

```
<?php
//setcookie("lastsave", time(), time()+20, "/");
if (!isset($_POST['email'])) {
    // if form has not been submitted display form
    // if cookie already exists, pre-fill form field with cookie value
?>

<html>
    <head><title></title></head>
<body>

    <form action="<?php echo $_SERVER['PHP_SELF']?>" method="post">
        Enter your email address: <input type="text" name="email"
            value="<?php echo $_COOKIE['email']; ?>">
        <input type="submit" name="submit">
        <?php
            // also calculate the time since the last submission
            if ($_COOKIE["lastsave"]) {
                $mins = round((time() - $_COOKIE['lastsave']) / 60);
                echo "<br /> $mins minute(s) since last submission";
            }
        ?>
    </form>

</body>
</html>

<?php
}
else {
    // if form has been submitted set cookies with form value and timestamp
    // both cookies expire after 2 minutes
    if (!empty($_POST['email'])) {
        setcookie("email", $_POST['email'], mktime()+(60*2), "/");
        setcookie("lastsave", time(), mktime()+(60*2), "/");
        echo "Your email address has been recorded.";
    }
    else {
        echo "ERROR: Please enter your email address!";
    }
}
?>
```

```
<?php
// delete cookie
//setcookie("lastsave", NULL, mktime()-60, "/");

?>
</body>
</html>
```