

ABSTRACT

Body balance can be achieved through a close relationship between a healthy lifestyle, diet and calorie calculation. A balanced diet and calorie calculation support achieving ideal body weight as well as physical and mental health. Each individual's calorie needs vary depending on age, height, weight, and activity level. Excessive daily calorie intake can result in weight gain and risk of obesity. To prevent obesity, an application was developed that can help determine daily calorie needs and provide recommendations for a healthy diet menu which is expected to be a solution for maintaining ideal body weight. The method used in making this application is the Waterfall method. System requirements analysis involves a questionnaire to understand user needs. Programming is done with PHP, CSS, JavaScript, and MySQL as database management systems. From the system design process, a system is produced that can provide information regarding daily calorie needs, recommendations for healthy diet menus, ordering healthy diet menus, and viewing order history.

Keywords: Calories, Healthy lifestyle, Waterfall, PHP, MySQL, CSS, JavaScript.