<form action="process.php" method="post">

<label for="name">Name:</label>

<input type="text" id="name" name="name" required>

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

<input type="email" id="email" name="email" required>

<label for="subject">Subject:</label>

<input type="text" id="subject" name="subject" required>

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

<textarea id="message" name="message" required></textarea>

<button type="submit">Send Message</button>

</form>

function validateForm() {

var name = document.getElementById("name").value;

var email = document.getElementById("email").value;

var subject = document.getElementById("subject").value;

var message = document.getElementById("message").value;

if (name == "" || email == "" || subject == "" || message == "") {

alert("Please fill in all fields");

return false;

}

var emailRegex = /^\S+@\S+\.\S+$/;

if (!emailRegex.test(email)) {

alert("Please enter a valid email address");

return false;

}

return true;

}

<?php

$name = $\_POST['name'];

$email = $\_POST['email'];

$subject = $\_POST['subject'];

$message = $\_POST['message'];

$to = "youremail@gmail.com";

$headers = "From: " . $email . "\r\n" .

"Reply-To: " . $email . "\r\n" .

"X-Mailer: PHP/" . phpversion();

mail($to, $subject, $message, $headers);

echo "Thank you for contacting us! We will get back to you soon.";

?>

<form action="process.php" method="post" onSubmit="return validateForm();">

...

</form>