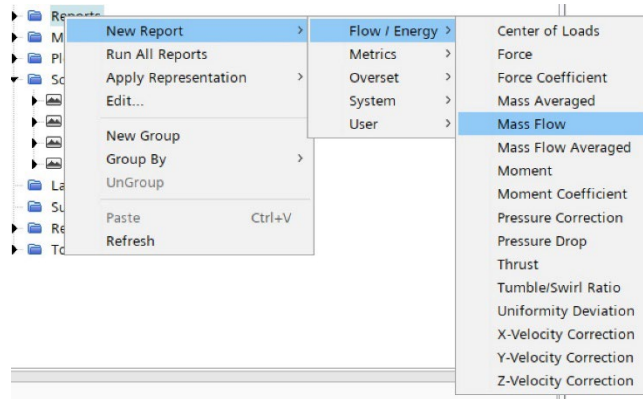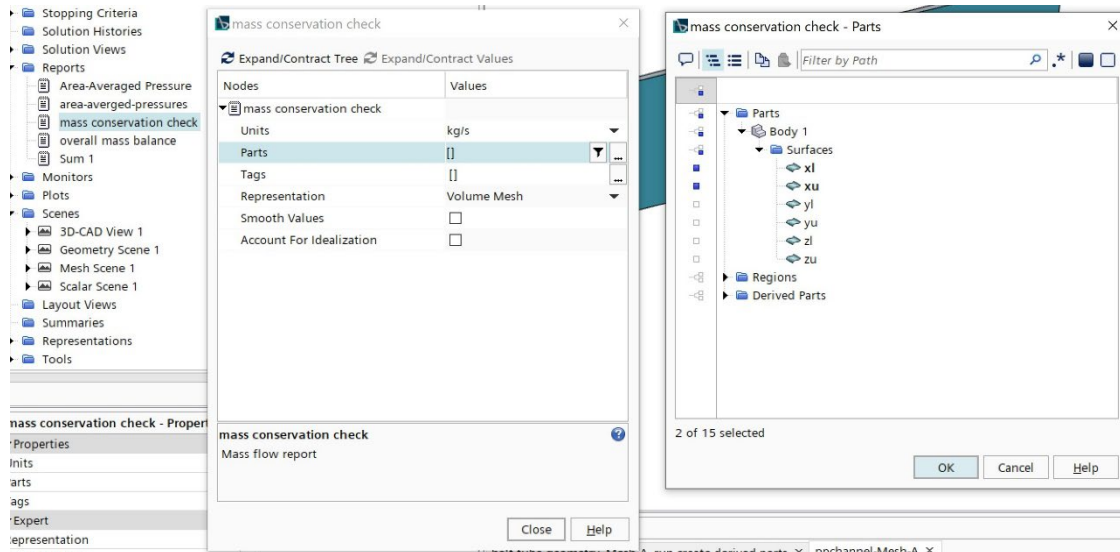This assume inlet and outlet planes at faces (parts) named xl and xu. The parallel plate channel problem simulation is used.
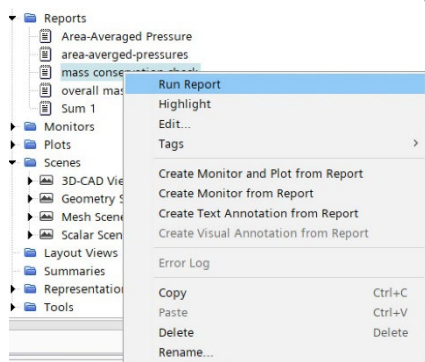
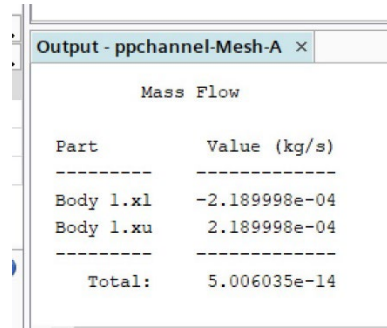1. Right click Reports -> New Report -> Flow / Energy -> Mass Flow

2. Rename "Mass Flow 1" to "mass conservation check"

3. Right click on "mass conservation check" and choose Edit.

4. In the edit dialog under Parts, select xl and xu. Then click OK, then click Close.

5. Run the report: Right click on "mass conservation check" and select Run Report.

6. You should get something that looks like:

```
Output - ppchannel-Mesh-A  ×

            Mass Flow

   Part              Value (kg/s)
   ---------         -------------
   Body 1.xl        -2.189998e-04
   Body 1.xu         2.189998e-04
   ---------         -------------
     Total:          5.006035e-14
```