

## **DESIGN AND BUILD A BODY CONDITION TOOL BASED ON ARDUINO UNO**

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### **ABSTRACT**

*The body mass index (BMI) is something that people rarely know about, and some people don't even know what the body mass index is. To find out the body mass index, calculations must be done, but due to the lack of public interest in what body mass index is, we can actually anticipating about diseases that might come because our bodies are not in a state of proportion, in determining body mass index there are two things that are needed, namely we need to know how much we weigh and how tall we are, so we need two measuring instruments to find out how high and weight makes it this is not efficient. In this case the author wants to make a tool that can measure height, weight and provide information about how much and in which part a person's body mass index is classified. From that the authors made a test on the Design and Build of an Arduino Uno-Based Body Condition Tool, where this tool can measure height, weigh weight and provide information on a person's body mass index, which is equipped with an HC-SR04 sensor as a height meter, 150 Load Cell sensor Kg as well as a 20 x 4 LCD as a display of the user's height, weight and body mass index.*

**Keyword : IMT, HC-SR04, Load Celll**