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WEEK ON THE WEB - Websites to help kickstart your New Year resolutions

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The month of January is traditional for goal-setting. But keeping these New Year's resolutions can be more than a little challenging. Here are some of the most popular web-based resources that can make it a little easier to get on track and stay there.

◆ LOSING WEIGHT

This resolution heads the list for many people. Those looking for guidance on diet and fitness programmes should find HealthCastle - www.healthcastle.com - quite informative.

The BBC Health website - www.bbc.co.uk/health/healthy_living - is also a good resource for this kind of information.

Once you have selected a suitable weight-loss programme, you may monitor your progress using the free tools available on MyFitnessPal - www.myfitnesspal.com.

◆ GETTING OUT OF DEBT

Between bills, credit-card debt, and the never-ending loop of borrowing from Peter to pay Paul, it can be a little hard to keep track of your finances.

Kiplinger - www.kiplinger.com - and CNN Money - www.money.cnn.com/pf/ - are websites with a wealth of information on personal finance.

As far as web-based budgeting tools, Buxfer - www.buxfer.com - is a feature-rich, easy-to-use application that can help you track expenses and analyse your spending patterns using a relatively simple interface.

Right up there with getting out of debt is usually the resolution to save more and increase one's net worth. Many persons may be looking at investment options and the recent attention being paid to 'alternative investments schemes' has piqued the interest of many risk-tolerant individuals.

WealthMax - www.wealthmax.wordpress.com - High Yield Source - www.highyieldsource.com - and Jamaica Investment Watch - www.jamaicainvestmentwatch.com - are websites dedicated specifically to those 'alternative options' and provide interesting and useful information.

◆ FINDING A NEW JOB

For those in 'career-assessment mode', Go-Jamaica's JobSmart - www.go-jamaica.com/jobsmart - offers much in the way of advice and tips. The website also provides vacancy listings.

For job-vacancy listings also try Splash Jamaica - www.splashjamaica.com - and Caribbean Jobs - www.caribbeanjobsonline.com.

Good luck with your resolutions for 2008!

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