## CALORIES CALCULATOR AND ANDROID SUGGESTER APP



By

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Project Submitted in Partial Fulfillment of the Requirements for the Degree of Bachelor in Information and Communication Technology (Hons.) in the Faculty of Information Sciences and Engineering February 2024

## **ABSTRACT**

Abstract of project presented to the Senate of Management & Science University in partial fulfillment of the requirements for the degree of Bachelor in Information and Communication Technology (Hons.).

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## **June 2023**

## **Faculty: Information Sciences and Engineering**

A calorie calculator is a tool used to estimate the number of calories a person needs based on factors such as their age, gender, height, weight, level of physical activity, and health or fitness goals. Calorie calculators are often used in weight loss programs, food management, or daily caloric intake exercises.

While calorie calculations can provide a rough estimate of a person's caloric needs, it is important to remember that these are estimates only and the figures provided may not be accurate for every individual. There are some individual factors that the calorie calculator cannot take into account, such as individual metabolism, body composition, and genetic factors.

In addition, calorie calories also do not take into account other nutritional factors such as the type of food consumed, nutritional quality, and individual needs for certain macronutrients and micronutrients. Therefore, it is important to consider food quality and balanced nutrition when planning a healthy diet and eating pattern.

It is also important to remember that successful weight loss or food management does not only depend on calorie counting, but also involves factors such as program adherence, physical activity, good sleep patterns, stress management, and social support.

In terms of caloric use, it is advisable to take the results as a preliminary guide and talk to a health professional, such as a nutritionist or doctor, for more accurate and specific recommendations according to your needs and health condition.

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## TABLE OF CONTENT

Declaration	Error! Bookmark not defined.
Certification of Project Paper	Error! Bookmark not defined.
ABSTRACT	i
ABSTRAK	Error! Bookmark not defined.
ACKNOWLEDGEMENT	iii
TABLE OF CONTENT	iii
LIST OF TABLES	vi
LIST OF FIGURES	vii
CHAPTER I INTRODUCTION	Error! Bookmark not defined.
1.1 Introduction	Error! Bookmark not defined.
1.2 Project Background	Error! Bookmark not defined.
1.3 Problem Statement	Error! Bookmark not defined.
1.4 Objectives	Error! Bookmark not defined.
1.5 Significance	Error! Bookmark not defined.
1.6 Scope of Project	Error! Bookmark not defined.
1.6.1 Admin	Error! Bookmark not defined.
1.6.2 User	Error! Bookmark not defined.
1.7 Assumptions and Limitations	Error! Bookmark not defined.
1.7.1 Assumptions	Error! Bookmark not defined.
1.7.2 Limitations	Error! Bookmark not defined.
CHAPTER II LITERATURE REVIEW	Error! Bookmark not defined.
2.1 Review of Current Situation	Error! Bookmark not defined.
2.2 Review of Related Literature	Error! Bookmark not defined.
CHAPTER III METHODOLOGY	Error! Bookmark not defined.
3.1 Project Methodology	Error! Bookmark not defined.
3.2 Hardware and Software Requirements.	Error! Bookmark not defined.
3.3 User Requirement	Error! Bookmark not defined.
3.4 Development Methodology	Error! Bookmark not defined.
3 4 1 Requirement Phase	Error! Bookmark not defined

3.4.2 Design Phase	Error! Bookmark not defined.
3.4.3 Development and Coding Phase	Error! Bookmark not defined.
3.4.4 Integration and Testing Phase	. Error! Bookmark not defined.
3.4.5 Implementation and Development	PhaseError! Bookmark not
defined.	
3.4.6 Review Phase	Error! Bookmark not defined.
3.5 System Design	Error! Bookmark not defined.
3.5.1 Use Case Diagram	. Error! Bookmark not defined.
3.5.2 Class Diagram	. Error! Bookmark not defined.
3.5.3 Activity Diagram	Error! Bookmark not defined.
3.5.4 State Machine Diagram	Error! Bookmark not defined.
3.5.5 Sequence Diagram	. Error! Bookmark not defined.
CHAPTER IV FINDINGS AND DISCUSSION.	Error! Bookmark not defined.
4.1 Introduction	. Error! Bookmark not defined.
4.2 Project Contribution	. Error! Bookmark not defined.
4.3 Result Discussion	Error! Bookmark not defined.
CHAPTER V SUMMARY, CONCLUSION & R	RECOMMENDATIONError!
Bookmark not defined.	
5.1 Summary	. Error! Bookmark not defined.
5.2 Conclusions	. Error! Bookmark not defined.
5.3 Recommendations	. Error! Bookmark not defined.
BIBLIOGRAPHY	8

## LIST OF TABLES

Table 3.1 Hardware	Error! Bookmark not defined
Table 3.2 Software	Error! Bookmark not defined
Table 3.3 Requirement List	Error! Bookmark not defined

## LIST OF FIGURES

Figure 3.1 Use Case Diagram	Error! Bookmark not defined.
Figure 3.2 Class Diagram	Error! Bookmark not defined.
Figure 3.3 Activity Diagram Log in/Register	Error! Bookmark not defined.
Figure 3.4 Activity Diagram User Select/Register	Error! Bookmark not defined.
Figure 3.5 Activity Diagram Information	Error! Bookmark not defined.
Figure 3.6 Activity Diagram Calculator Check	Error! Bookmark not defined.
Figure 3.7 Activity Diagram Flow All Flow	Error! Bookmark not defined.
Figure 3.8 State Machine Diagram	Error! Bookmark not defined.
Figure 3.9 Sequence Diagram	Error! Bookmark not defined.
Figure 4.1 Initial Page For User Login	Error! Bookmark not defined.
Figure 4.2 Initial page for user register	Error! Bookmark not defined.
Figure 4.3 Page of Menu Application	Error! Bookmark not defined.
Figure 4.4 Page of Menu Weight	Error! Bookmark not defined.
Figure 4.5 Page of Food Consumption	Error! Bookmark not defined.
Figure 4.6 Page of Practice Hours	Error! Bookmark not defined.
Figure 4.7 Page of Suggestion	Error! Bookmark not defined.

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328





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Dear,

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Sincerely,

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Intend to submit the title of the Final Project named: 1. Calories Calculator And Android Suggester Android App, the submission letter for the as an approval. title of this project is made, If the title above can be approved. Thank you for considering it

Palembang, 18 September 2023

Approved by, Supervisor

Muhammad Rizky Akbar

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This agreement was made consciously for the smoothness of completing for the final project

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Guidance consultation must be conducted at least 2 (two) times a week. The guidance is conducted on every Monday to Friday at 09.00 WIB to 16.00 WIB, which located at the politebraik Negeri Sriwijaya. Today, Monday, 18th of September 2023, we agreed to conduct a consultation on the Dipindai dengan CamScanner



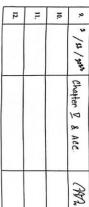
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