

DAFTAR PUSTAKA

- [1] W. Murti and N. Lestari, “Analisis Dan Perancangan Aplikasi Pengatur Pola Hidup Sehat Berbasis Android,” *J. Inform. Komput.*, vol. 9, no. 2, pp. 82–95, 2018.
- [2] PT AIA FINANCIAL, “Riset AIA Healthy Living Index Ungkap Tingkat Kepuasan Masyarakat Asia Pasifik Terhadap Kesehatan Menurun,” *Aia*, p. 3, 2018.
- [3] Y. Prasetyo, “Kesadaran Masyarakat Berolahraga Untuk Peningkatan Kesehatan Dan Pembangunan Nasional,” *Medikora*, vol. 11, no. 2, pp. 219–228, 2015.
- [4] R. M. Eime, W. R. Payne, and J. T. Harvey, “Making sporting clubs healthy and welcoming environments: A strategy to increase participation,” *J. Sci. Med. Sport*, vol. 11, no. 2, pp. 146–154, 2008.
- [5] E. Prasetyo and K. Hernawati, “Pengembangan Aplikasi Untuk Menentukan Pola Hidup Sehat Berbasis Web Application Development of Web-Based for Determining Healthy,” pp. 1–11, 2018.
- [6] S. J. Park, M. Lim, M. Kim, Y. Han, and J. H. Choi, “Mobile personal sports activity management app,” *Proc. Int. Symp. Consum. Electron. ISCE*, pp. 1–2, 2014.
- [7] V. Cotton and M. S. Patel, “Gamification Use and Design in Popular Health and Fitness Mobile Applications,” *Am. J. Heal. Promot.*, vol. 33, no. 3, pp. 448–451, 2019.
- [8] T. M. Fleming *et al.*, “Serious games and gamification for mental health: Current status and promising directions,” *Front. Psychiatry*, vol. 7, no. JAN, 2017.
- [9] Risal, “Pembangunan Gamification (Game Mechanics) Framework,” *Inst. Teknol. Bandung*, vol. 1, no. Gamification, p. 6, 2013.
- [10] D. Pramana, “Perancangan Aplikasi Knowledge Sharing Dengan Konsep Gamification,” pp. 202–211.
- [11] “Koleksi Buku 2005 Metode penelitian / Moh . Nazir,” p. 29983, 2020.
- [12] R. Pressman, “Breathing New Life into the Waterfall Model,” *IEEE Software*. 1997.
- [13] S. Notoatmodjo, *Promosi Kesehatan dan Perilaku Kesehatan*. 2012.
- [14] Hardiansyah and I. D. Supariasah, *Ilmu Gizi Teori dan Aplikasi*. 2017.
- [15] K. Suryaputra and S. R. Nadhiroh, “Perbedaan Pola Makan Dan Aktivitas

- Fisik Antara Remaja Obesitas Dengan Non Obesitas,” *Makara, Kesehat.*, 2012.
- [16] C. Noecker and E. Borenstein, “Getting personal about nutrition,” *Trends in Molecular Medicine*. 2016.
- [17] J. A. Harris and F. G. Benedict, “A Biometric Study of Human Basal Metabolism,” *Proc. Natl. Acad. Sci.*, 1918.
- [18] Yulia, “Higiene Sanitasi Makanan, Minuman dan Sarana Sanitasi terhadap Angka Kuman Peralatan Makan dan Minum pada Kantin,” *J. Vokasi Kesehat.*, 2016.
- [19] Gustam, “Faktor Risiko Dehidrasi Pada Remaja dan Dewasa,” *Inst. Pertan. bogor*, 2012.
- [20] S. Martini, S. Roshifanni, and F. Marzela, “Pola Tidur yang Buruk Meningkatkan Risiko Hipertensi,” *Media Kesehat. Masy. Indones.*, 2018.
- [21] I. Sommerville, “Construction by configuration: Challenges for software engineering research and practice,” in *Proceedings of the Australian Software Engineering Conference, ASWEC*, 2008.
- [22] D. Basten, “Gamification,” *IEEE Softw.*, 2017.
- [23] M. Andrew, *Game Thinking*. 2015.
- [24] D. Louis, P. Müller, D. Louis, and P. Müller, “Android,” in *Android*, 2016.
- [25] J. F. DiMarzio, *Beginning Android® Programming with Android Studio*. 2016.
- [26] C. L. Sabharwal, “Thinking in Java,” *IEEE Potentials*, 1998.
- [27] S. M. Mishra, “Android SDK,” in *Wearable Android™*, 2015.
- [28] J. Rumbaugh, “Unified Modeling Language (UML),” in *Encyclopedia of Software Engineering*, 2010.
- [29] L. Welling and L. Thomson, *PHP and MySQL Web development*. 2005.
- [30] A. Joshi, S. Kale, S. Chandel, and D. Pal, “Likert Scale: Explored and Explained,” *Br. J. Appl. Sci. Technol.*, 2015.