AWS Trusted Advisor provides recommendations that help you follow AWS best practices. Trusted Advisor evaluates your account by using checks. These checks identify ways to optimize your AWS infrastructure, improve security and performance, reduce costs, and monitor service quotas. You can then follow the check recommendations to optimize your services and resources.

Capacity planning seeks to match demand to available resources. Capacity planning examines what systems are in place, measures their performance, and determines patterns in usage that enables the planner to predict demand. Resources are provisioned and allocated to meet demand.