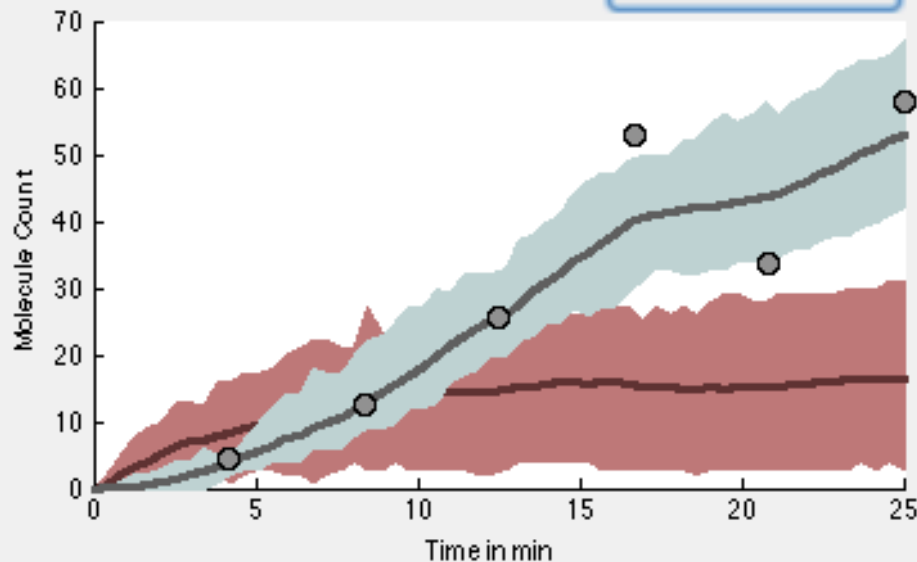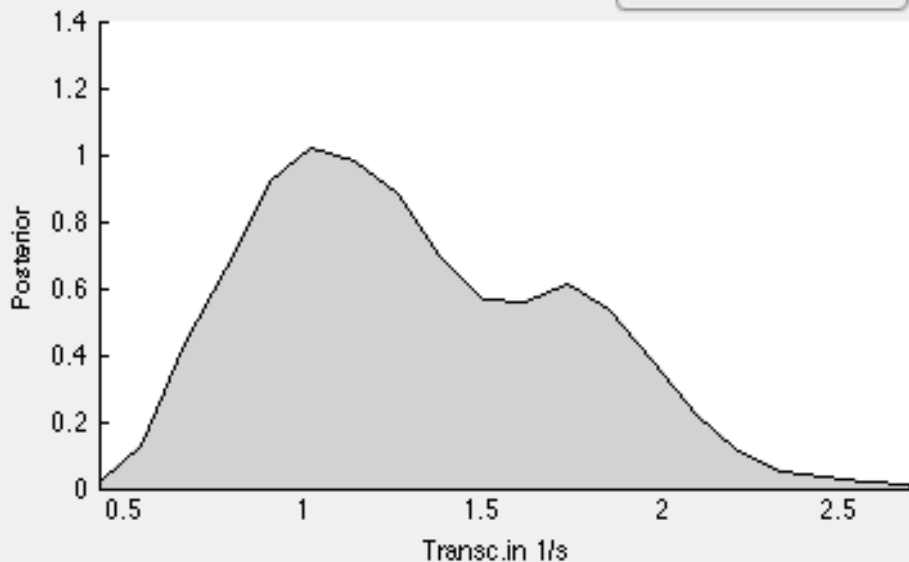Cell menu: Select the cell that you want to monitor. If the algorithm is still running, it may take a while until the figure is updated.

Parameter menu: Select the parameter you would like to monitor. Again, during execution of the algorithm, the update may be delayed by a few seconds.