# Run a workload analysis on your SQL Server

Workload Analysis targets the Index Optimization and Query Optimization performance categories. Workload analysis provides recommendations for these two categories which use a high amount of performance resources when running.

> ⓘ You can also select the Index Optimization and Query Optimization performance categories when running a regular analysis. This analysis focuses on lighter recommendations compared to the heavier ones from workload analysis.

**To run a workload analysis:**

1. Right-click the appropriate SQL Server instance from the **Servers** tree and select **Properties**.
2. Select **Analysis Configuration** when SQL Diagnostic Manager displays the Monitored SQL Server Properties window.
3. Configure your prescriptive analysis options.
4. Select *only* the Index Optimization and/or the Query Optimization performance categories.
5. Click **Run Workload Analysis** in the Analyze tab.
6. When the analysis is complete, SQL Diagnostic Manager provides a priority-ranked list of recommendations (Finding Text column).
7. Select a recommendation and detail information displays in the recommendation details pane.

> ⊘ Do not click the **Scheduling Enabled** check box, unless you want to schedule a regular workload analysis on your SQL Server instance.

> ⊘ To fine-tune your workload analysis results, you can block a particular recommendation or database. For additional information see, Fine-tune your analysis.

## Additional actions

### Block

Block a particular recommendation or recommendations to fine-tune your analysis.

### Export

Export your recommendations in `.xls` file format.

### Copy

Copy your recommendations to the clipboard so that you can view the text in a text editor.

### Email

Email your analysis results with recommendations.

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