

UNIVERSITI TEKNOLOGI MARA

**WEB BASED APPLICATION THAT
HELP OBESE TO LOSE WEIGHT**

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“In the name of Allah, the most Gracious and the most Merciful May His blessing be upon the Prophet Muhammad S.A.W.”

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ABSTRACT

The use of applications via smartphones or personal desktop can be considered as the new approaches and method to gain a healthy lifestyle. However, some of the application does not give an efficient result to the user with a bigger health issues such as obese. For obese person, they need a guideline through both eating and exercise aspect. Therefore, the web-based application that gives guidelines in both eating habit and exercising will able to help them in lose weight. In eating habit, the amount of intake calories must be observed. The appropriate calories intake of a person can be counted by determined their Body Mass Index (BMI). The intake calories cannot exceed or less than the propose amount in order for the person to have an efficient result in their weight loss. In term of exercising, an obese person should have a right exercise method. A guideline of an efficient exercise in weight loss need to be given. This application will be evaluated based on its effectiveness to the user. It is considered as effective when the target use able to lose weight after using this application. The target user also able to reach the aim of lose their weight.

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CHAPTER 1

INTRODUCTION OF THE PROJECT

1.0 INTRODUCTION

This chapter will review the introduction of the application that going to be develop. The project background, problem statement, objectives, project scope, the significance of study will also be discussed in this chapter.

The project background will review about the mechanism for the application to be developed and technique that will be used during the development. This application basically will be develop by using the web-based with the additional of multimedia elements included with it.

Furthermore, for the problem statement, it tell the features contain in the available applications and how its work in order to help it user. Based from this problem, the application will be develop to enhance the lack of available application that has been collected from the research that has been study.

The objectives of this application are to design, develop, and evaluate the usability of this application to the user. Therefore, at the end of the development, the whole objectives must be achieved in order for the application to complete.

The project scope section will discuss about the target user and in what area does this application will cover. Lastly, the significance of studies will explain about the advantages of application to it user.