

## ABSTRACT

---

*The Yuk Diet app is an android based app for helping adolescents with obesity. This application is supportive for the need in the process of diet program for obesity; Users can enter weight, height, age, activity type, illness and gender that will later be counted by apps that can show users weight categories, ideal weight, and caloric needs To be able to lose weight. There is also a select menu that will display food to eat regularly in the diet program, while to support when not doing activities can also to open the sports menu. The Yuk Diet app also has an alarm to remind you of meals from breakfast, lunch and dinner. The Yuk Diet app was created with android based on the reasons people who have been using android operating system using Android Studio tools and MySQL database will create Yuk Diet Application.*

*Keywords: Obesity, adolescents with obesity, android apps*