

ANDROID-BASED IDEAL BODY CHECK AND NUTRITION CONSULTATION APPLICATION

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ABSTRACT

With the growing public awareness regarding the significance of maintaining physical health, there is an escalating necessity for monitoring individual health conditions and ensuring balanced nutrition. In response to this demand, an Android-based Body Check and Nutrition Consultation Application has been developed as a practical solution to facilitate users in monitoring their health status more efficiently and conveniently. This application includes a Body Mass Index (BMI) calculator feature, which allows users to assess whether their weight is appropriate for their height. Furthermore, the application offers a consultation service with a health professional through an integrated chat feature.

In this application, users can input data such as gender, height, and weight to obtain insights related to body balance and health. Additionally, the application provides users with simple exercise recommendations and tracks the daily caloric intake of consumed food through its various features.

The development of this application was conducted utilizing the Android platform, which was chosen due to its widespread user base within the community and its accessibility. The results from the application trials indicated that the system successfully accurately measured users' ideal body weight and offered suitable recommendations. Consequently, this application is anticipated to serve as an effective instrument in enhancing public awareness regarding the significance of maintaining a healthy ideal body weight.

Keywords: *Body Max Index (BMI), Consultation, Diet, Nutrition, Health*

