

ABSTRACT

The increasing use of technology brings positive changes, especially in meeting daily needs such as food. The busyness of urban society makes them more inclined to choose fast food, which has a negative impact on health, such as the risk of obesity. Obesity can occur if there is an accumulation of excess fat due to the imbalance between energy intake and energy expenditure. This research aims to design a user interface for a mobile application to assist individuals with obesity in adopting a healthy lifestyle. This study is a qualitative research using data collection techniques such as Observation, Interviews, Questionnaires, and Literature Review. This design uses the design thinking method, with data analysis using a comparison matrix. The media to be created is a prototype user interface for a mobile application. The results of this research are expected to provide good solutions and help individuals with obesity to meet their needs in leading a healthy lifestyle by consuming healthy food and achieving a more ideal body shape.

KeyWords : *Mobile Application, Design Thinking, Healthy Lifestyle, Individuals With Obesity, Healthy Food.*