ABSTRACT

Unhealthy lifestyles in urban areas of Indonesia are characterized by low levels of physical activity and poor dietary habits, which increase the risk of chronic diseases and demand technology-based solutions. This issue is increasingly significant due to the lack of local applications that comprehensively integrate health education, activity tracking, and personalized recommendations based on user behavior. To address this challenge, this study designs a mobile-based health application interface that provides health education, tracks physical activities, and offers lifestyle suggestions tailored to user profiles and preferences. The development applies the Lean Startup approach by building a Minimum Viable Product (MVP) to validate user needs and utilizes the Scrum framework to manage iterative sprint-based development. Evaluation results indicate that the developed interface meets usability, simplicity, and efficiency criteria in supporting healthy lifestyle adoption. The main contribution of this research is an adaptive user interface design aligned with user needs and a responsive development approach that accommodates ongoing changes.

Keywords: health application, user interface, lean startup, scrum, healthy lifestyle, MVP