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FORMS:
<!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"</pre>
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>

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         Sample Form
          First Name:
              Enter your first name
         Last Name:
             Enter your last name
         Email:
              Enter your email address
          Message:
              Enter your message
              Submit
```