



TechNote #0001	Date: 5 th Feb 2011
<h2>Testing Memory in Windows 7</h2>	
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There are two ways to invoke the Windows 7 Memory Diagnostics that I have found (there are many more ways to invoke method #1)...

Method 1: From Windows 7 Start Menu (assuming you can boot up in the first place)

- Click the Windows 7 Start button, type “memory”, and click on **Windows Memory Diagnostic**.
- When the Windows Memory Diagnostic screen loads, click **Restart now and check for problems**.
- Your computer will restart.
- The memory diagnostic will run and may take some time.
- Windows will restart and report any errors.

Method 2: From The Windows Boot Manager (assuming you can boot just a little way!)

- Restart your computer.
- Start pressing F8 on your keyboard.
- This will open Advanced Boot Options screen.
- Click ESC on your keyboard while you’re in the Advanced Boot Options screen.
- You’ll be taken to the Windows Boot Manager screen.
- Press Tab to move to the Tools section of the boot manager screen and then press enter to start the Memory Diagnostics.

If you want to select advanced options after the Memory Diagnostic Tool starts, press the F1 key to modify the type of tests and number of times they run. After you finish making configuration changes to the tests, press F10 to start.

If you have any errors **Windows Memory Diagnostic tool in Windows 7** will show up while it scans and a report will be given to you the next time your computer boots up. If you want to stop the memory diagnostic scan at any time press **ESC** on your keyboard. If Windows Memory Diagnostic tool in Windows 7 finds errors in your memory it’s time to replace your computer’s memory.

