

## ABSTRACT

*Health is a very important thing and should be guarded by the human body to keep it healthy, without good health, then men will be difficult to carry out everyday activities. Exercise is one way to maintain balance in the body stay fit and form an ideal body. At the time of the sport to form an ideal body, they could use the tools used everyday to support the establishment of the ideal body, examples smartphone.*

*Using the method of extreme programming which is requirement is obtained from user directly. Phases of the extreme programming starts from the exploration phase, planning phase, iteration to release phase, productionizing phase, maintenance phase, and death phase.*

*The result of reasoning is a mobile application called "IDEAL RUN" which helps users find out information activities run that has been done to establish the ideal body with the output of the application in the form of calories expended, average speed run and so on.*

**Keyword** : *Mobile Applications, Android, Extreme Programming, Sports Run, Ideal Body, Health.*