

How do I check my Claude AI Assistant usage to date?

In the Claude app or on claude.ai, open **Settings** → **Usage** (the settings menu is under your profile/name). You can view your limits for your current session and your weekly limits there, shown as progress bars with a percentage used and a reset time. [utdallas](#)

A couple of things worth knowing:

- **It's not a lifetime total.** For Pro, Max, and Team subscriptions, the page shows how much of your current allowance you've used, not a running count of messages since you signed up. Your session-based usage limit will reset every five hours, and there's a separate weekly limit that resets on its own schedule. [claude](#)
- **It's shared across products.** Your usage of all different Claude product surfaces (claude.ai, Claude Code, Claude Desktop) counts towards the same usage limit. [claude](#)
- **You'll also get warnings as you go.** Usage limit warnings appear when you're approaching your plan's limit within a five-hour session, and if you reach it, a message tells you when it resets. [claude](#)
- **If you mean API usage** (for example, if you've built something on the Claude API), that's tracked separately in the Claude Console rather than in the chat app. You can see your current tier and limits under Settings > Limits in the Claude Console, and the Console also has usage and billing pages showing your consumption over time. [claude](#)

For more detail, see Anthropic's help article on usage and length limits:

<https://support.claude.com/en/articles/11647753-understanding-usage-and-length-limits>

I am new to AI Assistants. Can you give me a best practices list on how to keep my AI Assistant accounts separate? I have one for personal use (Claude AI), and another for my business (Google Workspace for Nonprofits). I'm afraid that I will be connected to two accounts simultaneously without knowing it.

Drafting a list of best practices for the organization.

Your concern makes sense: the most common way accounts get mixed is the web browser, which can quietly stay signed into several Google and Claude accounts at once. Here are the practices that keep them apart.

Separate where you sign in

- **Use separate browser profiles.** This is the most effective step. Chrome, Edge, and Firefox all let you create profiles, each with its own logins, bookmarks, and history. Make one called "Personal" (Claude, personal email) and one called "Nonprofit" (Google Workspace). Give them different colors or themes so you can tell at a glance which one you're in. When you're inside the Nonprofit profile, your personal accounts simply aren't signed in there.
- **Or use two different browsers.** For example, Chrome only for the nonprofit and Firefox only for personal use. It's less elegant than profiles but very hard to confuse.
- **Use distinct passwords and turn on two-step verification for each account.** That way a mix-up can't turn into a security problem.

Check before you work

- **Look at the account icon before typing anything sensitive.** In Google apps, the circle in the top-right corner shows which account is active. In Claude, your name and email appear in the lower-left menu or in Settings.
- **Watch out for Google's multi-account sign-in.** Google lets you be signed into several accounts in one browser and may open things in whichever one it considers the default. If you use browser profiles, this mostly stops happening.

Be careful with connections between services

- **Think before connecting Claude to Google.** Claude can link to services like Gmail, Google Drive, and Calendar through "connectors" in Settings. If you connect your nonprofit's Google Workspace to your personal Claude account, the two are no longer separate. Decide ahead of time whether you want that, and review what's connected under Settings → Connectors every so often.
- **Remember that Claude's memory spans your conversations.** If you discuss business matters in your personal Claude account, Claude may remember them in later chats. If you'd rather keep a conversation out of memory, use an incognito chat, or manage memory in Settings.

On phones and tablets

- **Keep the Claude app signed into your personal account only.** For nonprofit work on the same device, use the Google apps signed into the Workspace account, and check which account is active in each app's profile picture.

Handle data deliberately

- **Don't paste nonprofit data into your personal AI account.** Donor lists, client information, and other confidential material should stay within your Workspace account. Your nonprofit's data agreements with Google likely cover Workspace, not your personal accounts.
- **When you need to move something between them, do it on purpose,** such as downloading a file and uploading it to the other account, rather than relying on shared logins.

If you do only one thing, set up the two browser profiles. It removes most of the chance of being signed into both accounts without realizing it.