Universiti Teknologi MARA

Development of Fitness Tracker Mobile Application For Calisthenics Exercise

AIMAN HARITH ZAHARUDIN

Bachelor of Information Technology (Hons.)
Faculty of Computer and Mathematical Sciences

JULY 2022

UNIVERSITI TEKNOLOGI MARA

DEVELOPMENT OF FITNESS TRACKER MOBILE APPLICATION FOR CALISTHENICS EXERCISE

AIMAN HARITH BIN ZAHARUDIN

Thesis submitted in fulfillment of the requirements for

Bachelor of Information Technology (Hons.)

Faculty of Computer and Mathematical Sciences

JULY 2022

SUPERVISOR APPROVAL

DEVELOPMENT OF FITNESS TRACKER MOBILE APPLICATION FOR CALISTHENICS EXERCISE

By

AIMAN HARITH BIN ZAHARUDIN

2020884578

This thesis was prepared under the supervision of the project supervisor, Muhammad Nabil Fikri. It was submitted to the Faculty of Computer and Mathematical Sciences and was accepted in partial fulfillment of the requirements for the degree of Bachelor of Information Technology (Hons.).

Approved by

Project supervisor

JULY 15, 2022

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 from the work of other people, published or otherwise, are fully acknowledged in accordance with the standard referring practices of the discipline.

AIMAN HARITH BIN ZAHARUDIN

2020884578

JULY 15, 2022

ABSTRACT

Mobile applications for businesses, education, social networks, and especially on fitness and exercise in health industries are being developed at a faster rate thanks to the rising millions of consumers that utilize mobile applications. Calisthenics is exercising in which the person's body weight is the only source of resistance. The CalisFit application is a mobile tool that assists users in managing their calisthenics exercises routines. The aim of this research is to design and develop a fitness tracker mobile application for calisthenics exercises. This application includes data on calisthenics exercises and calorie loss based on the exercise. This application also included a notification for the user to view the information such as a daily reminder to do the exercise and some knowledge about calisthenics for the users. Waterfall model has been adapted as the methodology of this study. This research methodology will be split into three sections. Mobile application requirements, mobile application design and development, and testing. The result from the User Acceptance Test(UAT) indicates that most of the users agree that CalisFit application is useful, information quality and interface quality. In conclusion, The CalisFit application will therefore assist all users by providing many benefits to those who require knowledge about calisthenics exercise such as athletes and people to build their body, depending on the features and capabilities it offers.

Keywords: *Calisthenics, Mobile application, UAT Testing, Waterfall model*