```css
body {
  font-family: Arial, sans-serif;
  background-color: #f7f7f7;
  color: #333;
  margin: 0;
  padding: 0;
}

header {
  background-color: #4CAF50;
  color: white;
  padding: 15px;
  text-align: center;
}

nav a {
  color: white;
  margin: 0 10px;
  text-decoration: none;
}

section {
  padding: 20px;
  margin: 10px;
  background-color: white;
  border-radius: 8px;
}

button {
  background-color: #4CAF50;
  color: white;
  border: none;
  padding: 8px 12px;
  cursor: pointer;
  border-radius: 4px;
}

textarea {
  width: 100%;
  height: 80px;
  padding: 8px;
  margin: 5px 0;
  border-radius: 4px;
  border: 1px solid #ccc;
}
```