On Windows:

* Show which packages are outdated:  
  python -m pip list --outdated --format=columns
* Print package list to txt file  
  python -m pip freeze >req.txt
* Open txt file in Excel, split data at ‘=’ and copy column with names back to txt file
* Now upgrade the listed packages  
  python -m pip install --upgrade -r req.txt

On Linux:

pip3 list --outdated --format=columns

sudo pip3 install pipdate

sudo -H pipdate3