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WEIGHT MANAGEMENT GO MOBILE (WMGM)

SOH CHOOI YOKE

This report is submitted in partial fulfillment of the requirement for the
Bachelor of Computer Science (Software Development)

FACULTY OF INFORMATION AND COMMUNICATION TECHNOLOGY
UNIVERSITI TEKNIKAL MALAYSIA MELAKA
2012

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DECLARATION

I hereby declare that this project report entitled

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is written by me is my own effort and that no part has been plagiarized without citations.

STUDENT : _____ Date : 17/8/12
(SOH CHOOI YOKE)

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DEDICATION

I dedicate this project to those who have never failed to give me helps and moral supports, especially to my parent for giving me motivation and encouragement to reach my goal; to Dr. Sabrina for giving all the need during the time I developed my application and for teaching me that even the largest task can be accomplished if it is done one step at a time.

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ABSTRACT

Weight management go mobile is an android application that using a convenient, quick and easy way to keep weight at a healthy level. The term "weight management" is different from "dieting" because it involves not just losing weight, but more than regulating food intake. Managing weight also takes regular exercise and maintaining an overall healthy lifestyle aside from following a strict diet. Some people may go as far as going through surgery and/or medications to solve their weight problems. However, proper nutrition and taking time to lose weight are the healthiest methods to manage weight. Therefore, Weight Management Go Mobile has been developed and providing a simple tool which allows user to keep up to date and on track with their food and exercise diaries for managing their weight.

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ABSTRAK

Weight Management Go Mobile adalah aplikasi android yang menggunakan cara yang mudah dan cepat untuk menjaga berat badan pada tahap yang sihat. Istilah "pengurusan berat" adalah berbeza daripada "berdiet" kerana ia melibatkan bukan hanya kehilangan berat badan, tetapi lebih daripada mengawal selia pengambilan makanan. Pengurusan berat juga mengambil senaman yang kerap dan mengekalkan gaya hidup sihat secara keseluruhan selain daripada mengikut diet yang ketat. Sesetengah orang mungkin akan melalui pembedahan dan / atau ubat-ubatan untuk menyelesaikan masalah berat badan mereka. Walau bagaimanapun, pemakanan yang betul dan menurunkan berat badan dalam tempoh masa yang betul adalah cara tersihat untuk menguruskan berat badan. Oleh itu, Weight Management Go Mobile telah dibangunkan dan menyediakan satu cara mudah yang membolehkan pengguna mengikut perkembangan dengan diari makanan dan senaman untuk menguruskan berat badan mereka.

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LIST OF ABBREVIATIONS

ADT	-	**Ada Development Tools**
AMD	-	**Advanced Micro Devices**
API	-	**Application Programming Interface**
AVD	-	**Android Virtual Device**
BMI	-	**Body Mass Index**
BMR	-	**Basal Metabolic Index**
CPU	-	**Central Processing Unit**
DBMS	-	**Database Management System**
DCN	-	**Daily Calorie Needed**
ERD	-	**Entity relationship Diagram**
HTTP	-	**Hypertext Transfer Protocol**
IDE	-	**Integrated Development Environment**
JDK	-	**Java Development Kit**
MET	-	**Metabolic Equivalent**
MHz	-	**Megahertz**
OOAD	-	**Object Oriented Analysis and Design**
RAM	-	**Random Access Memory**
SDK	-	**Software Development Kit**
UML	-	**Unified Modelling Language**
VGR	-	**Video Graphics Array**
WMGM	-	**Weight Management Go Mobile**

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CHAPTER I

INTRODUCTION

1.1 Project Background

Nowadays, everyone owns a mobile phone with them. The mobile phone becomes the most important device in our daily life. The mobile phone will help in all the necessary times. The greatest advantage with the mobile phone is we can carry the mobile phone to anywhere. Other than making calls to other we have a lot of functions with the mobile phone. The mobile phone is like a small computer. The entire basic mobile itself will have the calendar, reminder and the alarm options where we can schedule our works. So we will not miss out our activities. Mobile applications, referred to software systems operating on mobile devices, are evolving rapidly, making ubiquitous information access at anytime and anywhere a true reality.

I am going to develop the application named Weight Management Go Mobile. Reaching and maintaining a healthy weight is important for overall health and can help us prevent and control many diseases and conditions. When you have diabetes, you can take many steps to control the disease and stay as healthy as possible. One of the most important is managing your weight. We cannot deny that increasing weight do lead into serious consequences. For instance: people who are overweight or obese have a higher risk for a lot of diseases and conditions besides diabetes, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. That is why maintaining a healthy weight is so important. It helps us lower our risk for developing these problems, helps us feel good about ourselves, and gives us more energy to enjoy life.

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