ABSTRACT

Obesity or overweight is a problem that is often experienced by some people. Obesity is considered quite disturbing both in appearance and in health. People who are overweight tend to be more susceptible to diseases such as diabetes, heart attack, cholesterol, etc.

In this Final Project has designed an application that is used as a guide to help you lose weight from overweight, and calculate ideal weight. Here the user is given some of the menu options, Test Weight, Diet Time, Food Calorie, and Exit. Weight Test is used to measure how ideal weight using BMI (Body Mass Index) according to Health Department of RI standards. Diet Time is used to calculate the calories your body needs to get the desired ideal weight, regulate calorie servings of food each meal and see a graph of weight progress. Food Calorie is used to see the number of calories of food in so many grams of specific food with a view of the database. Exit menu selected when the user has finished using these applications and to get out of this application.

To determine the performance of the performance of these applications has been proven by testing in patients with obesity. The results that have been achieved according to the questionnaire has been filled by the user is the application features and the content is complete with the percentage of 46.67%, the content of which is owned already gave hints to help you lose weight as a percentage of 66.67%, a feature already functioning well with the percentage of 50%, the view held also attractive with a percentage of 50%, the level of ease that is easily used by 53.33%, and the application is very useful with a percentage of 80%.

Keywords: obesity, BMI, BMR, android, calories.