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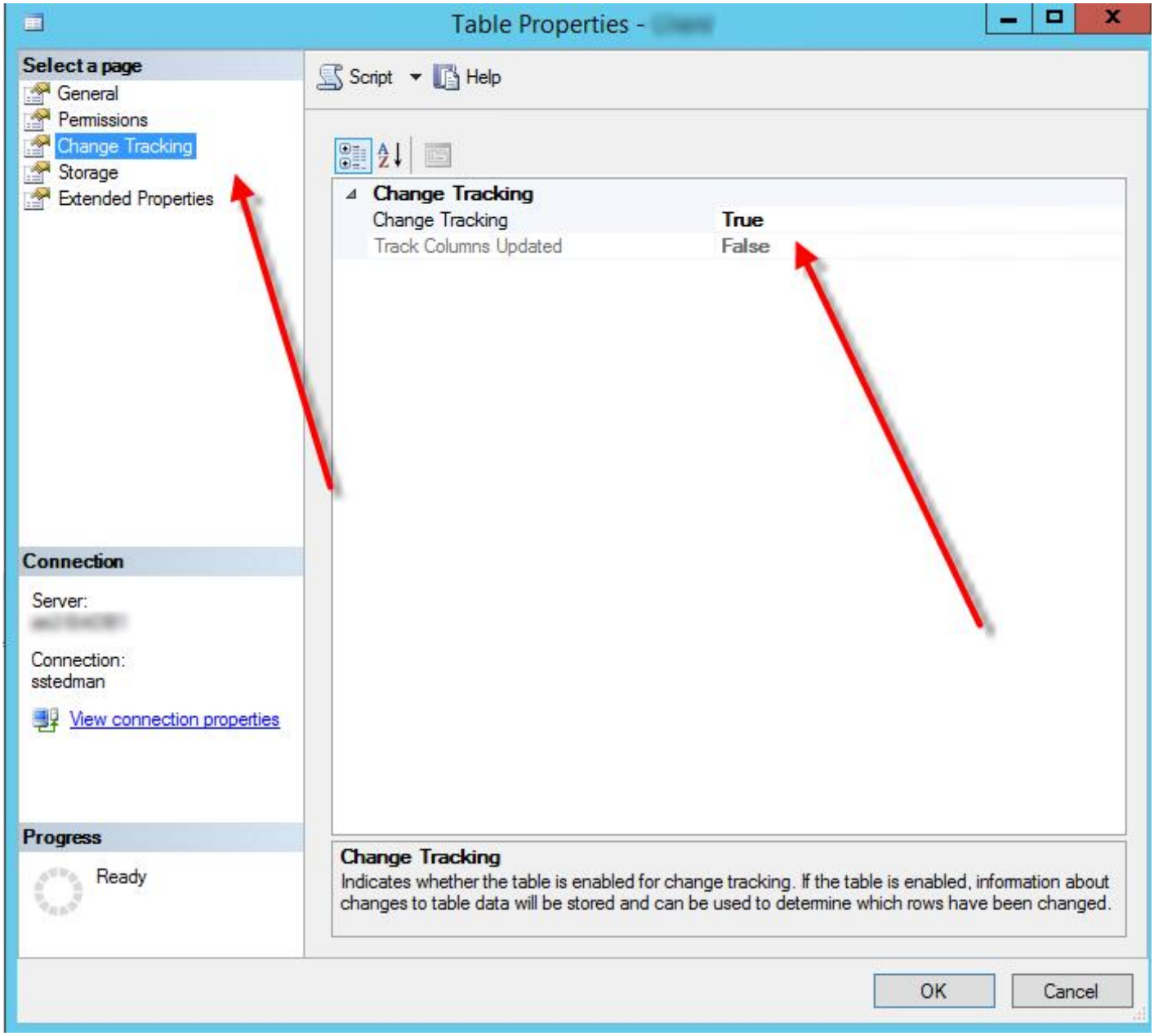
Find all tables with Change Tracking on your SQL Server

Change Tracking is a great feature on SQL Server, but it can have some performance implications. It is however one of those features that doesn't jump out as obvious if it is enabled until you start digging around on the table properties dialog.

Here is where you can find it for a specific table.



But what if I don't have time to right click on every table, and check the properties.

Here is a query that will show the Change Tracking enabled tables for a specific database:

And here is how you would do it for all databases on your system.

You might be surprised at how many tables have Change Tracking enabled.