

# **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)