

FOREWORD

All praise and thanks go to God Almighty, the Most Glorified and Most High, for His endless love and grace, which allowed the author to finish the Final Project for their Undergraduate Thesis titled “Implementation of Diet and Physical Exercise Recommendation Systems Using XGBoost” on time. This project was created as part of the requirements to complete their studies at the Faculty of Electrical Engineering, Undergraduate Program in Biomedical Engineering, Telkom University.

This Final Project marks the author's last step as a student at Telkom University. They hope this work will contribute meaningfully to future research in similar fields. The process of completing this project would not have been possible without the support, guidance, and encouragement from various parties. The author acknowledges that there may still be some mistakes or shortcomings in this work, even though they have put in their best effort. Therefore, the author is open to receiving constructive feedback and suggestions for future improvements.