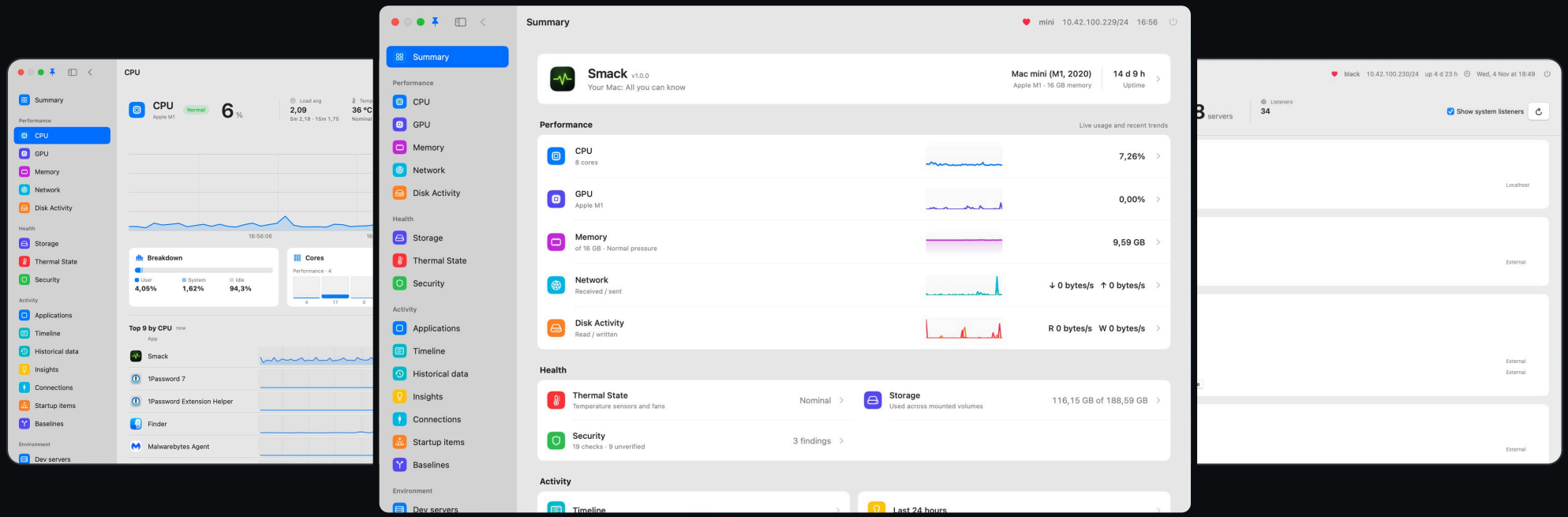
Smack

What a Pro user wants to know about a Mac.

A native macOS monitor that lives in the camera island and menu bar. Move the pointer up and a panel shows what your Mac is doing right now, who is doing it, and lets you act on it.

Version 1.0.0 | Free software · MIT License | macOS 15+ · Apple silicon



No windows to manage · No third-party dependencies · No data leaving the machine

github.com/alvagante/smack

Your Mac, all you can know.

Smack opens from the notch or the menu-bar icon on any display. One panel, a resizable sidebar, and every page grouped the way System Settings is: Performance, Health, Activity and Environment.

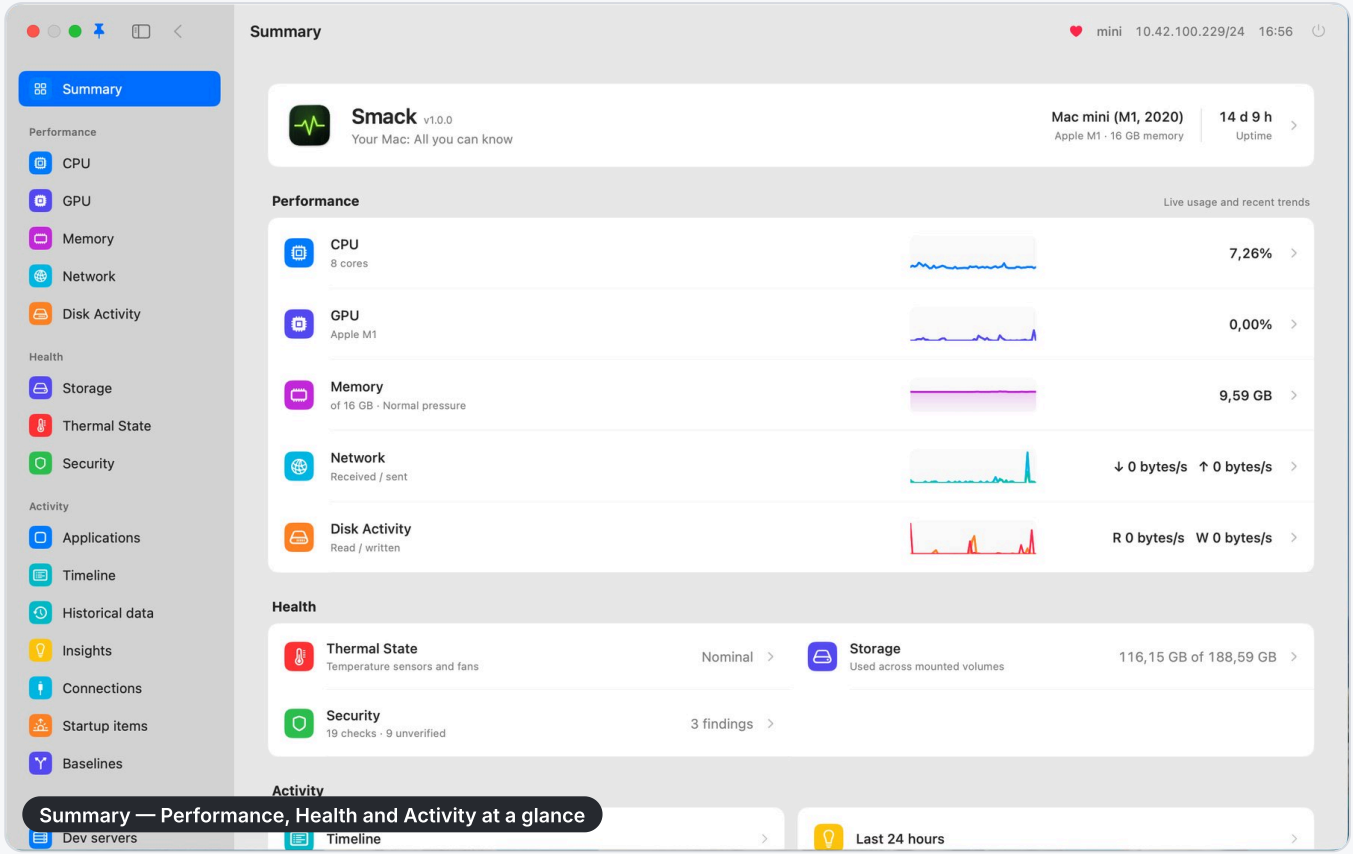
See
Live CPU, GPU, memory, network and disk with trend charts; apps, processes, ports, containers, packages and agents.

Monitor
A persisted Activity Timeline, system and per-program history, Insights, security checks and local alerts.

Change
Enable or disable startup items, quit or force-kill apps, control Docker containers, Homebrew packages and dev servers.

Native menu-bar icons
See and click every menu-bar icon in the panel, including those hidden behind the notch.

Your panel, your way
Hover or click to open, glass mode, pin to keep it in front, custom title-bar items and panel sounds.



Summary — Performance, Health and Activity at a glance

Every resource, live and in history.

Each resource opens a detail view with a large live, 1h, 24h or 7d chart above the heaviest processes, each with its own sparkline.

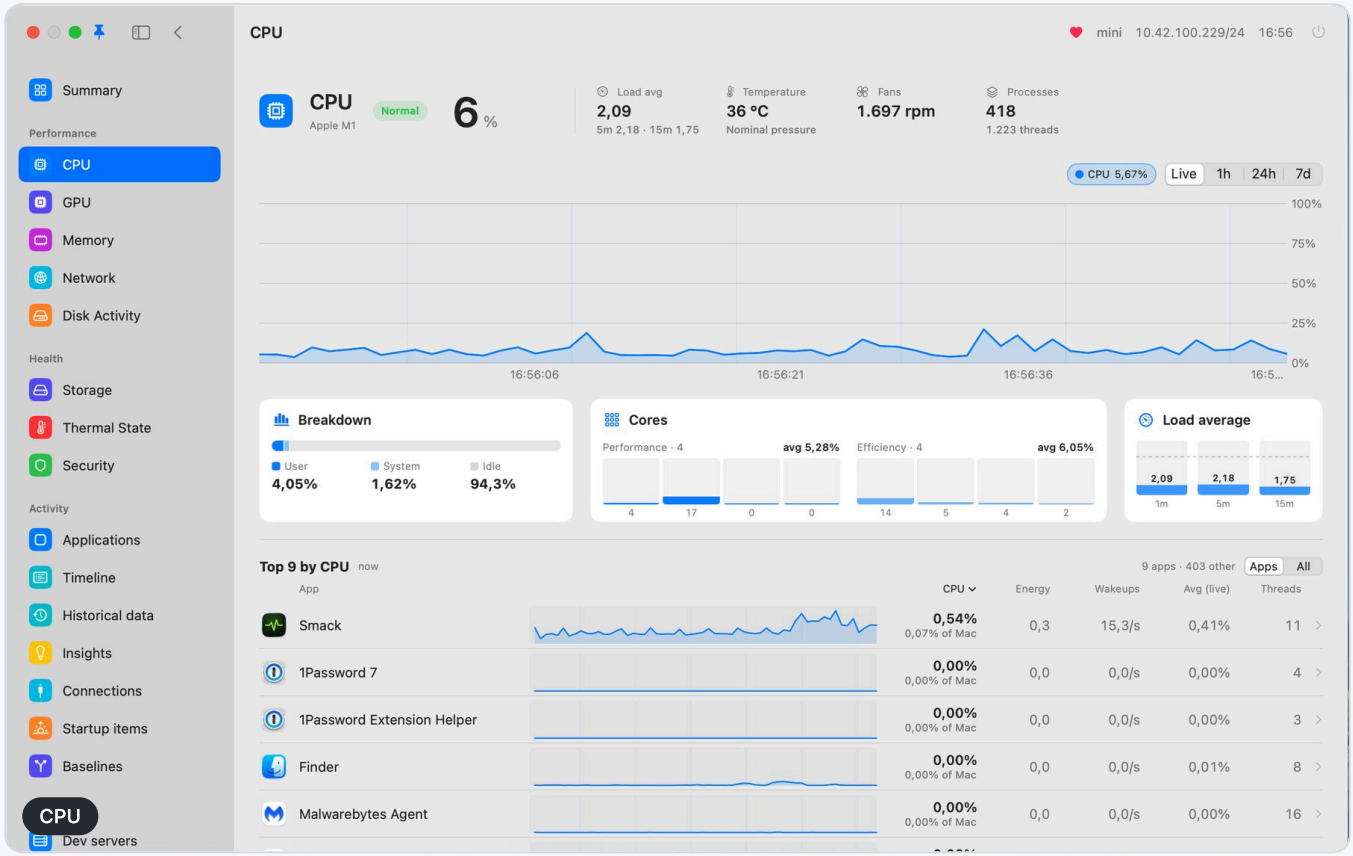
CPU
Load breakdown, per-core clusters, load average and top processes by CPU.

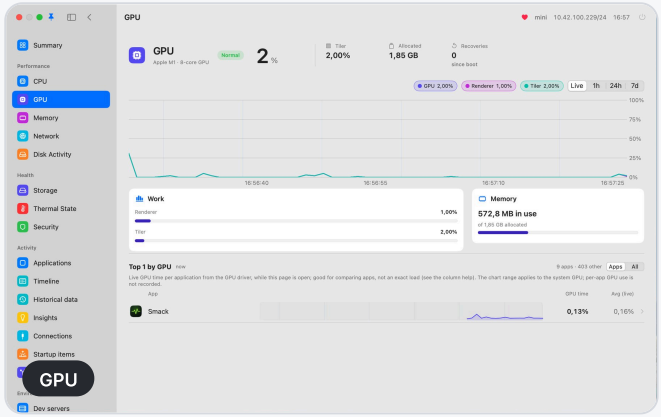
Dedicated GPU page
Device utilization, renderer and tiler lines, memory in use and allocated, recoveries since boot, and Apple GPU process time.

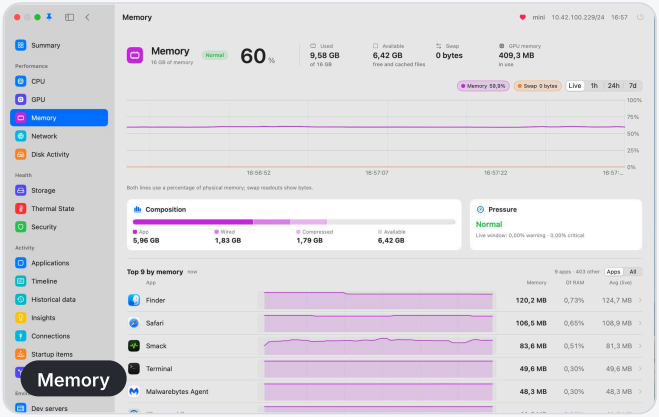
Memory
Composition, memory pressure, swap and the top programs by footprint.

Wakeups
Per-process wakeup rates, live and in history.

History chart zoom
Drag across any chart to inspect a time window at full resolution; double-click to reset.







Who is talking, who is writing.

Live per-process and per-application traffic, every TCP connection grouped by application, and disk throughput with the programs behind it.

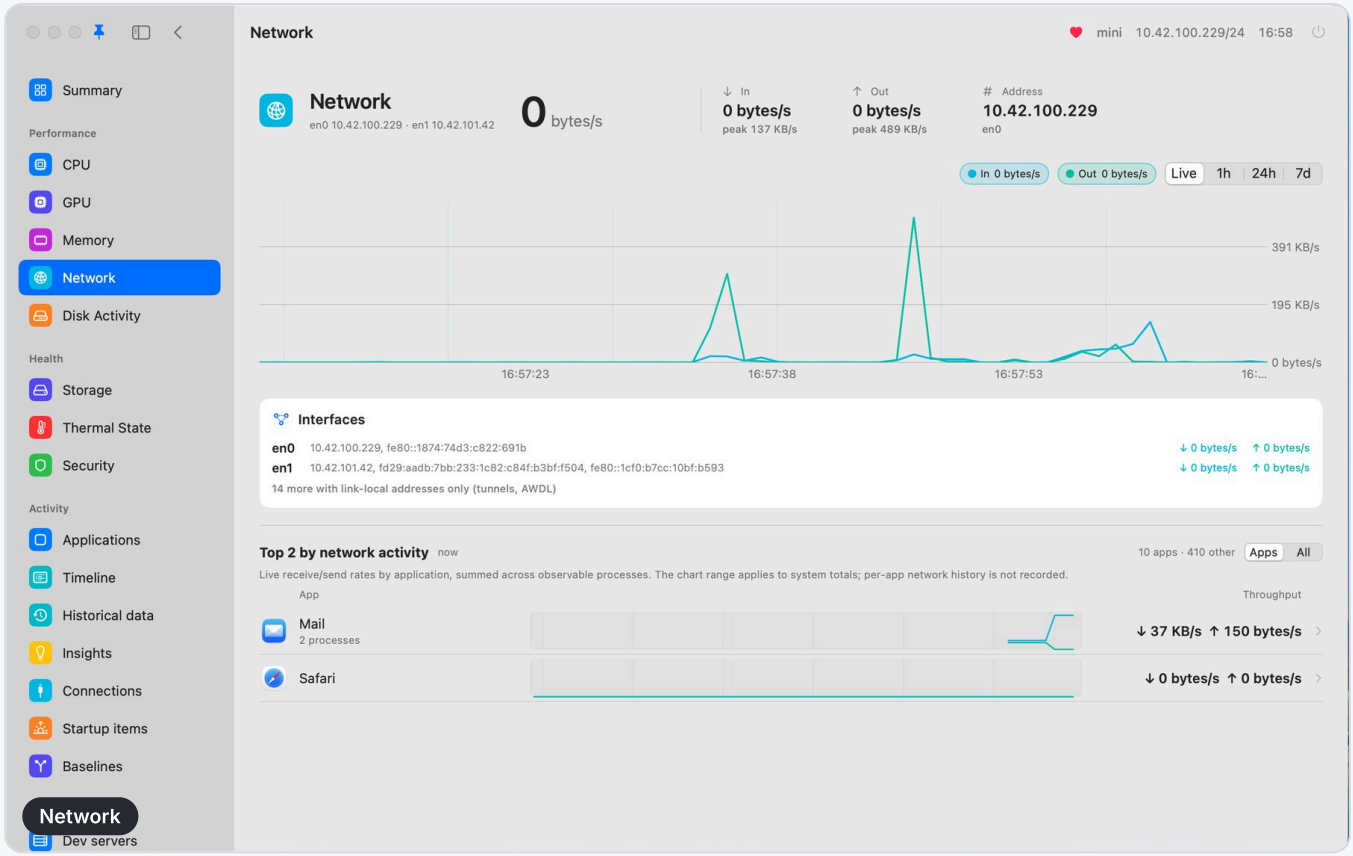
Network rates
Receive and send rates per process with sparklines, from one persistent `nettop` that stops when the panel hides.

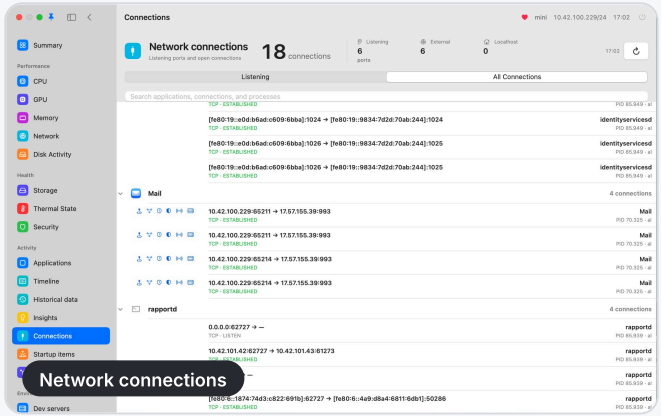
Connections
Listening TCP ports with browser links and all connections grouped by app, with paired IPv4/IPv6 rows.

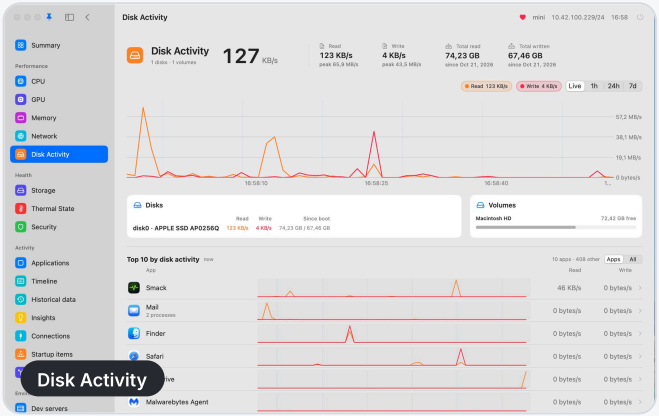
One-click investigation
Look up public addresses on IPinfo, Hurricane Electric BGP, AbuseIPDB, VirusTotal, GreyNoise and Shodan.

Disk activity
Read and write rates, volumes and the top 10 programs by disk activity.

Storage explorer
Home-folder or startup-disk scans with an interactive directory map, size rankings and cancellation.







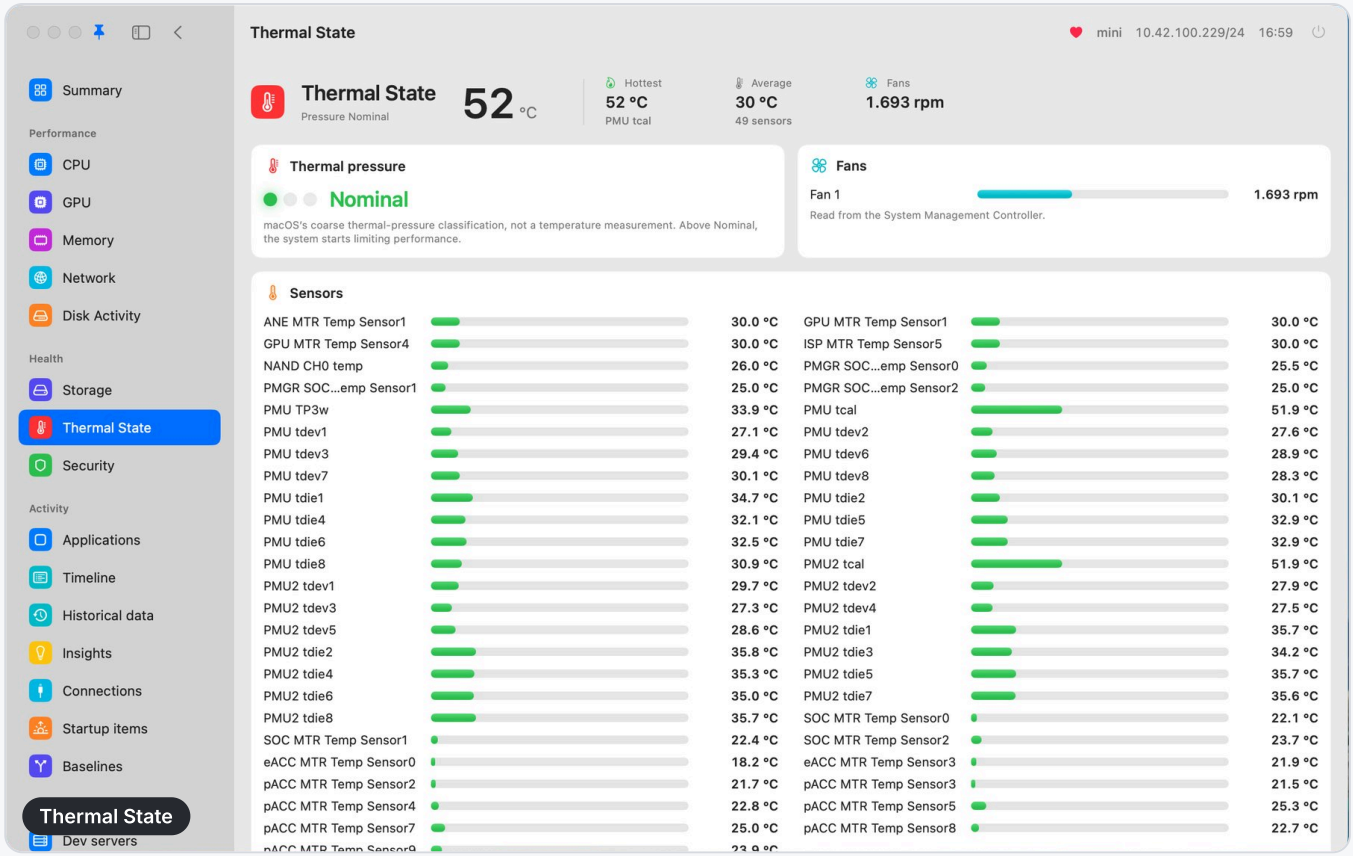
Heat, power and hardware.

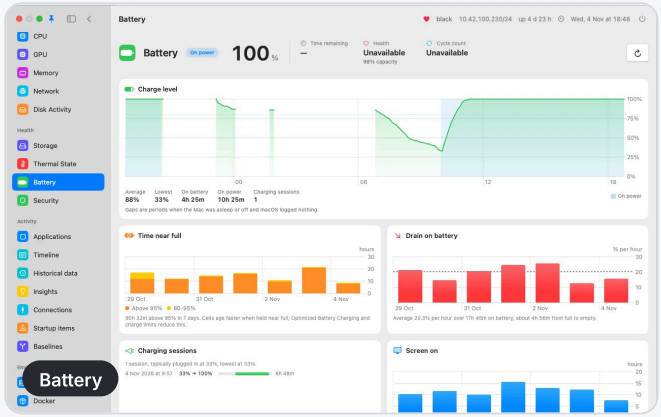
The health of the machine itself: thermal pressure and sensors, battery history read straight from macOS, and a full inventory of the hardware you are running on.

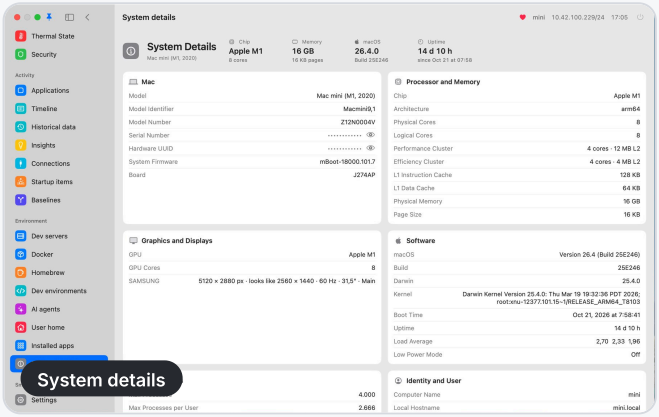
Thermal State
Hardware temperature sensors and fan speeds as horizontal bars, with system thermal pressure.

Battery history
Live charge, health and cycle count, plus PowerLog history for charge levels, charging sessions, drain, screen time and temperature over 24h, 7d or 30d.

System details
Model, firmware, CPU clusters and caches, displays, macOS and kernel versions, uptime, load and kernel limits. Serial and hardware UUID stay hidden until revealed.







Apps and processes, fully explained.

Sortable metrics with real app icons, and one page per application that merges everything its processes are doing.

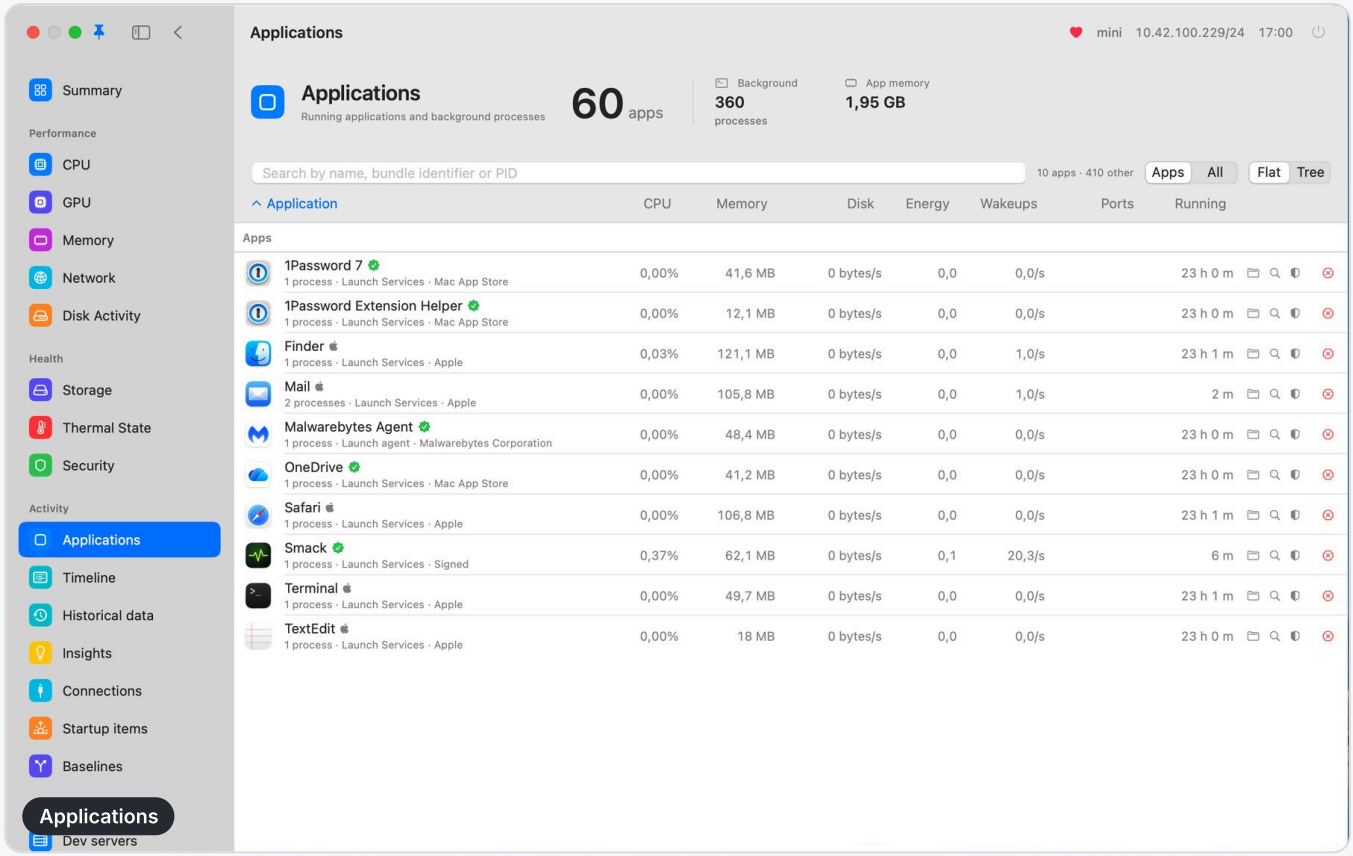
Applications list
CPU, memory, disk, energy, wakeups and ports per app, with expandable processes.

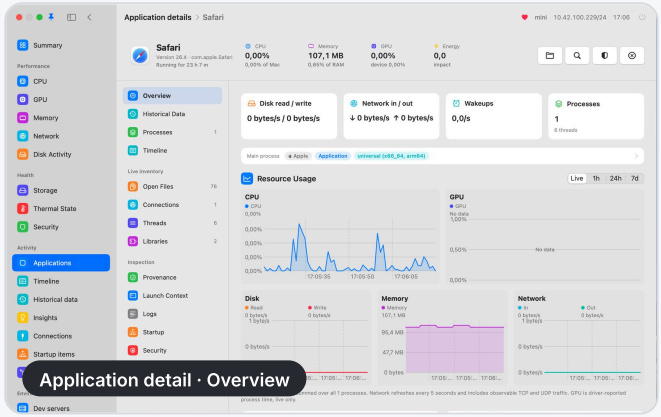
Application detail
Files, connections, threads, libraries, provenance, timeline and history across all its processes, in a section sidebar.

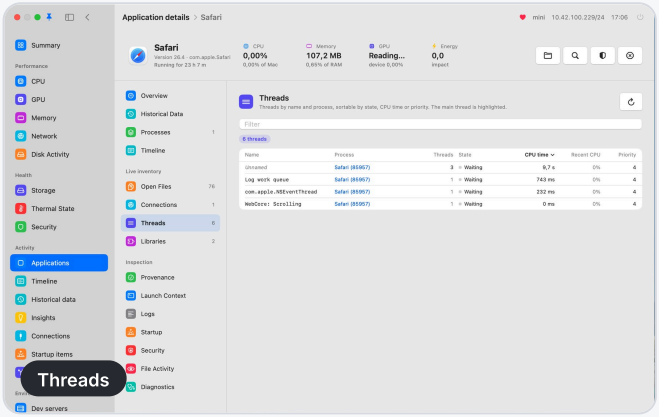
Threads
Thread chips with scheduler details, state and CPU time.

Provenance and tree
Ancestry, code signature, architecture, Rosetta, quarantine, launchd job, and plain-language notes on well-known processes.

Quit or kill
Terminate asks an app to quit as the Dock does; Force Kill ends its processes. Reused pids are skipped.







Look inside any process.

Inspections are available on application and individual process pages. Signatures, risky entitlements, root and unsigned code are highlighted rather than buried.

Diagnostics

On-demand profiling with `footprint`, `vmmap`, `heap`, `leaks` and `sample`, summarized as highlights. Heap and Leaks ask before they suspend the process.

Logs

Severity, search, live refresh and crash reports, with log levels colored and counted.

Open files

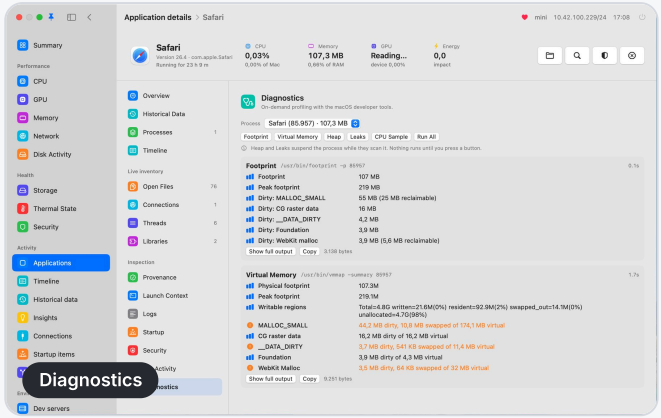
Origin filters for macOS, app bundle, Homebrew, user and temporary files; check any file on VirusTotal by SHA-256.

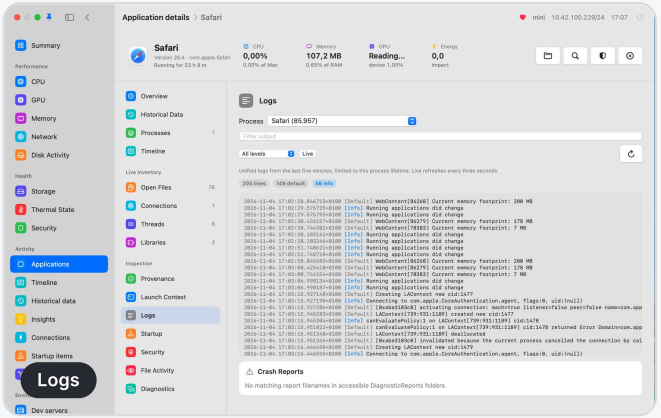
Security

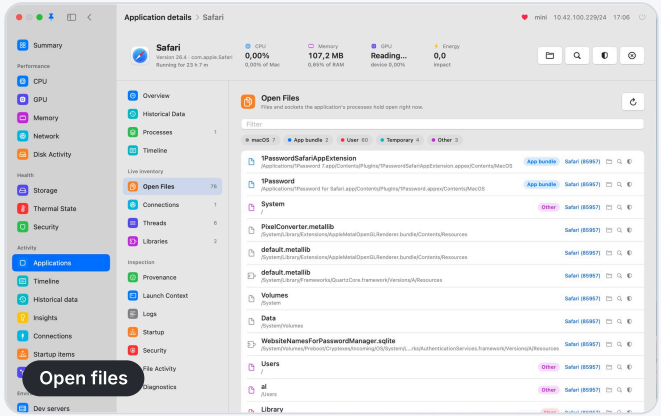
Identity, signing and entitlements.

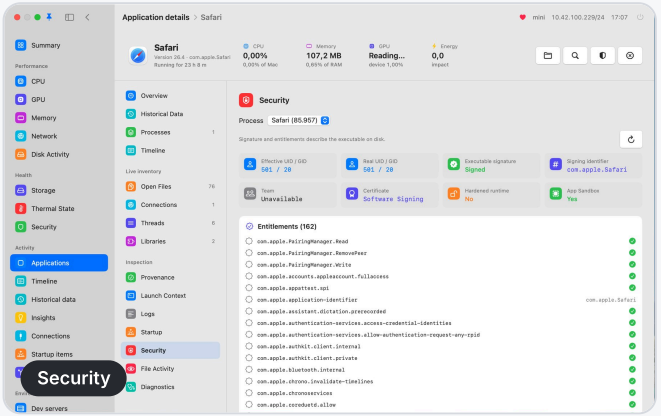
Launch Context & File Activity

Arguments, working directory and masked environment; 5, 10 or 30-second filesystem traces.









What changed, and when.

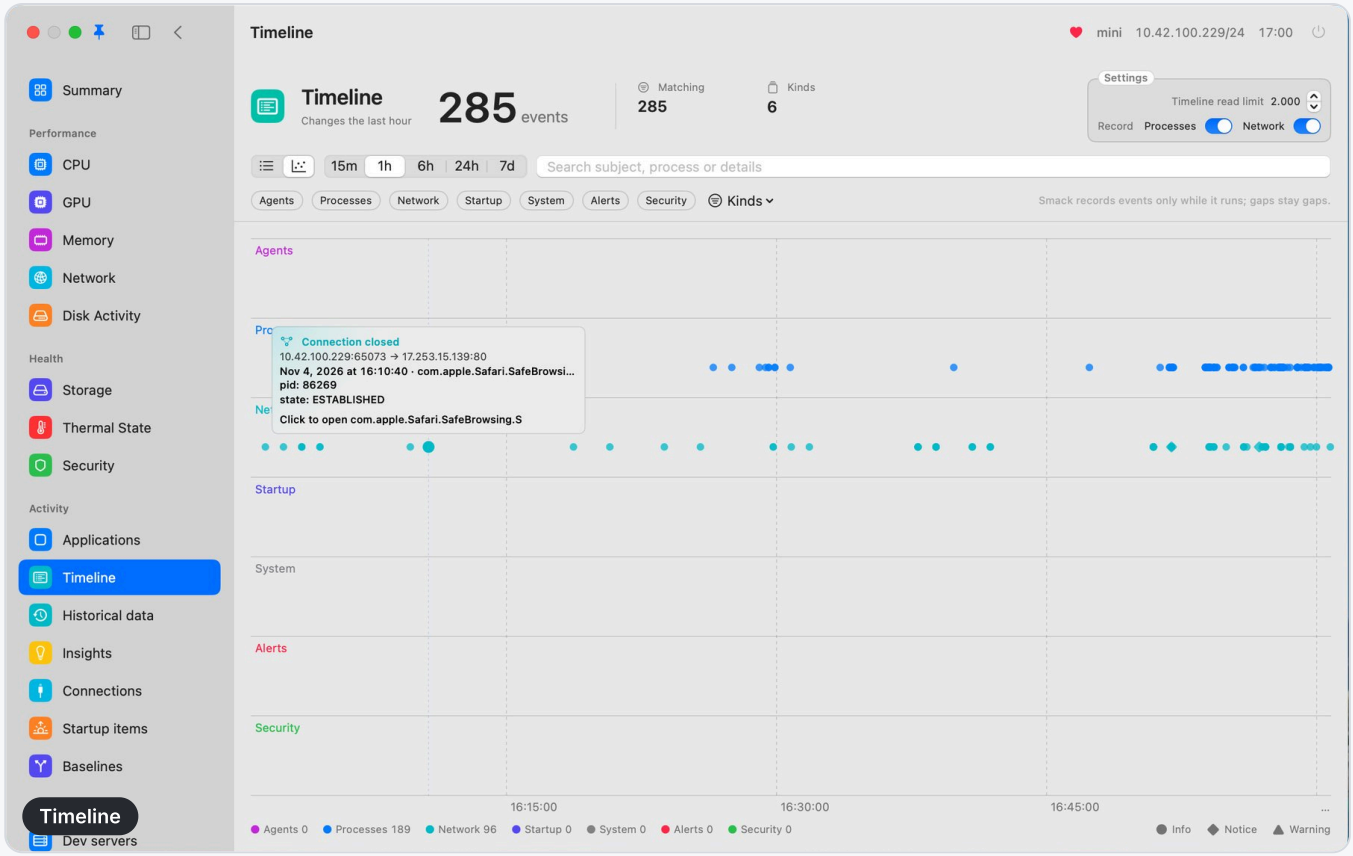
Smack records what happens on your Mac while it runs, keeps it on disk, and answers questions from the history it already has.

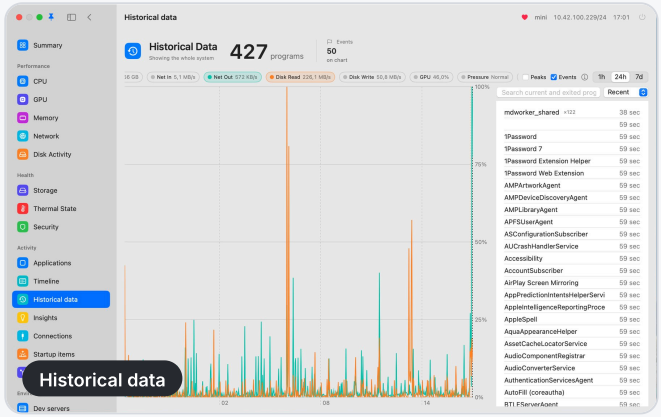
Activity Timeline
Process starts and exits, new listeners, startup changes, mounts, sleep and wake, power, thermal, memory pressure and network changes, filterable and persisted.

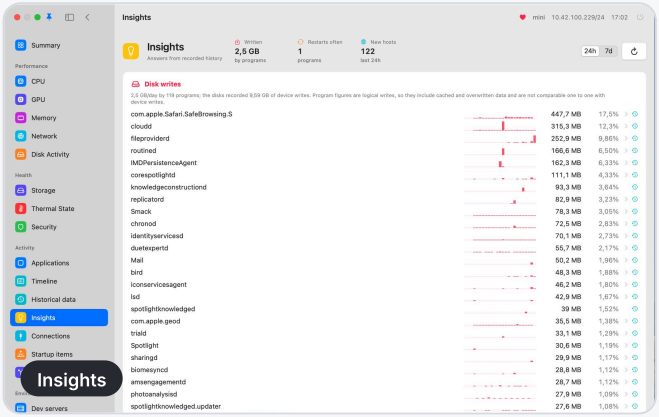
Historical data
System and per-program history with several metrics overlaid, peaks, rankings and JSON/CSV export.

Insights
Zoom into any window and see the top programs by CPU, memory, disk and wakeups, plus bytes written, process churn and first-seen public hosts.

Efficient by design
History is committed in batches, with retention, compaction and storage limits under your control.







Posture, persistence and drift.

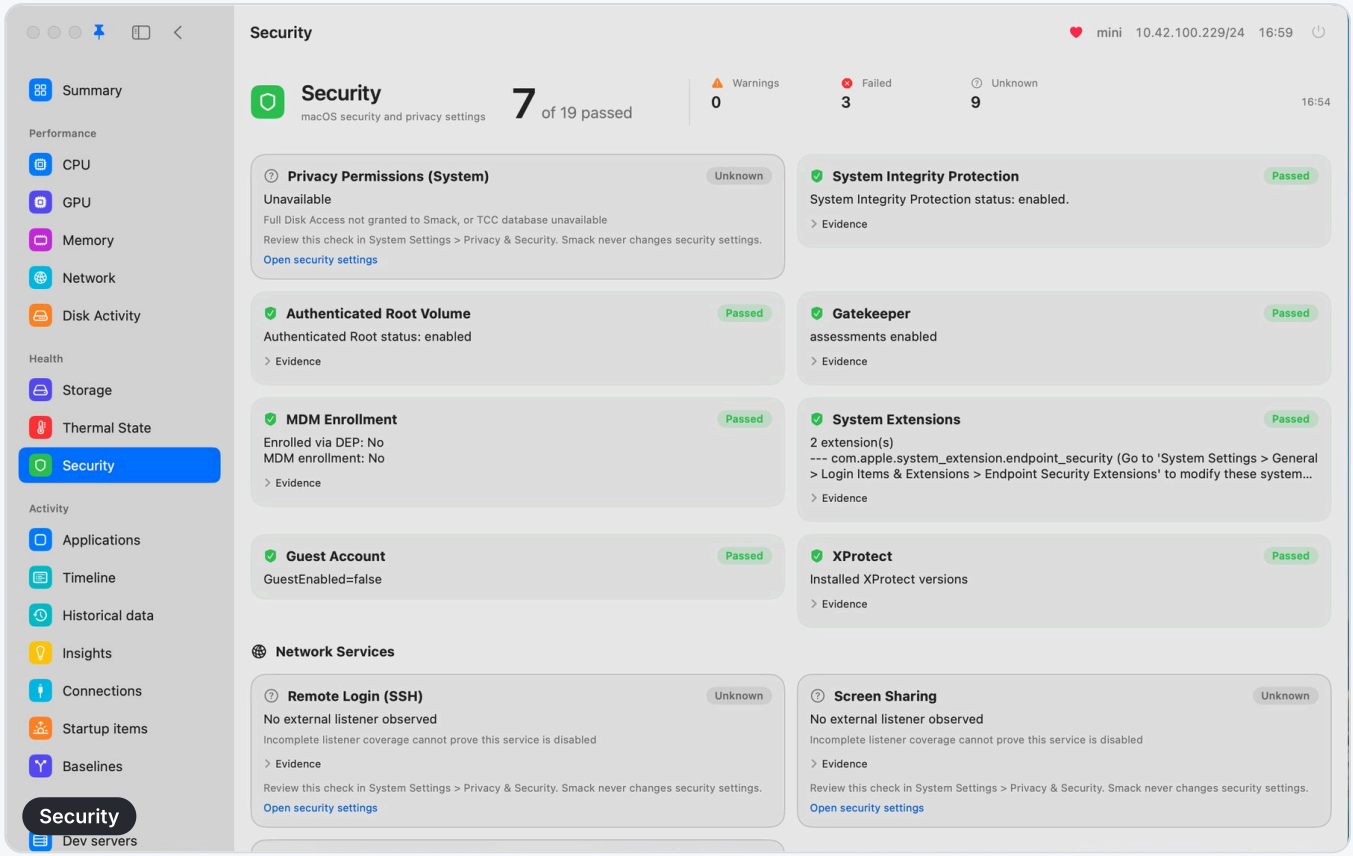
Offline checks, startup control and machine baselines, with evidence, remediation links and explicit reasons when something cannot be verified.

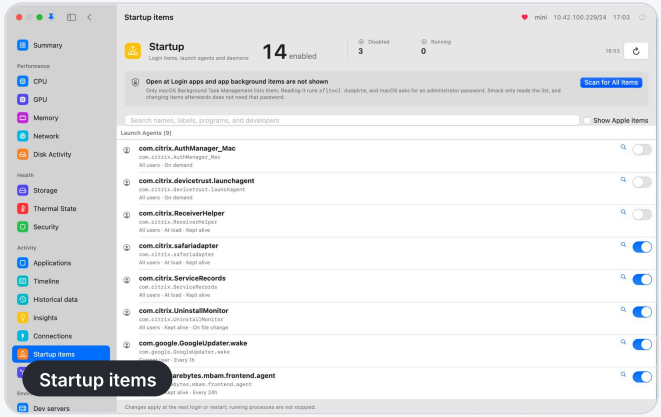
Security checks
System integrity, encryption, network exposure, device management, privacy grants and persistence, on a six-hour default schedule.

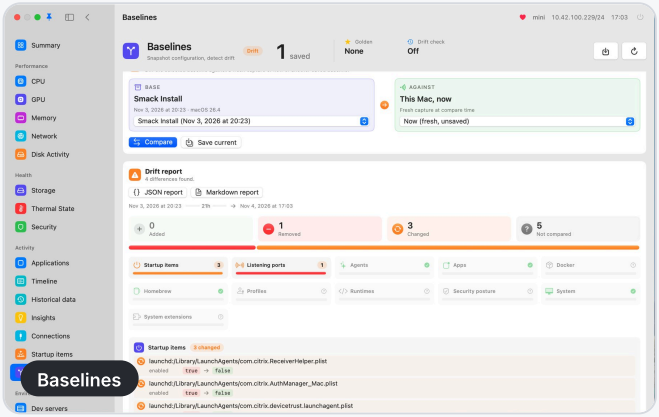
Persistence watchers
Detect startup and persistence-file changes, enriched with signing, notarization, quarantine and location.

Startup items
Every Open at Login app, background item, launch agent and daemon and user cron job, each with an enable/disable switch.

Machine baselines
Capture inventories, compare stored or fresh state, import another Mac's JSON, and export drift reports as JSON or Markdown. Daily comparison to a golden baseline.







Your dev stack, in one place.

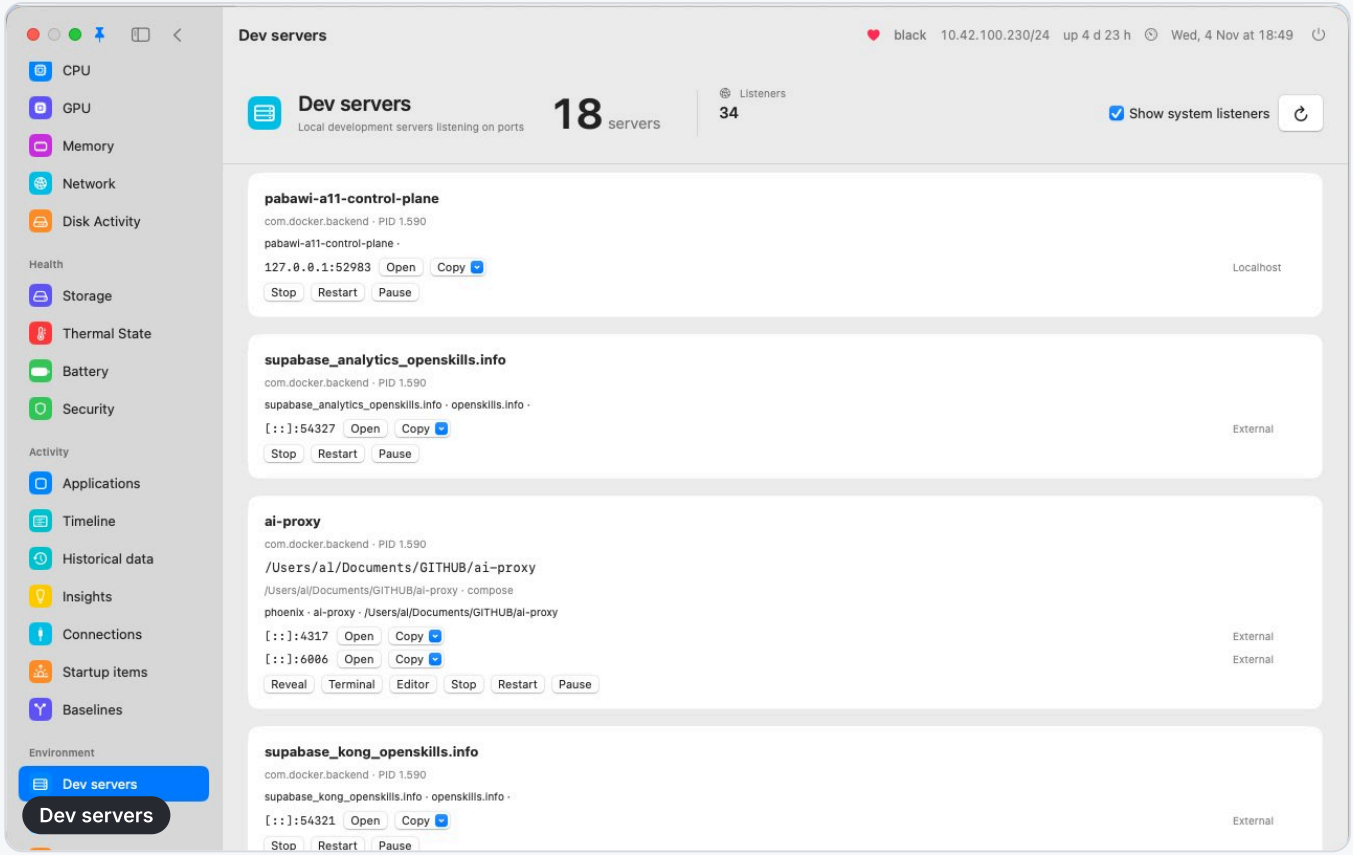
Smack knows what developers run: servers on local ports, language runtimes and package managers.

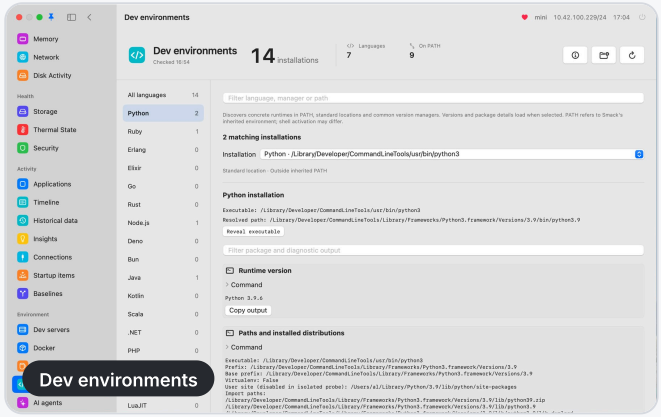
Dev servers
Project-grouped TCP listeners with git branches, project types and Docker Compose context. Open in the browser, copy the address, reveal the project, or open your terminal or editor.

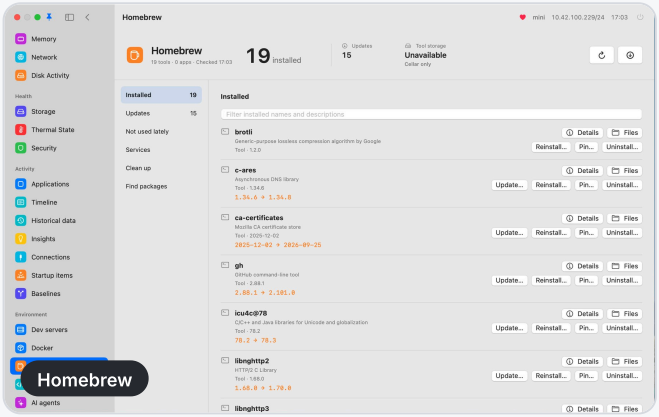
Dev environments
26 languages and runtimes: system, Homebrew, version-manager and Python virtual environments, with versions, paths and package inventories.

Homebrew
Installed and outdated packages, search and install, update, reinstall, pin, user services and cleanup — every change confirmed.

From the terminal
`smack devservers --json` and `smack who 3000` use the same cached rows.







Docker, AI agents and your home.

From containers to coding agents to dotfiles: the environment around your work is visible and inspectable.

Docker

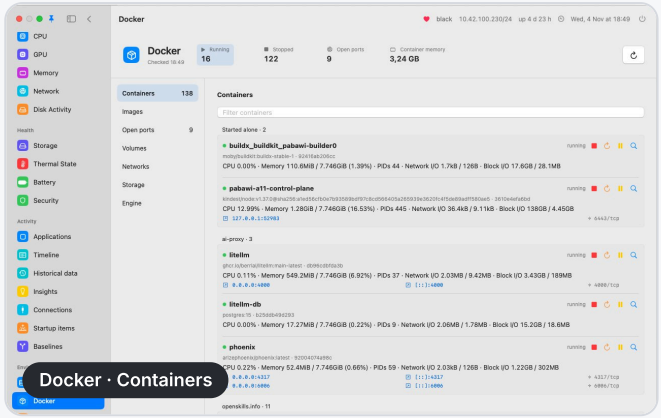
Containers grouped by Compose project, images, ports, volumes, networks, storage and engine details, with live statistics and confirmed Start, Stop, Restart, Pause and Resume.

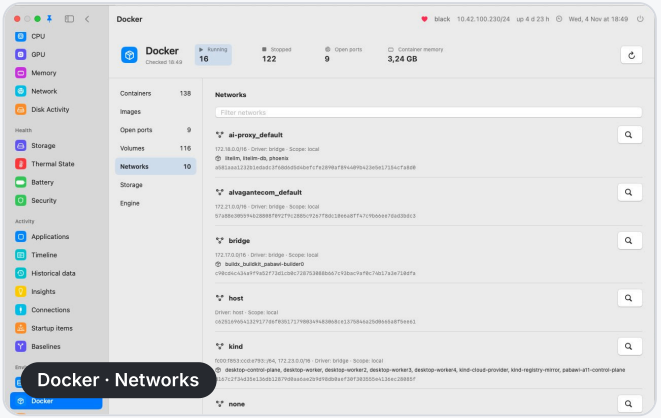
AI agents

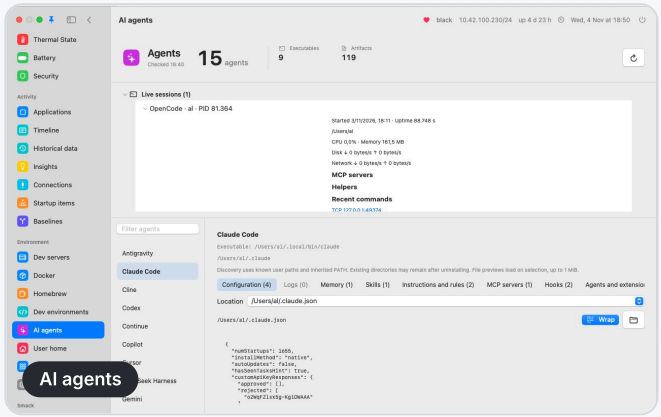
Live agent sessions with project, branch, resource use, MCP servers, helpers, listeners and remote endpoints, above an inventory of configuration, skills, hooks and logs.

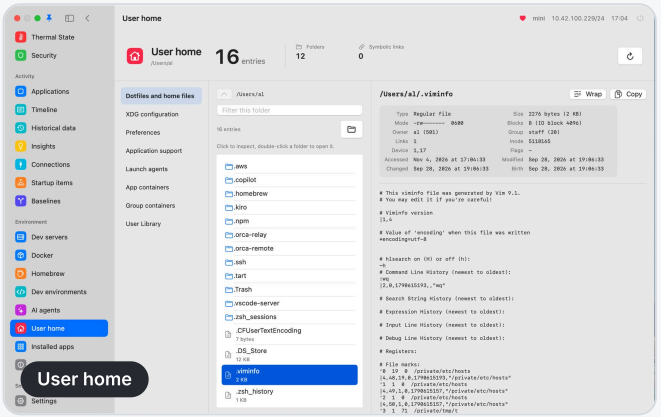
User home

Browse dotfiles, XDG configuration, preferences, application support, launch agents and app containers, with text and plist previews.









Scriptable, alertable, tunable.

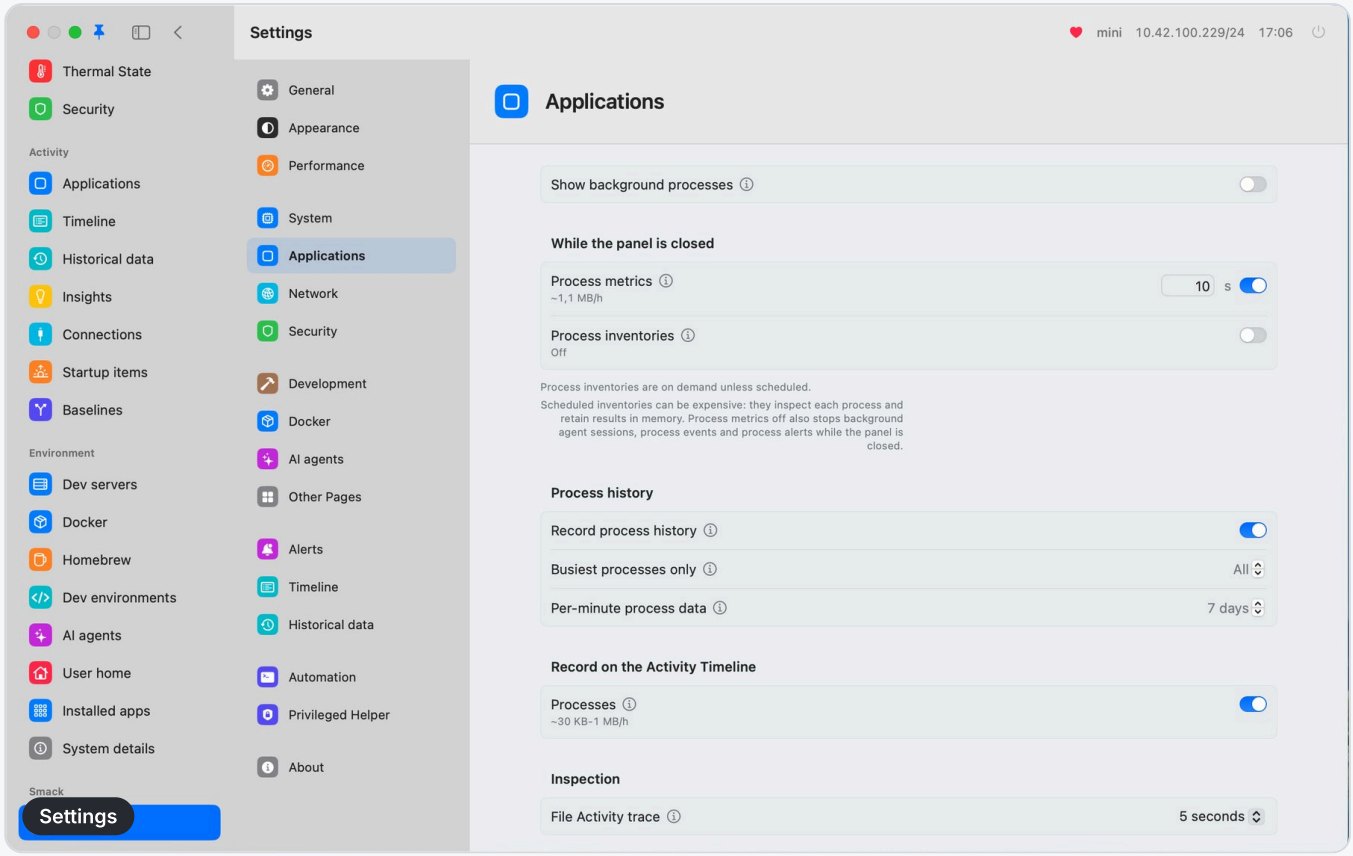
Smack fits into your workflow: query it from the terminal or Shortcuts, get notified when something matters, and dial its footprint up or down.

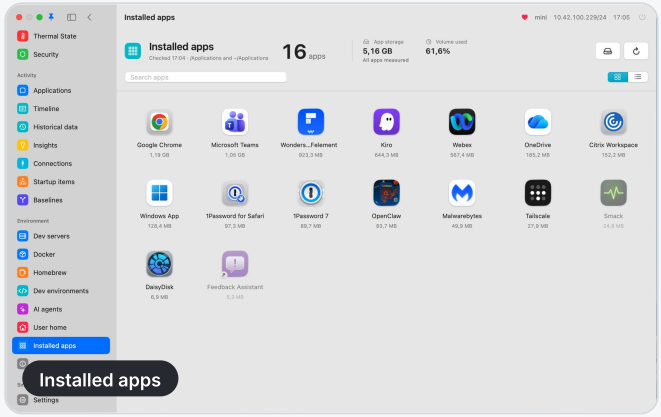
Alerts
Local-notification rules for sustained thresholds or events: CPU, memory pressure, swap, disk space, thermal, battery, external listeners, persistence and posture. Sustain, cooldown, snooze and test controls.

CLI, URLs and Shortcuts
A `smack` CLI, `smack://` URLs to every page and five App Intents, each enabled independently.

Installed apps
Grid or list sorted by size, with multi-select uninstall to the Trash.

Settings
One pane per feature, plus Standard, Light and Minimal performance presets.







Your data stays on your Mac.

Monitoring data never leaves the machine. Lookups send only an address, file name or hash, and only when you click. Smack has no third-party dependencies.

Local by default
History, timeline, baselines and alerts are stored and evaluated locally.

Opt-in power
Superuser sampling, native menu-bar icons and connection events are off until you turn them on.

Optional signed helper
Includes processes owned by other users and extends open-file, connection and port inspection. It accepts only the app from its own signer.

New in 1.0.0

The first major release

- Dev servers grouped by project, with git and Compose context
- Live AI agent sessions with MCP servers, listeners and endpoints
- Machine baselines with drift reports in JSON or Markdown
- Redesigned panel: shared sidebar, grouped Summary, unified page headers
- Application and process pages with a section sidebar
- History disk writes cut by more than an order of magnitude

Opt-in, never surprising

Nothing heavy runs unless you ask

- Every alert template is disabled by default
- Process counters on the GPU page are read only while it is visible
- Network sampling stops when the panel hides
- Changes to processes, containers, packages and startup items ask for confirmation
- Performance presets: Standard, Light and Minimal
- Each page has a Show page switch that also stops its background work

Requires macOS 15 or later · Apple-silicon Mac
Optional Screen Recording & Accessibility for native menu-bar icons · administrator approval for superuser sampling

Smack 1.0.0

Free software. Free to use, study, change and share.

Smack is released under the MIT License. The full source code is on GitHub: read it, build it, fork it, contribute to it.

MIT License

Swift 6 · native macOS

INSTALL WITH HOMEBREW

```
$ brew tap alvagante/tap
$ brew install --cask smack
```

UPDATE

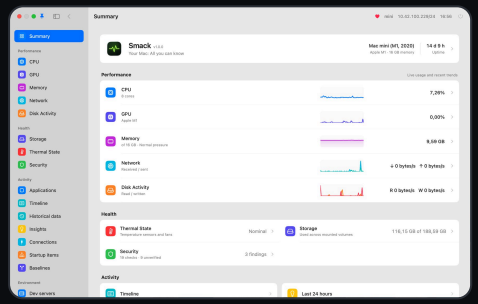
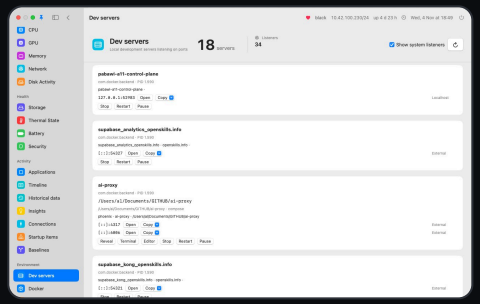
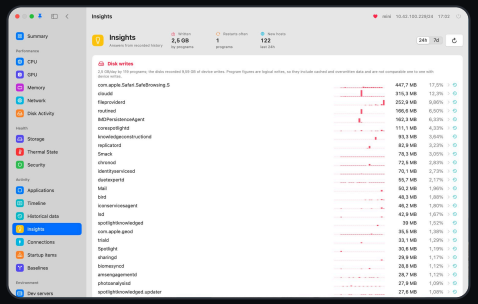
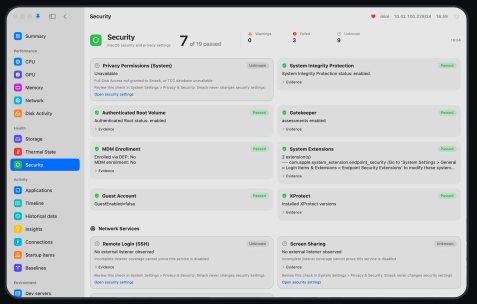
```
$ brew upgrade --cask smack
```

OR BUILD FROM SOURCE

```
$ git clone https://github.com/alvagante/smack
$ Scripts/build-app.sh
$ open dist/Smack.app
```

RELEASE DOWNLOADS

`Smack-1.0.0-macOS-arm64.zip` with a SHA-256 checksum on each GitHub release.

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