Universiti Teknologi MARA

Diet Management System Physical Activity Module

Areesa Hazreq Binti Mohamad Yatim

A Thesis submitted in fulfillment of the requirements

For

Bachelor of Science (Hons) Netcentric Computing Faculty of Computer Science and Mathematical Sciences

March 2014

AKNOWLEDGEMENT

In the name of Allah, the most gracious and the most merciful.

Alhamdulillah, grateful to God with His kindness gave me the strength and patience in completing this project successfully. The source of motivation from various parties are required to complete the project within the stipulated time period. Therefore, I would like to express my appreciation to those involved in this project.

First of all, I would like to thank Puan Zarina Binti Zainol, Puan Faridah Bt Sappar and En. Adzhar Abd Kadir for always been supportive and encouragement and provide ideas on an ongoing basis throughout this project.

Moreover, to my peers and fiends, thank you for always with me to complete this project.I also want to thank my parent for giving moral supports and advices in carrying out this project. Finally, thank you for encouraging words of my beloved husband, Razlan Bin Ramli.

ABSTRACT

Malaysians are prone to many diseases due to excess weight, lack of exercise and overeating to alleviate this situation, adopting a healthy lifestyle and diet properly can help to reduce the disease. By knowing how to count calories burned, many Malaysians would like to adopt a balanced diet and effective. With this Diet Management System, it makes it easier for Malaysians to count calories fast and quickly without using a calculator. The use of the Malay language in this application is suitable for users in Malaysia. This application can be uploaded in the mobile users to ease them access these applications at anytime and anywhere.

TABLE OF CONTENTS

CONTENTS   **PAGE**

CHAPTER ONE: INTRODUCTION

CHAPTER TWO: LITERATURE REVIEW

CHAPTER THREE: METHODOLOGY