

Universiti Teknologi MARA

**Diet Management System
Physical Activity Module**

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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.

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