<!DOCTYPE html>

<html>

<head>

<head>

<meta charset="ISO-8859-1">

<title>Insert title here</title>

</head>

<body>

<form action="Insert" method="post">

Name<input type="text" name="user"><br>

Email<input type="text" name="email"><br>

<input type="submit" name="submit">

</form>

</body>

</html>