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Myplate plan tool

Exercise is a perfect place for geeking out; it lends itself well to tracking, experiments, and... Read moreGyminee (Web Based, Basic Account: Free/Pro Account: \$45 per year)Gyminee is a web-based fitness tool with a huge amount of resources. You can not only track your fitness goals like lost pounds, changes in resting heart rate and all other types of common fitness measures, but you can also join gyminees' vast social network. Exercises and challenges designed in groups give you fresh and interesting goals. You can even plan meals, check your calorie content, and track your successes and tough times in a training journal. The free account is quite robust and has more than enough features to get you started. Upgrading to the Pro account allows you to create and track custom metrics in addition to the defaults (for example, you wanted to track more details, such as changes in arm size). The Pro account also gives you access to advanced exercises and meal planning. Gyminee makes it easy to find a partner to hold you accountable, track your results and find everything from weight lifting to diet advice. RunKeeper (iPhone, Basic: Free/Pro:\$9.99)RunKeeper turns your iPhone into an exercise tracking tool. Once installed, you can monitor your speed, how far you run and track your route on a map. You can review your data on your iPhone itself or upload the data for analysis on the RunKeeper website. The pro version includes audio feedback to make the app easier to use hands free, announcing how far you've gone and other relevant statistics. Finally, if you're so inclined, you can have RunKeeper updating your favorite social tools like Twitter or Facebook with exercise updates. For more information, check out our runkeeper guided tour. I was very excited about the prospects of Nike+ coming to the iPhone, having used fitness... Read moreMapMyRun (Web Based, Basic Account: Free/Pro Account: \$48 per year)MapMyRun started out as a simple Google Maps mashup for runners and cyclists to set up routes, but has since grown into a feature-packed site. In MapMyRun you can navigate, create, and sort the routes you and others use to get in shape. MapMyRun integrates beautifully with popular exercise equipment. You can upload data from your Garmin Forerunner, Nike+, or even turn your iPhone into an exercise device with iMapMyRun+. As another entry in this week's Hive Five, Gyminee, MapMyRun presents a strong social element: You can share your goals with others and participate in community-based challenges. The robust social mapping tool also has an emphasis on community and group racing, so you'll find information about local marathons, charity races, and so on. MapMyRun has dozens of tools for runners and cyclists to track, analyze and share their routes and routines. Garmin Forerunner (Windows/Mac, \$99-\$369)If you're willing to shell out the money, Garmin Forerunner is a formidable training partner. Even the cheapest cheap Model is still replete with impressive features, most notably the ability to upload records of your training such as heart rate, lap times, distance traveled, and so on. The more expensive models add advantages like GPS tracking, virtual training partners, and wireless workout sharing. All Garmin Precursors have software for Windows and Mac, designed to help you track, map, and share your workouts. If you're serious about crunching the numbers, Garmin Forerunner covers everything from calories burned to steps and everything. Nike+ (Windows/Mac, \$29)Nike+ is a Nike product that combines a small sensor with a supported iPod. The sensor is attached to your unique of your shoes and transmits data to your iPod. Nike+ shoes are designed with the sensor in mind and have a small heel cavity for it, but the Nike+ sensor can be worn on any running shoe by buying a cheap third-party clip or rolling your own Nike+ shoe model. iPod serves as a monitor for your device, providing feedback and information about its execution (along with music to keep you motivated). When you sync your iPod to your computer after running, it will upload your running data to the Nike+ website. There you will find tracking tools, discussion forums and challenges that you can participate in. One of the strongest selling points for Lifehacker readers who love Nike+ is its simplicity. The Nike+ sensor tricfecta, iPod and website provides a perfect system that requires no noise or adjustment. The podophile blog describes how a bit of velcro can easily turn any running shoes into a... Read moreNokia Sports Tracker (Nokia Smartphones, Free)Sports Tracker is an exercise tracking tool released by Nokia for your smartphones. Using GPS technology and compatible with popular heart rate monitors, Sports Tracker keeps your workout information handy on your phone. Sports Tracker records distance, speed and time, allowing you to load your routes to share with others through the Sports Tracker website. Perhaps its newest feature: the automatic association of Sports Tracker photos and videos that you take with your phone on the race route creates a kind of storyboard of your travels. The app and website are free, but you'll need a Nokia smartphone to enjoy them. Now that you've had a chance to look at the candidates, it's time to vote in the poll below: This week's Hive Five was a very tight race; Honorable mentions go to SparksPeople, the fitness and diet community, and spreadsheets (Excel or not)—because some people like to keep their record the old-fashioned way. If your favorite tool was listed or you can't believe it didn't make the cut, it will add in the comments to share your exercise tips with other readers. Between choosing a location, finding a supplier and ensuring that invitations were sent, planning a wedding is tiring, even if your wedding is relatively discrete. Fortunately, there are many many apps and websites that make maintenance easy and help you do your search at home or in any movement. Find a location and build a seating boardWhen my fiance and I start thinking about our wedding, we googled wedding venues in Los Angeles, and of course we were overwhelmed with options. Expensive options. It took a while to narrow an affordable place in the area, and we could have saved some time with a local search tool like Wedding Spot. The site allows you to filter search results by price, location and style. It will also give you a price range for each location, depending on the number of guests you plan to invite. Knot's Venue Finder is another option, and seems to include a more extensive list of locations. It does not offer, however, a price range for each location, but it gives you an idea of how friendly the vendor is using a dollar rating system, like the one you would see on the Yelp.Com both tools, you can compare locations and mark appointments to see the ones you like. Airbnb also offers wedding options, and you can browse their locations here. Unforgettable trips start with Airbnb. Find adventures nearby or in distant places and access... Read moreThe time you've decided on your location, you may want to figure out the seating arrangements, and a tool called AllSeated can help with that: It allows you to create 3D plans of your event, and you can import contacts from your email or social networks to create a guest list. Once you add your location to the tool, it automatically imports the floor plan if that location is in the system (mine was included, and it's not exactly a popular location). If not included, you can also draw the floor of the plane. From there, you can add tables and guests and track who has RSVP'd, what party each guest is in, and so on. Design Invitations and Save the DatesIt is easy enough to make your own invitations, but you have to be careful with the tools you use. We created a round of saving the dates using a Combo of Canva and a print site, and they came out very badly. Image quality was a drug, besides, we're not designers, so we had no idea what looked good, really. A design and printing site like VistaPrint is a decent compromise between doing it yourself and paying for a service that is dedicated to this sort of thing. They have many specific options for the wedding (from invitations to put cards to dinner menus), and you can adjust the designs a bit to make them look a little more personalized. Also, there is a better chance that the image quality will not be bad, because they themselves created the design. And if you send a photo and the resolution is bad, VistaPrint warns you. Our save the dates with VistaPrint looked much better than the ones that ourselves (and they were cheaper!), but before opting for them, I checked reviews on a website called WeddingWire. You can search for the business service by name to see what other customers thought of them. This East You know what you're getting yourself into. (Of course, this is still an economical option, and probably won't look as good as hiring a professional designer) Both WeddingWire and TheKnot are also great for searching for invitation services and tools in general. And if you want to make yourself digital, Paperless Post has many options that you can just send email. Most of them are free, and you can upload your own projects, too, and they'll send emails and accompany your guests. Pick VendorsThe location may be most of your planning, but the little things add up too. You have to choose all kinds of suppliers and services, from suppliers to bartenders to photographers. That said, once you choose the location, you may be able to reduce your options. Most locations require you to use their suppliers or they at least suggest that some other people have used it and are familiar with their location. Of course, you can also use wedding websites like TheKnot, WeddingWire and MyWedding to find suppliers and services. Here are some additional sites for specific types of services: If you are looking for more affordable options, you may be able to find people to hire on TaskRabbit, as this couple did:TaskRabbit was extremely helpful. We found a photographer, buffet waiters, a cook for brunch the next day who we're also hosting in the same Airbnb apartment, cleaners – at definitely a fraction of the cost it would have taken to have, like, a proper staff come and do this for us... So for the ceremony itself, we're asking for one of our favorite barbecues and having a TaskRabbit pick it up for us. And then for brunch the next day, we asked instacart which is like Peapod. They hired someone at TaskRabbit to cook brunch for them, too. Of course, you're working directly with the tasker, so you may not get the guarantees you would get working with an established company (although taskRabbit has its own guarantee), so that's something to keep in mind. If you have guests coming from out of town, you may want to book hotel blocks to ensure everyone has a place to stay. Jetport can help you search for hotels that will allow you to book nine or more rooms at a time. It's not just a search engine though, it's also an online travel agency that will trade these blocks on your behalf. Simply connect your dates, location and the estimated number of rooms you need, and jetport fills out a list of hotels to check out. Find a dress and other formal costumesIt is easy to find and arrange a meeting with local wedding boutiques or big name retailers (such as the Bride of David). However, if you are looking for more creative options, there is plenty to choose from. Almost newlyweds, for example, sells used wedding dresses and samples with great discounts. Once you order your dress and receive it by mail, you have five days to decide if you would like to keep it. And, if you want, you can sell it back through your online marketplace. It's like Glyde, Glyde, for wedding dresses! You can also rent your wedding dress via Rent the Runway. Obviously, you can't change the dress, so it has to be a perfect fit, but the prices are pretty impressive, with most dresses at less than \$100 for a 4-day rental. You can also choose to rent for eight days if you need more time. Union Station is a similar location, but for bridesmaids/dresses. You choose your color and style, and the bridesmaids register on site, submit your measurements, and Union Station sends your dress. You don't have to rent, either: You can also buy new dresses. Weddington Way is another option for bridesmaids/dresses, tuxedos and suit rental. You can ask a few at a time to try it, then choose what you like. There is, however, a \$10 fee per dress that you try, but if you go with their services, they credit that amount. Generation Tux and The Black Tux offer a similar service for renting tuxedos and suits online. You choose some you like, coordinate with your godparents, and then set an order date for your rent. If you don't want to try a ton of Brides.com, it has a really cool tool that allows you to try things virtually. That way, you can get an idea of what works for you and narrow your options. This will save time trying things out in the store. Keep her notes and plans organized when my friend learned that I was planning a wedding, she offered to help, then took a huge briefcase from her own wedding. I laughed because I thought it was just being too organized, but not—there's so much information to go with: ideas, quotes, receipts, business cards, addresses. It's become quite a cliché, but Pinterest is a useful tool to keep track of all your ideas. You can create boards, hunt for ideas, and then organize those ideas according to the board. If you are a visual person and see tons of interesting things around the web during your search, it's perfect for you. There are many wedding-specific websites that are meant to be all-in-one resources for planning, researching and keeping track of everything. These are amazing tools, however, I've just used Evernote to keep track of things. I have a whole notebook called Wedding, and I just stick all my receipts and ideas in there. You could take it one step further, however, and create subfolders dedicated to each category: vendors, receipts, addresses, and guests... you understood the idea. Wedding Happy is a fun app for iOS that counts the days for your wedding and keeps your planning on track with tasks. It's like a to-do list and a digital notebook in one. Our Wedding Planner is a similar option for Android (both options are free). Brides.com also has a list wedding verification to help you. Tasks are divided by month, depending on your meeting. You can also filter by category, delayed tasks, and completed tasks. OurDreamWedding.com also has a handy Budget Tracker to help you figure out how to allocate your budget to different categories. Also factors in the number of guests guests inviting as well as how many people are at the wedding party. And here's a whole list of wedding budget worksheets for Excel. Planning a wedding is fun, but it can also be very stressful — especially if you're not really a wedding person and have never thought much of it. These tools can help you streamline and organize the process, making it a little less intimidating. Illustration by Fruzsina Kuhári. O Kuhári.