1. Homepage

```
<section class="page-section cta">
<div class="container">
  <div class="row">
    <div style="font-size:30px" class="col-xl-9 mx-auto">
    Daftar Makanan
    <br>
      <div class="cta-inner text-center rounded">
      <form action="" method="post">
    <input type="text" name="keyword" size="30" autofocus placeholder="cari makanan" autocomplete="off">
    <button type="submit" name="cari">Cari</button>
</form>
<br>
<!-- Food Table -->
<table style="font-size:20px" id="t01" border="1" cellpading="20" cellspacing="0">
    <tr>
        <th>No.</th>
        <th>Nama</th>
        <th>Kalori (100gr)</th>
    </tr>

    <!-- Mengambil Data dari Database -->
    <?php $i = 1; ?>
    <?php foreach( $makanan as $row ): ?>
    <tr>
        <td ><?php echo $i; ?></td>
        <td><?php echo $row["nama"]; ?></td>
        <td><?php echo $row["kalori"]; ?></td>
    </tr>
    <?php $i++; ?>
    <?php endforeach; ?>
</table>
      </div>
      </div>
    </div>
  </div>
</section>
```
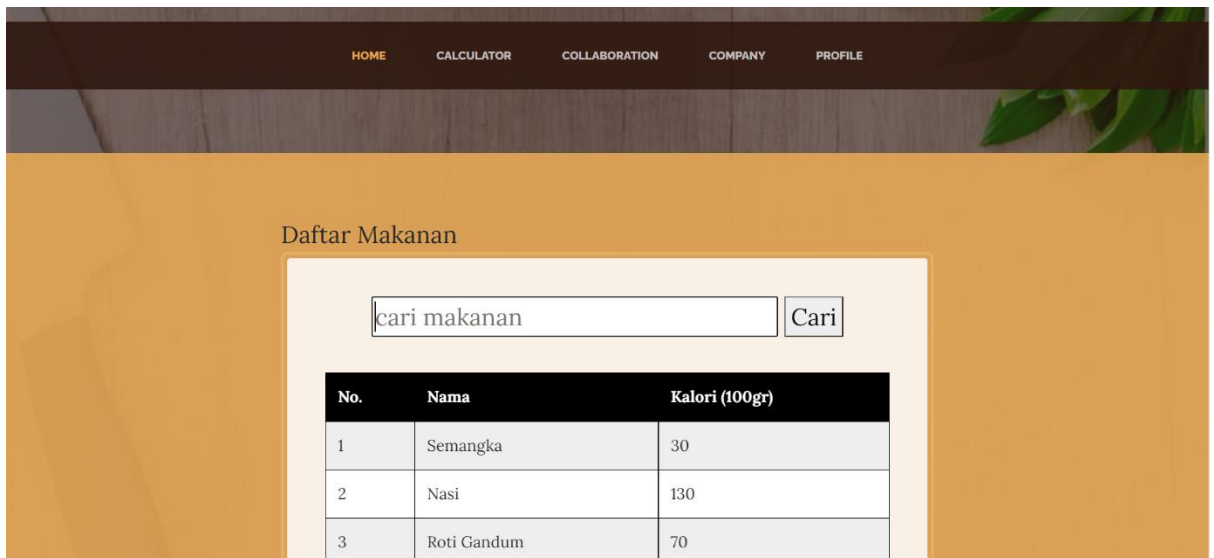
I am using table to show the database of food and calories. User can search for food and their calories.

Daftar Makanan

No.	Nama	Kalori (100gr)
1	Semangka	30
2	Nasi	130
3	Roti Gandum	70

```php
require 'function.php';
    $id = $_GET["id"];

    if( hapus($id) > 0 )
    {
        echo "
                <script>
                    alert('Data berhasil dihapus!');
                    document.location.href = 'index.php';
                </script>
        ";
        echo "
            <script>
                alert('Data gagal dihapus!');
                document.location.href = 'index.php';
            </script>
        ";
    }
?>
```

This part from hapus.php, admin can delete food from database.

```php
// Koneksi ke Database
$conn = mysqli_connect("localhost", "root", "", "pizzaman");

// Cek apakah tombol submit sudah ditekan?
if( isset($_POST["submit"]) )
{
    // Cek apakah data berhasil ditambahkan atau tidak
    if( tambah($_POST) > 0)
    {
        echo "
            <script>
                alert('Makanan berhasil ditambahkan!');
            </script>
        ";
    }
    else
    {
        echo "
            <script>
                alert('Makanan gagal ditambahkan!');
            </script>
        ";
    }
}
```

This part from tambah.php, admin can add food and calories to database

```php
// Cek apakah tombol submit sudah ditekan?
if( isset($_POST["submit"]) )
{
    // Cek apakah data berhasil diubah atau tidak
    if( ubah($_POST) > 0)
    {
        echo "
            <script>
                alert('Data berhasil diubah!');
                document.location.href = 'index.php';
            </script>
        ";
    }
    else
    {
        echo "
            <script>
                alert('Data gagal diubah!');
                document.location.href = 'index.php';
            </script>
        ";
    }
}
```

This part from ubah.php, admin can make a change of food from database.

2. Profile

3. Company

4. Product or Service

```html
<section class="page-section cta">
    <div class="container">
        <div class="row">
            <div style="font-size:30px" class="col-xl-9 mx-auto">
            Kalkulator Kalori
                <div style="font-size:20px" class="cta-inner text-center rounded">
                    <form method="POST" action="aksi1.php" enctype="multipart/form-data">
                    <label>
                        Tinggi Badan :
                    </label>
                    <input name="tinggibadan" placeholder="dalam cm" type="number" required /><p></p>
                    <label>
                        Berat Badan :
                    </label>
                    <input name="beratbadan" placeholder="dalam kg" type="number"  required /><p></p>
                    <label>
                        Usia :
                    </label>
                    <input name="usia"  type="number" placeholder="dalam tahun"  required /><p></p>
                    <label>
                        Aktivitas :
                    </label>
                    <select name="aktivitas" required />
                    <option value="sedentary">
                        Sedentary (Pekerja Kantoran/Mahasiswa/Kaum Rebahan)
                    </option>
                    <option value="sedang">
                        Sedang (Guru/Dosen/Tukang Antar Barang)
                    </option>
                    <option value="berat">
                        Berat (Atlit/Kuli)
                    </option>
                    </select>
                <p></p>
                <label>
                    Kelamin :
```
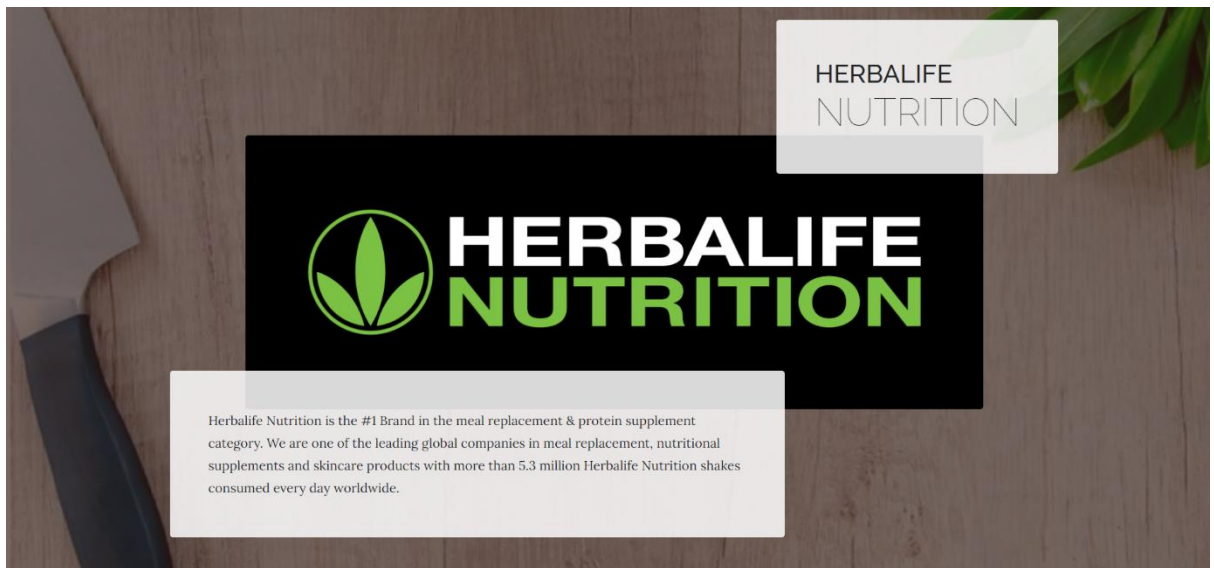
In this part, user can find out their TDEE (Total Daily Energy Expenditure) and BMI (Body Mass Index) by filling their Weight, Height, Age, Activity and Sex.

```php
    // The Calculator
if ($kelamin == "pria" && $aktivitas == "sedentary")
{
  $kalori = round(((88.362 + (13.397 * $beratbadan) + (4.799 * $tinggibadan) - (5.677 * $usia)) * 1.2),0);
  $bmi = round(($beratbadan / ($tinggibadan1 * $tinggibadan1)),1);

  if ($bmi<18.5)
  {
    $golongan = "Underweight";
  }

  elseif($bmi>=18.5 && $bmi<=24.9)
  {
    $golongan = "Ideal";
  }

  elseif($bmi>=25 && $bmi<=29.9)
  {
    $golongan = "Overweight";
  }

  elseif($bmi>=30)
  {
    $golongan = "Obesitas";
  };
  ?>
```

This is the calculation of TDEE and BMI

5. Collaboration

BYE OBESITY, HELLO HEALTHY LIFE

ABOUT MY WEBSITE

There are many cases of obesity in Indonesia. I offer a calorie counter application service so that people can find out their calorie needs per day so that the incoming calories are not excessive