Abstract

Jogging activity is an activity of walking with gentle steps. In a study saying that excessive jogging causes fatigue and the risk of heart disease, besides that unstable body temperature also affects fatigue caused by erratic weather. In this study using pulse sensors and tmp 36 to detect body temperature and heart rate and use fuzzy logic for classification techniques. The output of this method is tired or not tired. To get data on heart rate and body temperature sensors mounted on the user's hand. Then the data is stored in the Firebase database. Furthermore, the data will be displayed through the android application. In this study, fatigue is based on the value of eligibility. The fatigue category is between 0 to 60, while the non-fatigue category is 50 to 100. So the research can detect the level of user fatigue based on the value obtained on the sensor.

Keyword : Jogging , *Fuzzy Logic* , Tmp36 , Pulse Sensor , *Classification*