

ABSTRACT

Along with the development of technology that is getting faster and more sophisticated. Accelerometer technology can be used to measure acceleration when running or counting footsteps. Accelerometers can be used as human support. Related this has the advantage, especially for checking acceleration and steps. Instead, the accelerometer is used to calculate movement, detect vibrations and can be used for gravitational acceleration. 3-axis motion detection: left-right, up-down and back-forth.

Weight in reaching the ideal level takes time from daily activities, which results in calories burned every day by comparing the person's weight. The ideal weight is very good especially in the field of care, athletes, or other parts that demand an ideal body shape such as models or artists.

To refer to human needs that are packaged in a system to make it easier for humans to carry out all their activities. In detail, activities that require high accuracy or are carried out many times, an example of measuring the parameters of a person's caloric value in determining body weight. . Body weight is one of the most important parameters for assessing the condition of a person's body. Weight information is usually obtained from scale readings.

Keywords : Accelerometer, Calorie Results, Weight Loss