

ABSTRACT

Oca Application to Reduce Weight

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SHORT INTRODUCTION

Most of all people prefer to have a thin body, but in this modern era- where all food becomes more and more delicious and harder to deny- and more over because of the technology, some people become lazy to do exercise, this can cause an increase in obesity disease. But not all of the Technologies are bad for Humans, take an example, for the problem above, I can make use of our technology, to make a reminder or a control how to make our body ideal with OCa Application in Android by looking at the calories in our bodies.

RESULT

The formula used in an application OCA is taken from several sources that have been experienced in calculating the calories in the human body. After the survey, it showed that 70% of respondents managed to lose weight in two weeks, so it can be ensured that the application OCA can accurately calculate the number of calories.

CONCLUSION

Using these applications regularly, users can know the calories and an ideal weight and lose weight by 5% of respondents in two weeks. To support weight loss still in balance and composition of the foods eaten, we can take the benefit from OCa application.

EXPERIMENTAL METHOD

Calorie is everything when it comes to how much weight you lose, if you consume less than you burn over time you lose weight. The opposite is also true. If you consume more calories than you burn, you gain weight. So In OCa App, this App calculated user's calories first, and then when users do an activity, it will calculate whatever the users add or burn calories in their body. Using Android Studio and SQLite to make the program,

PURPOSE

The purpose of the application is to make people who use this application be able to control their calories in their bodies, so they can make a weight loss, and still stay healthy through the process of weight loss.

KEYWORD

Calories, weight, Obesity, Food, Development

REFERENCE

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