Universiti Teknologi MARA

Weight Loss Management System for Fieyla Fitness

(WLMS)

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STUDENT DECLARATION

I certify that this thesis and the project to which it refers is the product of my own work and that any idea or quotation form the work of other people, published or otherwise are fully acknowledgement in accordance with the standard referring practices of the discipline.

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ABSTRACT

Computerized system is the online system that will be implement in the Fieyla Fitness based on the case study have been done. The online system is Weight Loss Management System (WLMS). Currently they are using manual process to manage their business activities with the trainee. In order to developed WLMS, System Development Life Cycle (SDLC) was being used as a method to guide the whole process of the development WLMS. The model used for WLMS system was Prototype Model which has Requirement Gathering, Quick Design, Building Prototype, User Evaluation, Refining Prototype and Engineer Product. Besides that, system testing plan and evaluation from user and experts also has been prepared as a method of to improve the functionality, usability and design interface of the system. The system has been tested by three (3) experts and 30 respondents. The highest mean is 4.37 with standard deviation of 0.615 has been achieved for satisfaction evaluation. It is hoped that WLMS will help and provide the best solution to manage the problem faced by Fieyla Fitness organization. The reason WLMS system was develop because to help trainer to manage trainee to achieve their ambition to lose the weight.

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