ABSTRACT

As the times develop more and more forward, making any activity carried out becomes easy and practical. This makes most of the *user*s rarely exercise and do not maintain their food patterns. Some of the problems that will arise include a lack of personal health that is raised by the emergence of diseases due to these habits. Of course, knowing this, many applications have sprung up to make *user*s live a healthy life. But of the many existing applications, there are shortcomings in the features discussed that make it necessary to install many related applications. Therefore, we plan to create an application that covers all aspects of healthy living.

The application created, Fielthy, is an application that combines all aspects of healthy living proposed by the Ministry of Health, namely CERDIK. There are six features in Fielthy, namely *Med-Check*, *Physical Activity*, *Nutrition*, *Stress Management*, *Smoker Cessation*, Rest Pattern. This application is designed to be accessible to the general public to find out about healthy living. This application uses GPS technology to make it easier for *user*s to exercise, and the usage history feature to find out the *user*'s progress while using this application.

The results of the test show that the Fielthy application can run on the Android 8.1 system and above. In testing the ease of the Fielthy application getting a good score, which in using the System Usability Scale (SUS) method gets a result of 82.55 which is included in category A. The use of this application is expected to change people's lifestyles and be more active in maintaining health. In the Fielthy application get accurate results according to data that has been verified by the health agency. In testing the accuracy of the Fielthy application on GPS on the Physical feature, the error rate value is 10.42% in the balke test and 7.6% in the 6MWT test.

Keywords: Fielthy, health application, CERDIK, System Usability Scale (SUS), Healthy Living, *Med-Check*, *Physical Activity*, *Nutrition*, *Stress Management*, *Smoker Cessation*, Rest Pattern.