



Jadwal Penelitian

| No | Jadwal Kegiatan | TAHUN AKADEMIK 2018 | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|------------------------|---------------------|---|-----|---|---|---|-------|---|---|---|-------|---|---|---|-----|---|---|---|------|---|---|---|------|---|---|---|
| | | Jan | | Feb | | | | Maret | | | | April | | | | Mei | | | | Juni | | | | Juli | | | |
| | | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 1 | Pengajuan judul | ■ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Studi pendahuluan | | ■ | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Penyusunan proposal | | | ■ | ■ | ■ | | | | | | | | | | | | | | | | | | | | | |
| 4 | Seminar proposal | | | | | ■ | | | | | | | | | | | | | | | | | | | | | |
| 5 | Revisi proposal | | | | | ■ | | | | | | | | | | | | | | | | | | | | | |
| 6 | Perijinan penelitian | | | | | | ■ | ■ | | | | | | | | | | | | | | | | | | | |
| 7 | Persiapan penelitian | | | | | | | | ■ | | | | | | | | | | | | | | | | | | |
| 8 | Pelaksanaan penelitian | | | | | | | | | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ | ■ | | | | | | | | |
| 9 | Pengolahan data | | | | | | | | | | | | | | | | | ■ | ■ | | | | | | | | |
| 10 | Laporan Penelitian | | | | | | | | | | | | | | | | | | | ■ | ■ | | | | | | |
| 11 | Ujian hasil skripsi | | | | | | | | | | | | | | | | | | | | | ■ | | | | | |
| 12 | Revisi dan penjilidan | | | | | | | | | | | | | | | | | | | | | | ■ | | | ■ | |

| Tabel Berat Badan Ideal Wanita | | | | |
|---------------------------------------|--|---------------------|---|--------------|
| Tinggi | | Bentuk Badan | | |
| | | Kecil |  Sedang  | Besar |
| 147 | www.diet-turunberatbadan.com | 42 – 45 | 44 – 45 | 47 – 54 |
| 150 | | 43 – 46 | 45 – 50 | 48 – 56 |
| 152 | | 44 – 47 | 46 – 51 | 50 – 58 |
| 153 | | 45 – 49 | 47 – 53 | 51 – 59 |
| 157 | | 46 – 50 | 49 – 54 | 52 – 60 |
| 160 | | 48 – 51 | 50 – 56 | 54 – 61 |
| 162 | | 49 – 53 | 51 – 57 | 55 – 63 |
| 166 | | 51 – 54 | 53 – 58 | 57 – 65 |
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| 170 | | 54 – 58 | 56 – 63 | 60 – 68 |
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| 176 | | 57 – 61 | 60 – 67 | 64 – 72 |
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