

HEALTH RECORD TRACKING WEBSITE — CANVA DESIGN TEMPLATE

Page 1 — Landing / Home Page

Title:

Smart Health Record Tracker

Subtitle:

Your Digital Partner for Monitoring Vitals, Symptoms, and Personal Health Progress.

Buttons:

Login

Create Account

Background Image:

Soft healthcare theme (nurse + patient, stethoscope, medical icons).

Sections to Include:

“Track your health”

“Monitor symptoms daily”

“Access your records anytime”

“Designed for patients & student nurses”

Page 2 — Login Page

Title:

Secure Login

Fields:

Email

Password

Buttons:

Login

Forgot Password

Note:

“Your data is encrypted and securely stored.”

Page 3 — User Dashboard

Title:

Hello, [User Name]

Widgets to include using Canva shapes:

- 1. Blood Pressure — (Number reading: e.g., 120/80)**
- 2. Heart Rate — (75 bpm)**
- 3. Temperature — (36.8°C)**
- 4. Blood Sugar — (90 mg/dl)**

Side Navigation:

Dashboard

My Health Records

Input New Record

Messages

Settings

Page 4 — Add Health Record Page

Title:

Add New Health Record

Form Fields:

Date

Blood Pressure

Heart Rate

Temperature

Symptoms

Medications

Notes

Button:

Save Record

Design Tip:

form-style layout with bordered fields.

Page 5 — Patient Health Record Page

Title:

My Health Records

Sections:

Vitals History Table

Symptoms History

Medications Used Over Time

Include Charts (Use Canva line/bar charts):

Blood pressure trend

Blood sugar trend

Heart rate trend

Page 6 — About the Platform

Title:

Why This Health Tracker Matters

Points:

Helps students and patients monitor daily health

Improves early detection of changes

Supports nursing care plans

Helps maintain consistent health history

Icons:

Canva health icons.

Page 7 — Contact / Support Page

Title:

Need Help?

Sections:

Contact Email

Emergency Line (If needed)

FAQ Section

Color Palette

Medical Blue (#0A74BB)

Soft Green (#4CAF50)

Light Grey (#F5F5F5)

White (#FFFFFF)