FORMS:

```html
<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Document</title>

    <link rel="stylesheet"
href="https://stackpath.bootstrapcdn.com/bootstrap/4.1.3/css/bootstrap.min.css"
integrity="sha384-
MCw98/SFnGE8fJT3GXwEOngsV7Zt27NXFoaoApmYm81iuXoPkFOJwJ8ERdknLPMO"
crossorigin="anonymous">

</head>

<body>

    <div class="container">

        <h2>Sample Form</h2>

        <form>

            <div class="form-group">

                <label for="firstName">First Name:</label>

                <input type="text" class="form-control" id="firstName" placeholder="Enter your first
name">

            </div>


            <div class="form-group">

                <label for="lastName">Last Name:</label>

                <input type="text" class="form-control" id="lastName" placeholder="Enter your last
name">

            </div>


            <div class="form-group">

                <label for="email">Email:</label>

                <input type="email" class="form-control" id="email" placeholder="Enter your email
address">
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            </div>


        <div class="form-group">

            <label for="message">Message:</label>

            <textarea class="form-control" id="message" rows="5" placeholder="Enter your
message"></textarea>

            </div>


        <button type="submit" class="btn btn-primary">Submit</button>

        </form>

    </div>


    <!-- Include Bootstrap and jQuery JavaScript -->

    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.6.0/jquery.min.js"></script>

    <script src="https://maxcdn.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"></script>

</body>

</html>
```
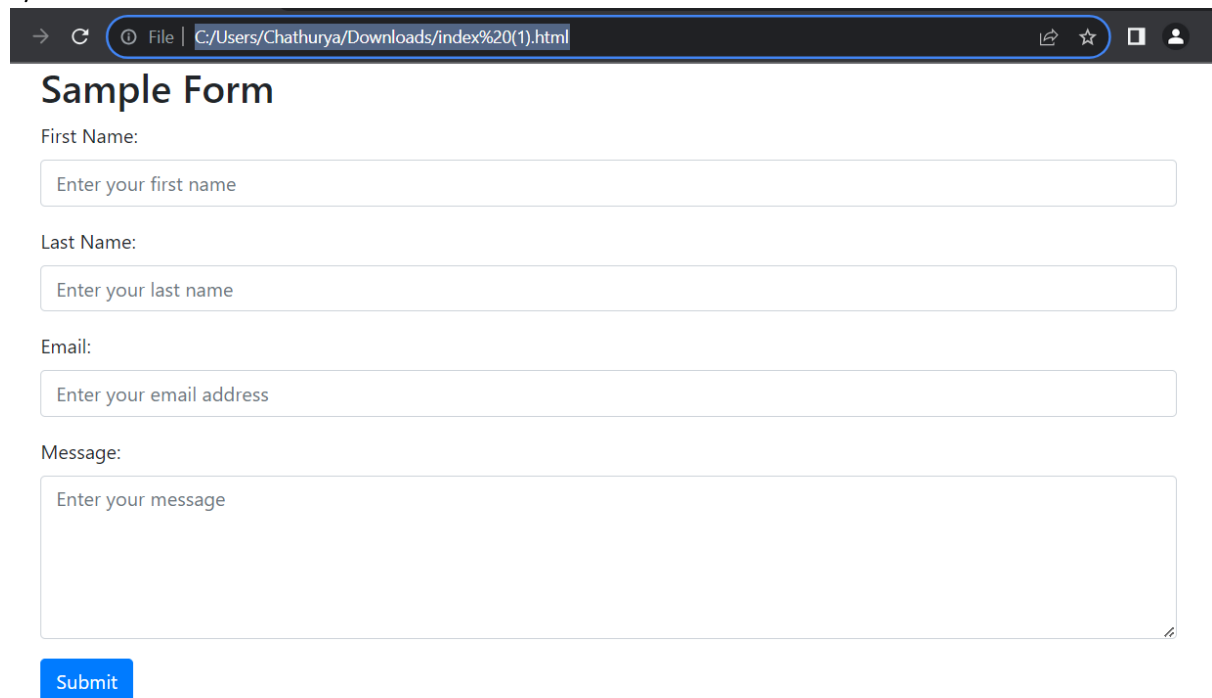

Sample Form

First Name:

Enter your first name

Last Name:

Enter your last name

Email:

Enter your email address

Message:

Enter your message

Submit