```html
<!DOCTYPE html>
<html lang="en">

  <head>
    <meta charset="UTF-8" />
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <title>Forgot Password</title>
    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/css/bootstrap.min.css" rel="stylesheet">
      <script src="static/forget_pwd.js"></script>

<style>


.list-group {
    margin: 10px 0;
}


.list-group-item {
    margin: 0;
    padding: 0;
}


.alert {
    margin: 0;
}
```

```html
    </style>

  </head>

  <body>
   {% with messages = get_flashed_messages() %}
    {% if messages %}
    <ul class="flashes list-group">
      {% for message in messages %}
      <li class="list-group-item">
        <div class="alert alert-danger">{{message}}</div>
      </li>
      {% endfor %}
    </ul>
    {% endif %}
{% endwith %}
    <div class="container d-flex flex-column">
     <div class="row align-items-center justify-content-center
       min-vh-100">
      <div class="col-12 col-md-8 col-lg-4">
       <div class="card shadow-sm">
        <div class="card-body">
         <div class="mb-4">
          <h5>Forgot Password?</h5>
          <p class="mb-2">Enter your registered email ID to send your password
          </p>
         </div>
```

```html
<form method="POST" action="/forget_password" name="forgetpwd" onsubmit="return validateform()">
    <div class="mb-3">
        <label for="email" class="form-label">Email</label>
        <input type="email" id="email" class="form-control" name="email" placeholder="Enter Your Email" id="email"
            required="">
    </div>
    <div class="mb-3 d-grid">
        <input type="submit" class="btn btn-primary value="Send Password>
        </input>
    </div>
    <span>Don't have an account? <a href="/sign_up">sign up</a></span>
</form>
            </div>
        </div>
    </div>
  </div>
 </body>

</html>
```