```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
   <title>Static HTML Page</title>
    <style>
        /* CSS styles */
        body {
            font-family: Arial, sans-serif;
           margin: 0;
            padding: 0;
        }
        header {
            background-color: #333;
            color: #fff;
            padding: 10px;
            text-align: center;
        }
        nav ul {
            list-style-type: none;
           margin: 0;
            padding: 0;
            text-align: center;
        }
        nav ul li {
            display: inline;
           margin-right: 20px;
        }
        table {
            border-collapse: collapse;
           width: 80%;
           margin: 20px auto;
        }
        table, th, td {
            border: 1px solid #333;
            padding: 8px;
            text-align: center;
        }
        form {
           width: 50%;
           margin: 20px auto;
            text-align: center;
   </style>
</head>
<body>
   <header>
        <h1>Static HTML Page</h1>
   </header>
   <nav>
        ul>
            <a href="#">Home</a>
            <a href="#">About</a>
            <a href="#">Contact</a>
        </nav>
```

```
ID
         Name
         Email
      1
         John Doe
         john@example.com
      2
         Jane Smith
         jane@example.com
      <form action="#" method="post">
      <input type="text" name="name" placeholder="Name">
      <input type="email" name="email" placeholder="Email">
      <button type="submit">Submit
   </form>
</body>
</html>
Now, let's integrate Bootstrap into the page:
html
<!DOCTYPE html>
<html lang="en">
<head>
   <meta charset="UTF-8">
   <meta name="viewport" content="width=device-width, initial-scale=1.0">
   <title>Static HTML Page with Bootstrap</title>
   link
href="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/css/bootstrap.min.css"
rel="stylesheet">
</head>
<body>
   <header class="bg-dark text-white text-center py-4">
      <h1>Static HTML Page</h1>
   </header>
   <nav class="navbar navbar-expand-lg navbar-dark bg-dark">
      <div class="container">
         class="nav-item">
                <a class="nav-link" href="#">Home</a>
             class="nav-item">
                <a class="nav-link" href="#">About</a>
             class="nav-item">
                <a class="nav-link" href="#">Contact</a>
             </div>
   </nav>
   <div class="container">
      <thead class="thead-dark">
             ID
                Name
                Email
```

```
</thead>
           1
                  John Doe
                  john@example.com
              2
                  Jane Smith
                  jane@example.com
              <form class="mx-auto my-4" action="#" method="post">
           <div class="form-group">
              <input type="text" class="form-control" name="name"</pre>
placeholder="Name">
           </div>
           <div class="form-group">
              <input type="email" class="form-control" name="email"</pre>
placeholder="Email">
           </div>
           <button type="submit" class="btn btn-primary">Submit</button>
   </div>
   <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js"></script>
   <script
src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.5.3/dist/umd/popper.min.js"><</pre>
/script>
   <script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js">
script>
</body>
</html>
```

In the Bootstrap version, I've utilized Bootstrap classes for the navigation bar, table, and form to make them more responsive and visually appealing.