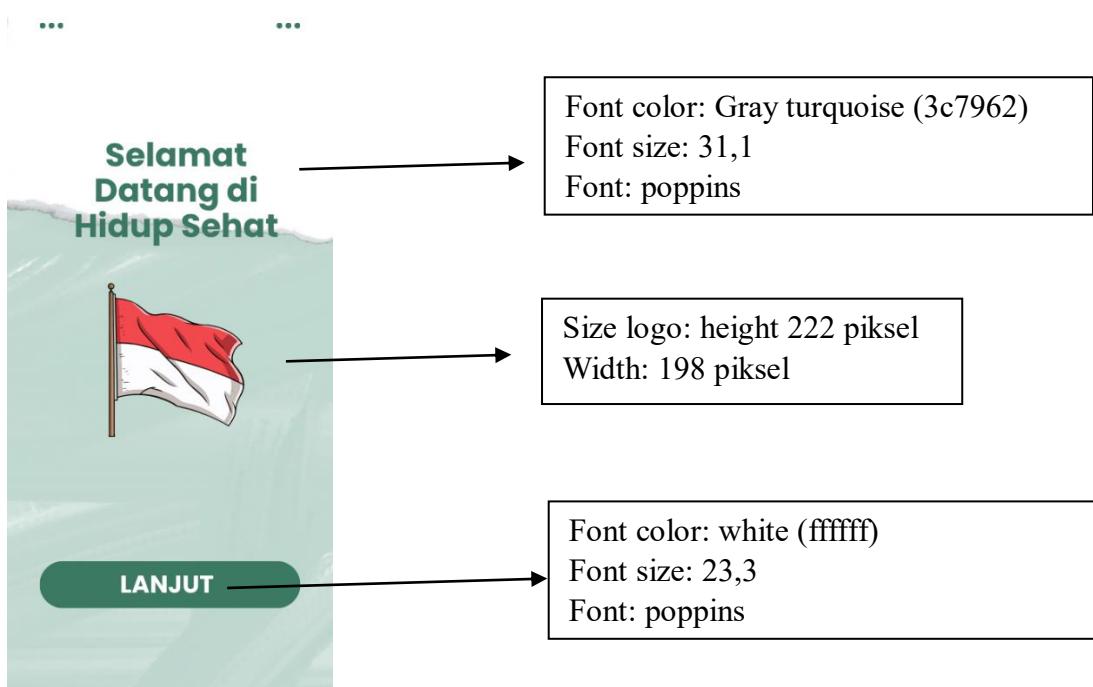
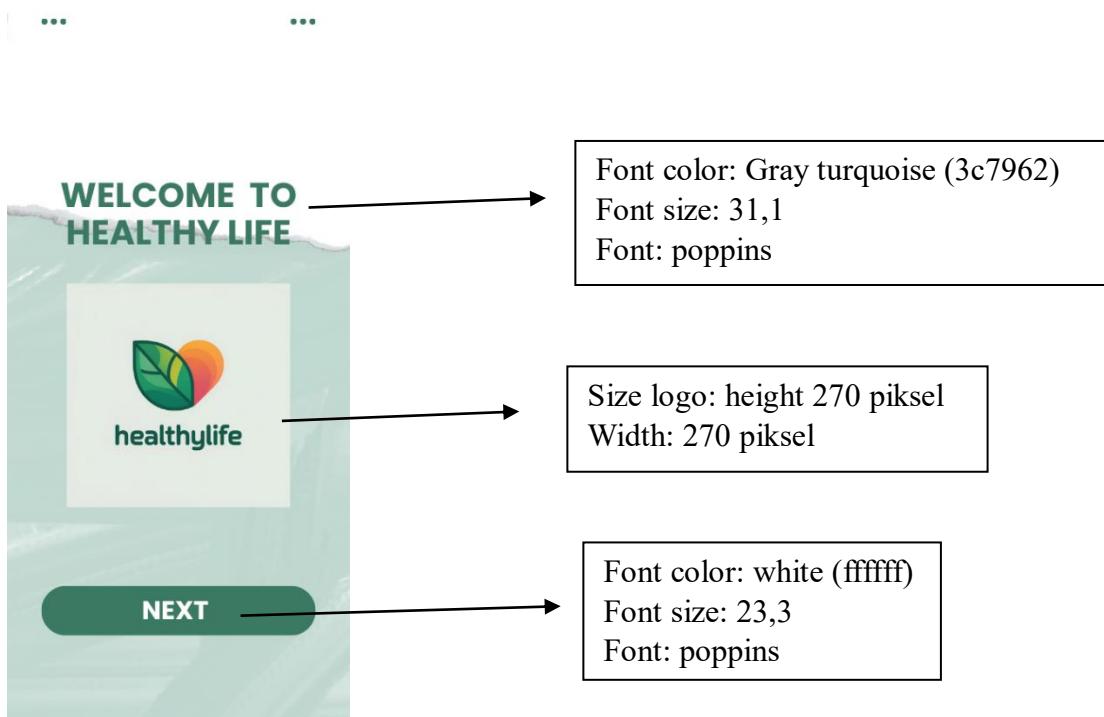
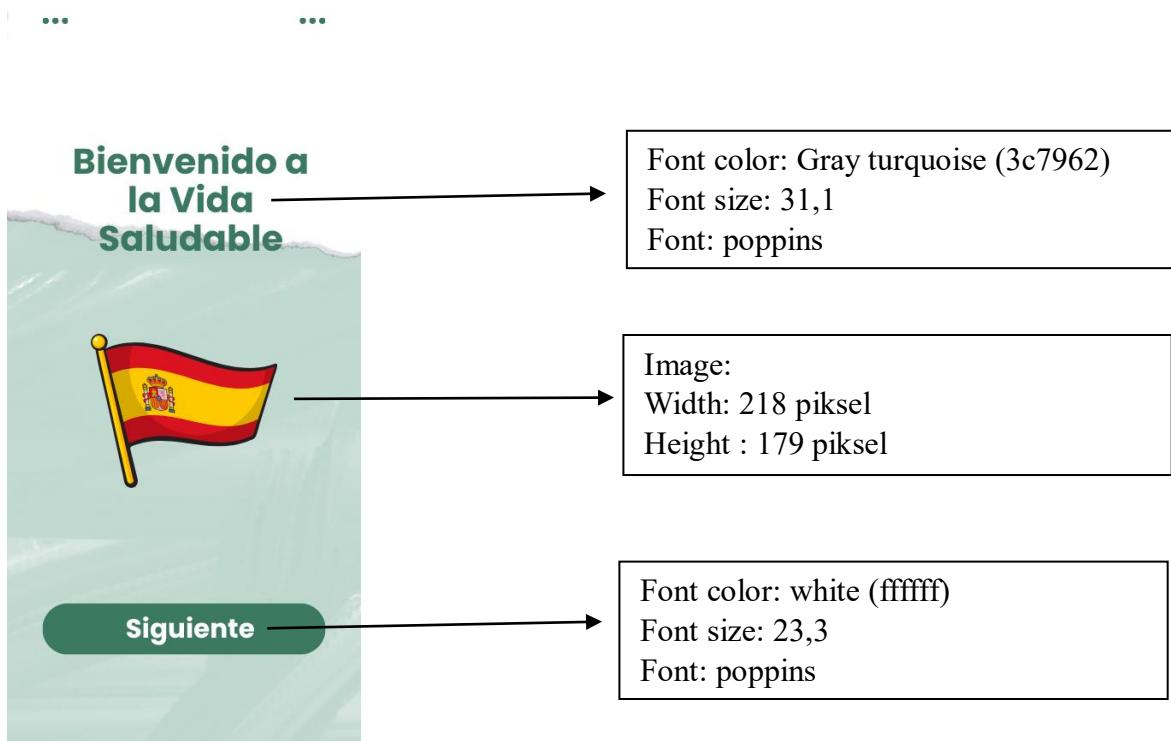
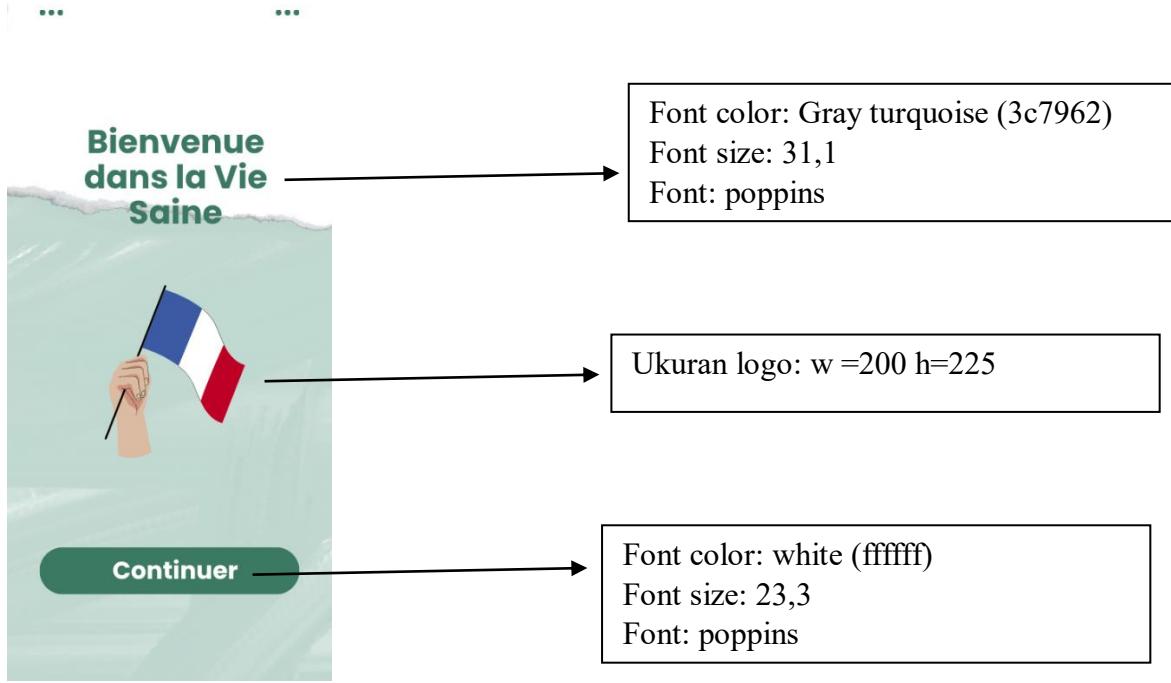
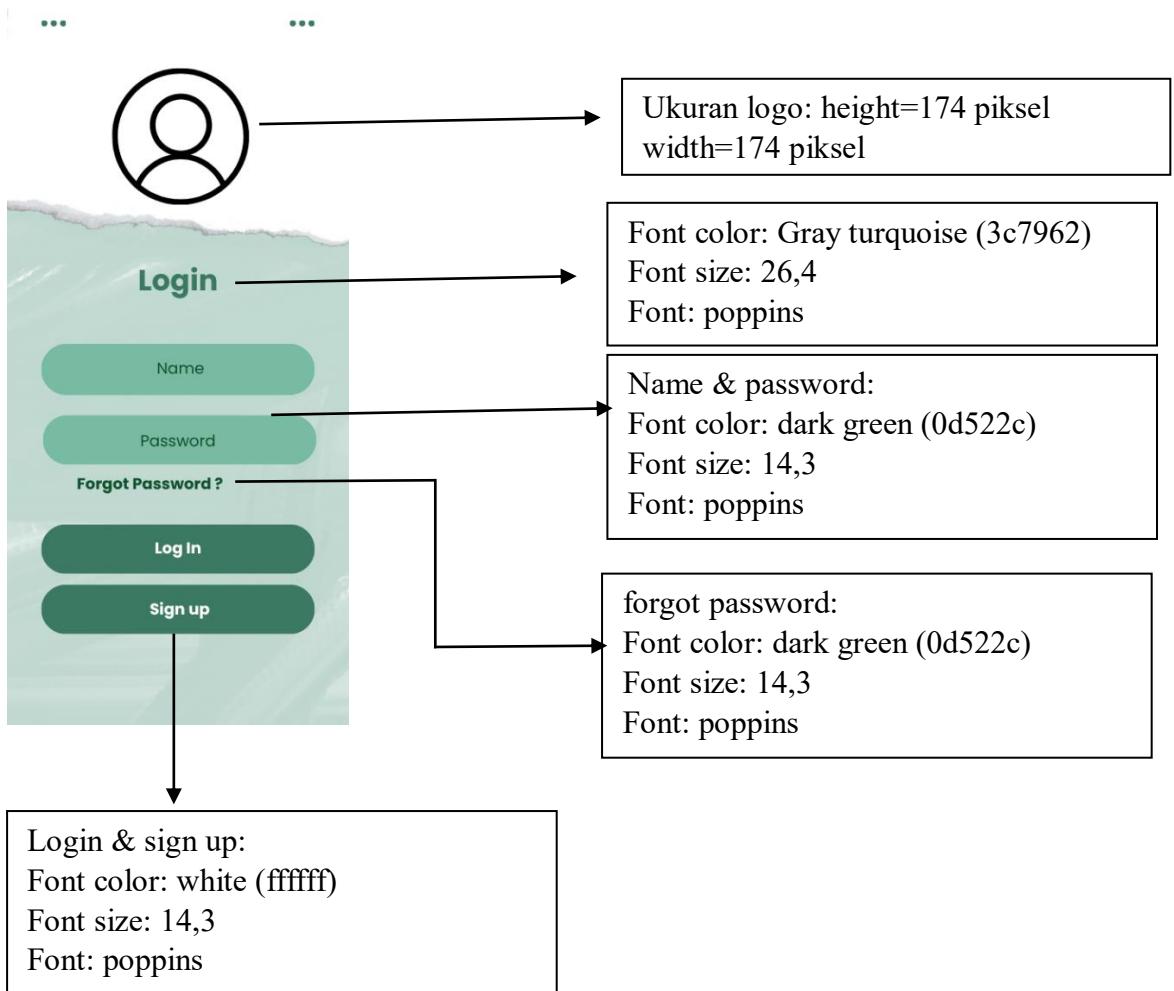
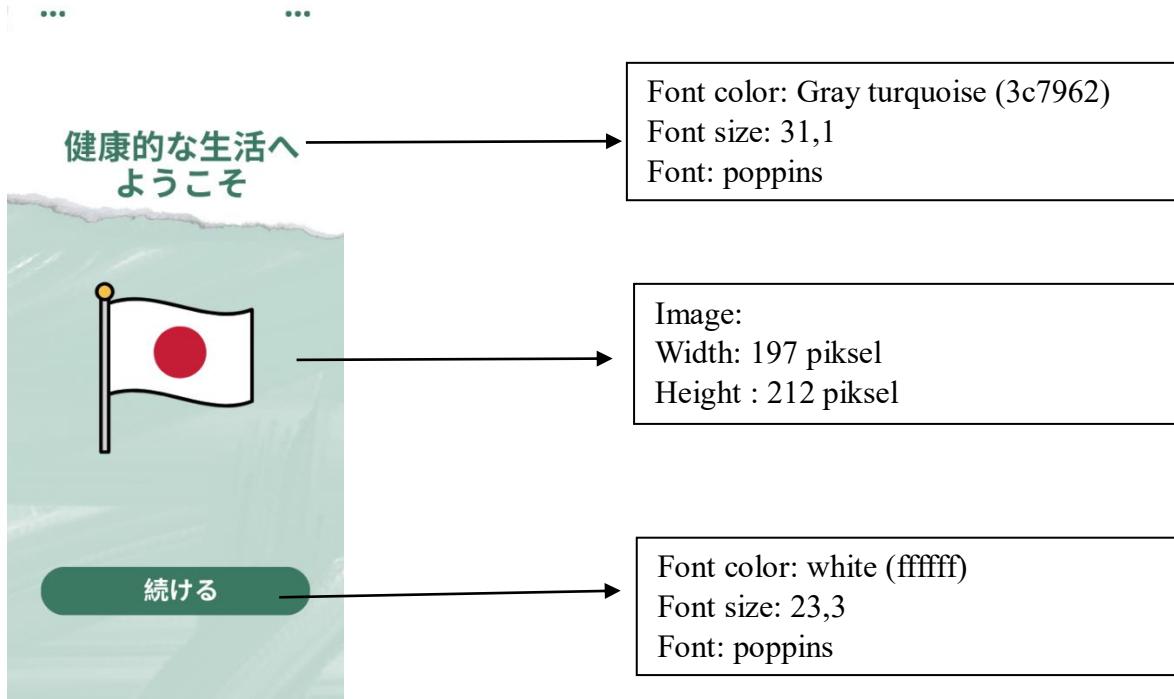


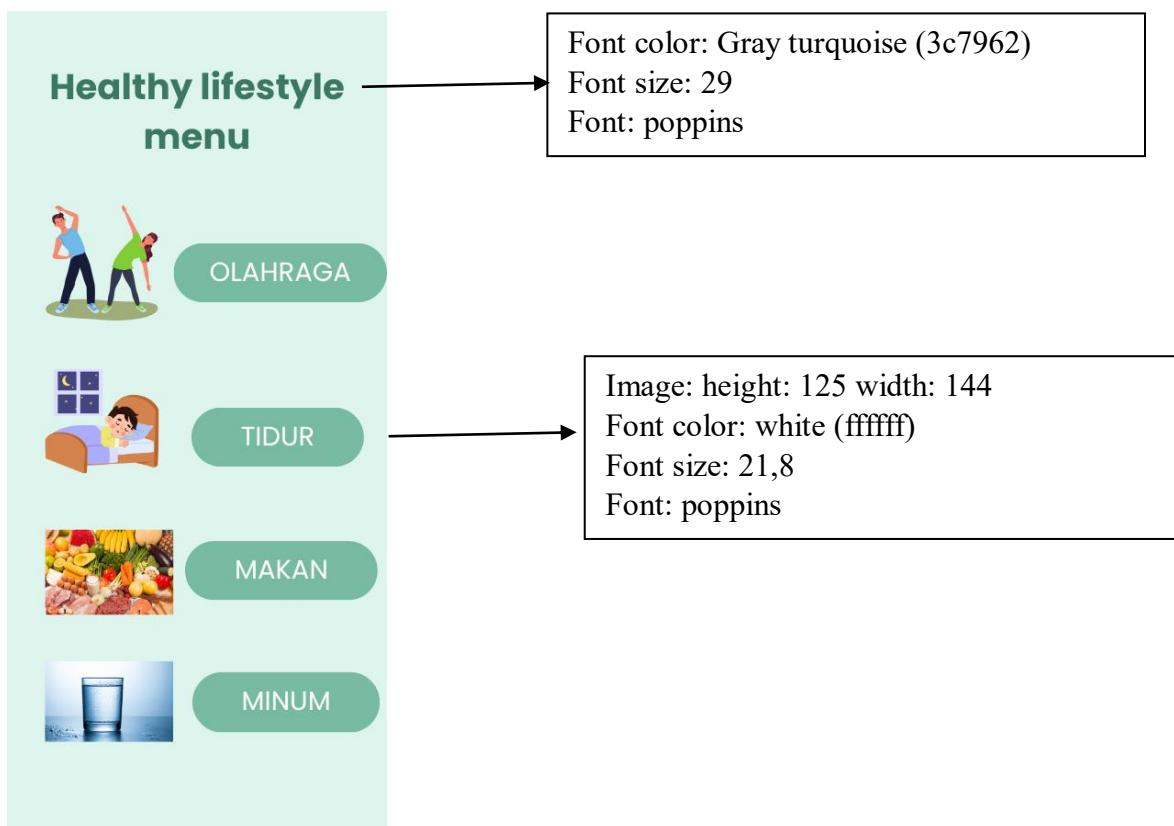
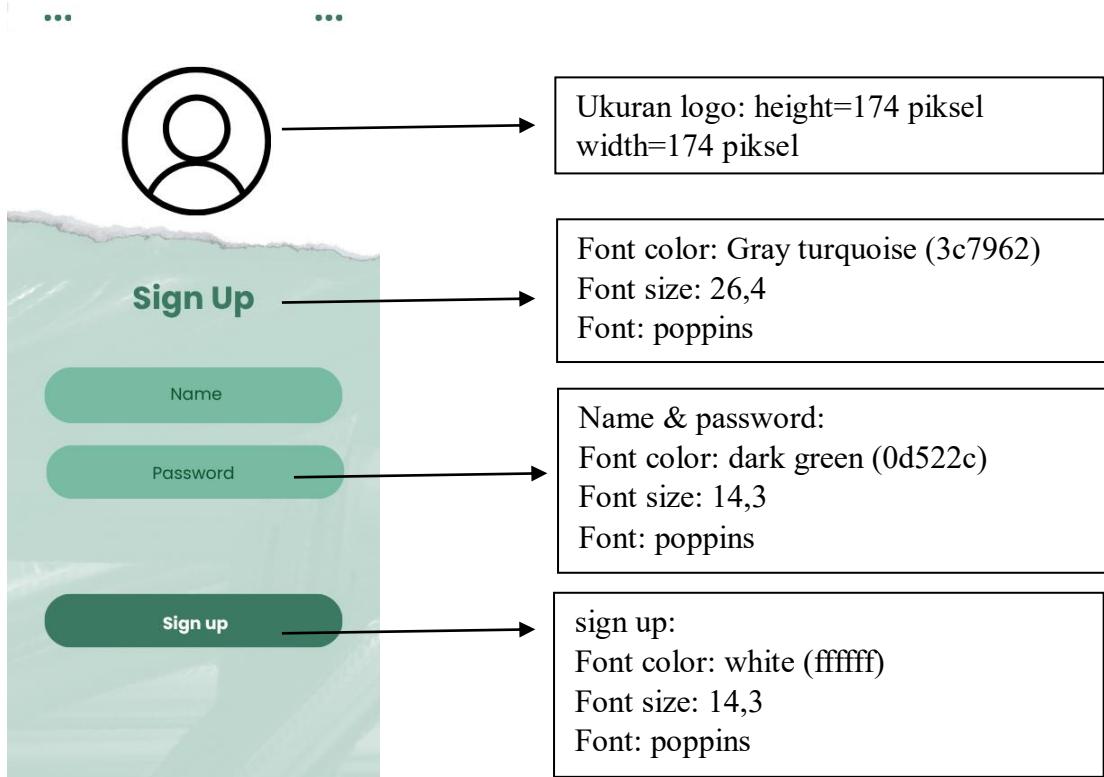
NAMA : LIA WIDYAWATI
NIM : 312410115
KELAS : TI.24.C2
MATKUL : PEMOGRAMAN MOBILE

DESIGN UI APLIKASI HEALTHY LIFESTYLE











← OLAHRAGA



Lakukan olahraga
30 menit setiap hari

Mulai Latihan

Font color: Gray turquoise (3c7962)
Font size: 36
Font: poppins

Image:
Height : 228 piksel
Width:222piksel

Font color: Gray turquoise (3c7962)
Font size: 23
Font: poppins

Font color: white (ffffff)
Font size: 17,3
Font: poppins

← OLAHRAGA



Kalori 180

Menit 30

Hari 5

SELESAI

Font color: Gray turquoise (3c7962)
Font size: 36
Font: poppins

Image:
Height : 228 piksel
Width:222piksel

Font color: Gray turquoise (3c7962)
Font size: 23
Font: poppins

Font color: white (ffffff)
Font size: 17,3
Font: poppins

TIDUR CUKUP



Target tidur 7–8 jam per hari

Jam Tidur: 22:00 ⓘ

Jam Bangun: 06:00 ⓘ

Simpan Jadwal

Font color: Gray turquoise (3c7962)
Font size: 36
Font: poppins

Image:
Height : 172 piksel
Width: 188 piksel

Font color: Gray turquoise (3c7962)
Font size: 23
Font: poppins

Font color: white (ffffff)
Font size: 17,3
Font: poppins

MAKANAN SEHAT



Sayuran ✓



Buah ✓



Protein ✓



Simpan Catatan

Font color: Gray turquoise (3c7962)
Font size: 36
Font: poppins

Image:
Height : 209 piksel
Width: 139 piksel

Image h=91 w=137
Font color: Gray turquoise (3c7962)
Font size: 28

Font color: white (ffffff)
Font size: 17,3
Font: poppins



MINUM AIR



Jumlah gelas hari ini
Max 8 gelas

5 gelas

Simpan Catatan

Font color: Gray turquoise (3c7962)
Font size: 36
Font: poppins

Image:
Height : 342 piksel
Width: 165 piksel

Font color: Gray turquoise (3c7962)
Font size: 23
Font: poppins

Font color: white (ffffff)
Font size: 17,3
Font: poppins