Top Mail size

Get-Mailbox -ResultSize Unlimited | Get-MailboxStatistics | Sort-Object TotalItemSize -Descending | Select-Object DisplayName,TotalItemSize -First 100 | Export-CSV top100mailboxes.csv

Top Delete size

Get-MailboxServer | Get-Mailbox -ResultSize Unlimited | Get-MailboxFolderStatistics -FolderScope DeletedItems | Sort-Object FolderSize -Descending | FT Identity,ItemsInFolder,FolderSize,FolderType –Wrap

Get-Mailbox | Get-MailboxFolderStatistics | Where {$\_.Name -match “Inbox|Sent Items|Deleted Items|Junk E-Mail”} | Select Identity, Name, ItemsInFolder

Get-Mailbox | Get-MailboxFolderStatistics | Where {$\_.Name -match “Inbox|Sent Items|Deleted Items|Junk E-Mail”} | FT Identity, Name, ItemsInFolder –Autosize