

## ABSTRACT

### ***SMART SCALE WITH DIETARY RECOMMENDATIONS AND EXERCISE TYPES***

*Smart Scale with Dietary Recommendations and Exercise Types is designed as an innovative solution to address the lack of awareness regarding a healthy lifestyle. This application is intended for individuals who want to monitor their weight, calculate BMI, receive meal pattern recommendations, and determine suitable types of exercise based on their diet goals. The research aims to build an effective system to support users in achieving their health targets. Problem-solving methods are employed as the primary approach, involving problem identification, literature review, and the development of the latest information technology-based system. The research results demonstrate success in constructing the Smart Scale with Meal Pattern and Exercise Recommendations, which is integrated with ultrasonic sensors, load cells, and BMI calculations. Thus, this application provides comprehensive support for individuals in achieving a healthy lifestyle and effective weight management.*

**Keywords :** Scales, BMI, Internet of Things (IoT)