

Tune up

Clean Out

Run "cleanmgr.exe" (Disk Cleanup) as 'Administrator'
Click on the "More Options" tab
Under "System Restore and Shadow Copies", click "Clean up..."
Click on the "Disk Cleanup" tab
Select everything (Justify the Recycle Bin)
Click "OK"

Check for Potentially Unwanted Programs

Open "appwiz.cpl" (Programs and Features)
Uninstall justified programs
Restart if necessary

Startup

Run "msconfig.exe" (System Configuration)
Click on the "Startup" tab
If necessary, click on the "Open Task Manager" link
Justify on selection of items to disable
Click on "Disable"

Run "taskschd.msc" (Task Scheduler)

Tools

Defraggler

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