Using Netstat trace and write

At the start of the day, right click on the file named "netstat trace and write" and select "Run as Administrator" from the drop down. You can minimize the window which opens. It is very important that you do not close this window or shut down your computer. If you do, simply follow the above instructions and start it again. At the end of the day, click on the command prompt icon in the taskbar at the bottom of the screen. Then, hold down the control button and hit the letter **C**. If it asks you to terminate the batch, hit **Y** and then hit enter.