```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport"
content="width=device-width,
initial-scale=1.0">
    <title>Tables and Forms
Example</title>
    <style>
        /* Basic CSS for styling */
        table, th, td {
            border: 1px solid black;
            border-collapse: collapse;
            padding: 8px;
        }
        form {
            margin-top: 20px;
            border: 1px solid #ccc;
            padding: 15px;
            border-radius: 5px;
```

```css
        }
        label {
            display: block;
            margin-bottom: 5px;
            font-weight: bold;
        }
        input[type="text"],
    input[type="email"], textarea {
            width: 100%;
            padding: 8px;
            margin-bottom: 10px;
            border: 1px solid #ddd;
            border-radius: 4px;
            box-sizing: border-box; /*
    Ensures padding doesn't add to the
    width */
        }
        input[type="submit"] {
            background-color: #4CAF50;
            color: white;
            padding: 10px 15px;
            border: none;
            border-radius: 4px;
            cursor: pointer;
        }
        input[type="submit"]:hover {
            background-color: #45a049;
        }
    </style>
</head>
<body>
```

```html
<h1>Example Web Page with
Tables and Forms</h1>

<h2>Data Table</h2>
<table>
  <thead>
    <tr>
      <th>Name</th>
      <th>Age</th>
      <th>City</th>
    </tr>
  </thead>
  <tbody>
    <tr>
      <td>John Doe</td>
      <td>30</td>
      <td>New York</td>
    </tr>
    <tr>
      <td>Jane Smith</td>
      <td>25</td>
      <td>Los Angeles</td>
    </tr>
    <tr>
      <td>Peter Jones</td>
      <td>40</td>
      <td>Chicago</td>
    </tr>
  </tbody>
</table>
```

```html
<h2>Contact Form</h2>
<form action="#" 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="message">Message:</label>
  <textarea id="message" name="message" rows="4"></textarea>

  <input type="submit" value="Submit">
</form>

</body>
</html>
```