition - Maximum Capacity (%)

Step-by-step

1. Open About This Mac

Click the Apple menu (top-left) and choose About This Mac.



sellmac-mac-about-menu.png

2. Confirm Your Mac & Version

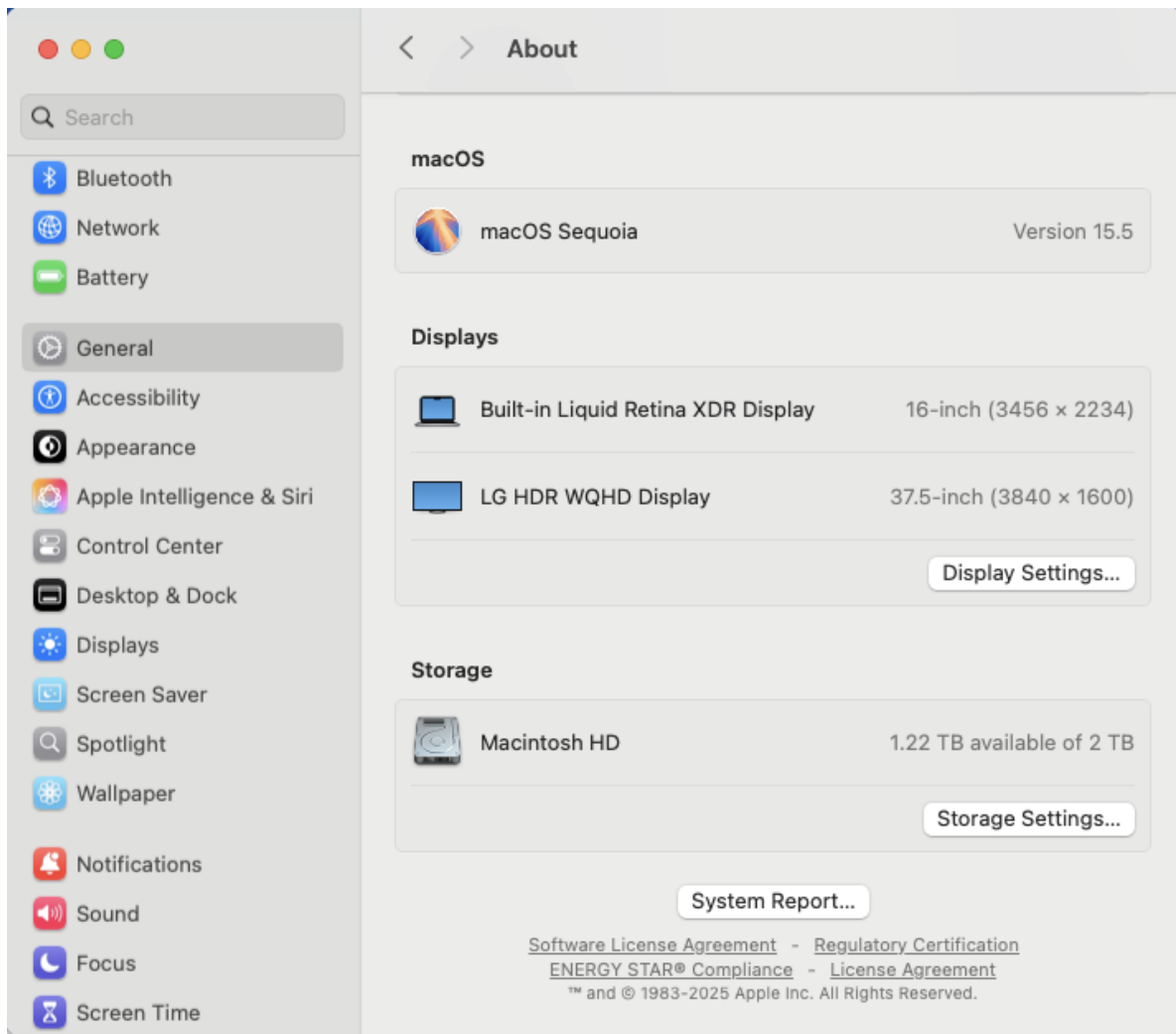
In the About window, verify your model and click More Info... if available.



sellmac-mac-about-window.png

3. Go to System Settings → About

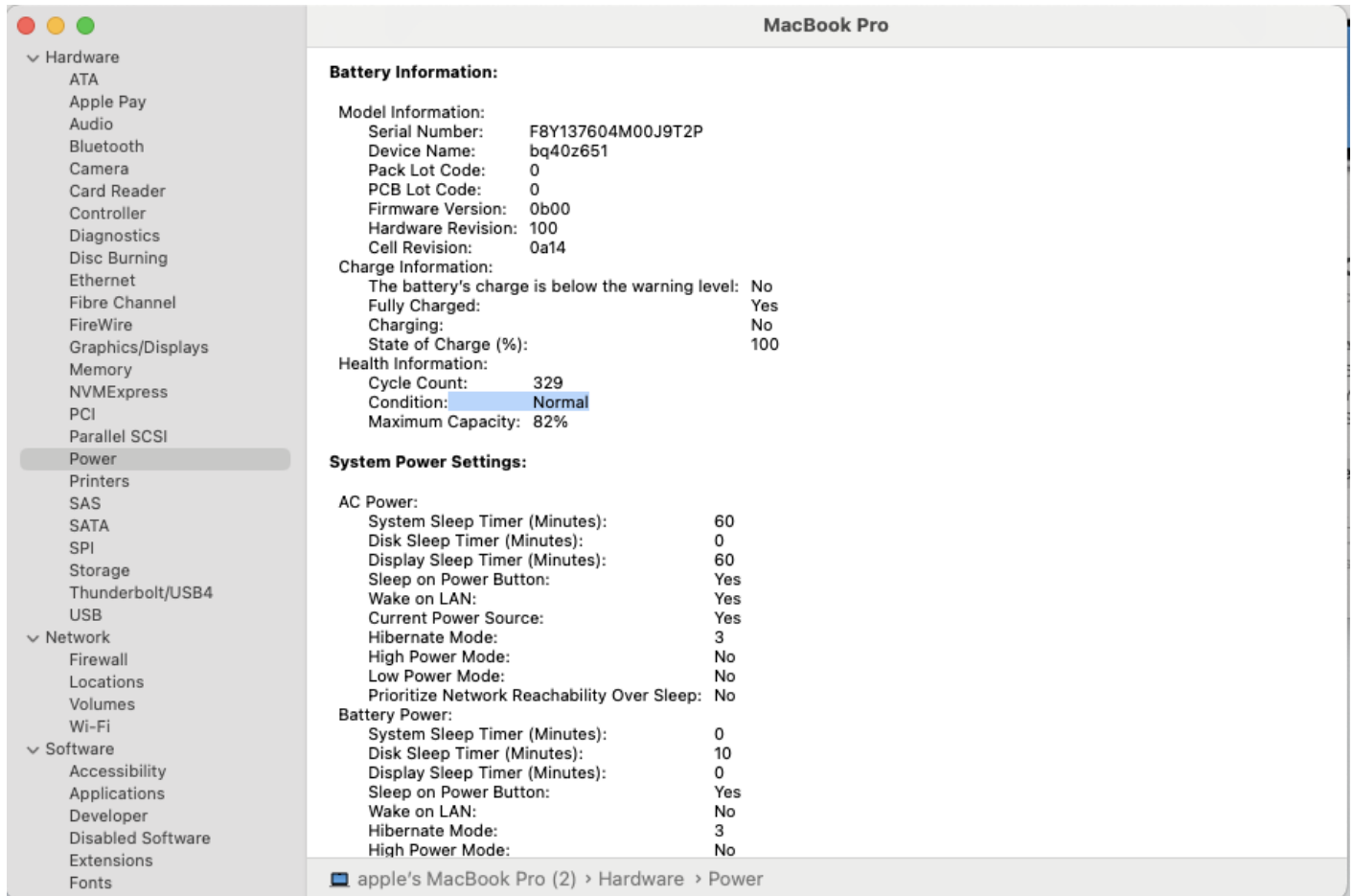
Open System Settings → General → About, then click System Report... at the bottom.



sellmac-mac-settings-about.png

4. Open Power Details

In the left sidebar, select Hardware → Power. Under Battery Information, note Cycle Count, Condition, and Maximum Capacity.



sellmac-mac-system-report-power.png

How to interpret your results

Example shown: Cycle Count 329, Condition Normal, Maximum Capacity 82% — Usable but with shorter runtime than new. Many users replace around 80% or if a service warning appears.

Tier	Maximum Capacity	Cycle Count	Condition	Typical Notes
Excellent	≥ 90%	< 200	Normal	Near-new runtime; premium value.
Good	85–89%	< 400	Normal	Solid daily use.
Fair / Normal	80–84%	< 700	Normal	Reduced runtime; still usable.
Service Soon	≤ 79%	Any	Service Recommended / Replace	Plan a replacement; value adjusted.
Replace Now / Safety	Any	Any	Replace Now / Swollen	Stop using; service before shipping.

Troubleshooting & Best Practices

- Battery percentage jumps/drops quickly: Run on battery from 100% to ~10% once to recalibrate. If it persists, the battery may be aging.
- Mac shuts down early: Capacity or cell balance is weak—back up and plan a replacement.
- Swelling or bulging: Stop using immediately. Safety first. Seek professional service before shipping.
- Extend battery life: Keep macOS updated, avoid heat, use Optimized Battery Charging, store long-term around 50% at cool temps.

Start your quote at [SellMac.com](https://sellmac.com) — Free shipping. Fast payout.