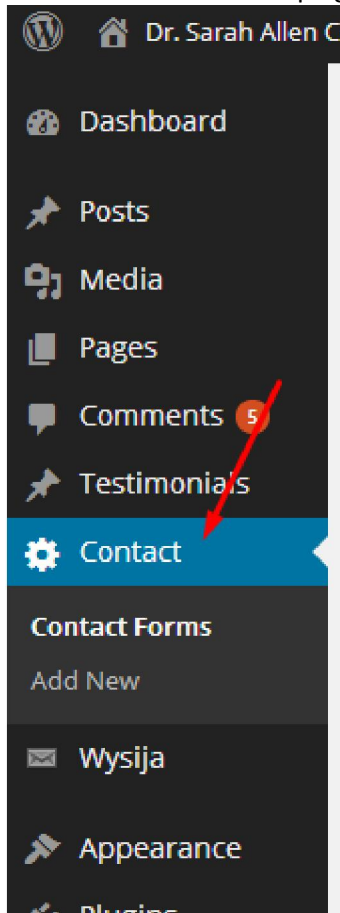
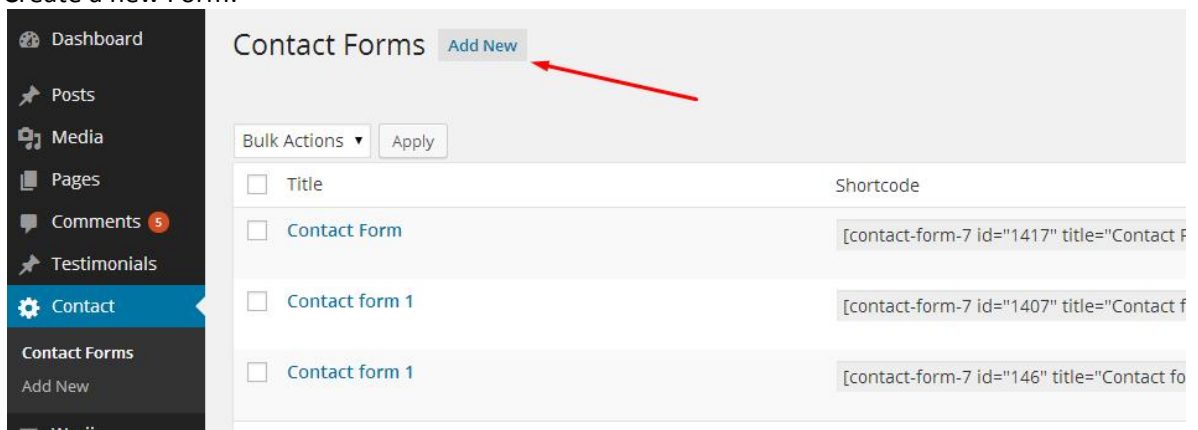


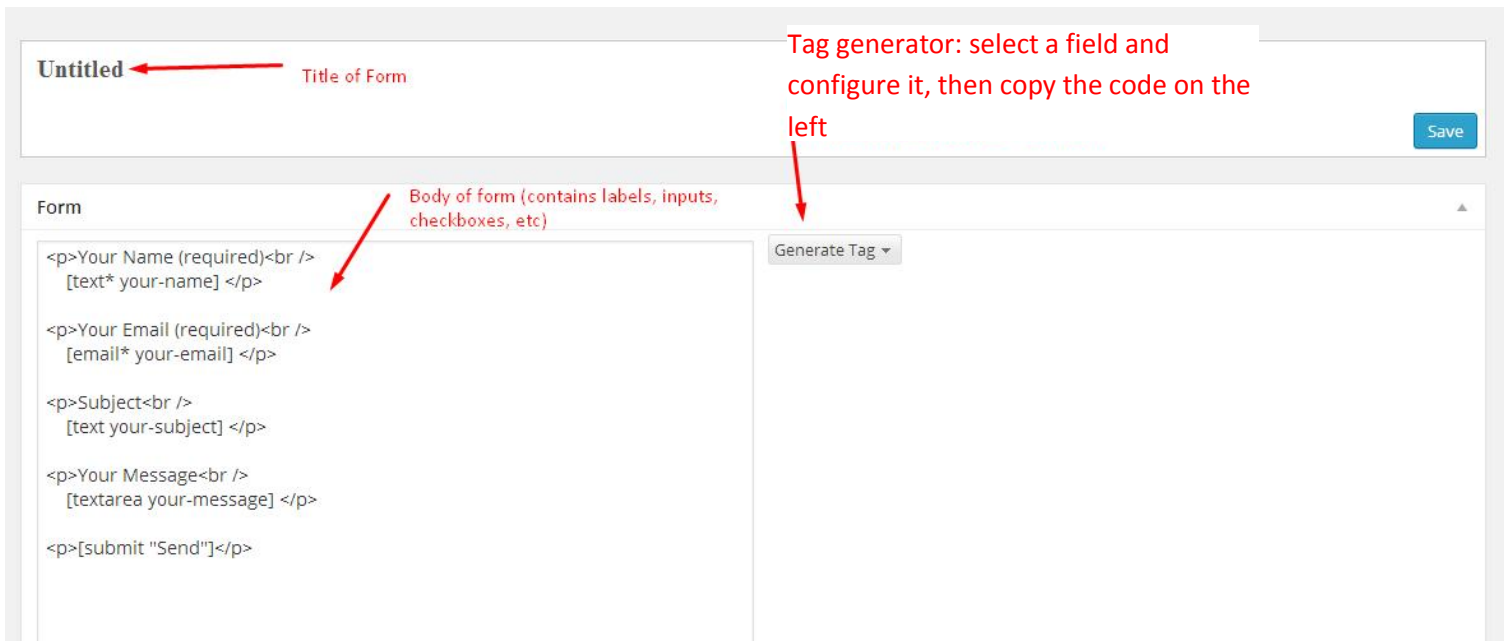
1) Find the Contact Form 7 plugin menu on the left:



2) Create a new Form:



3) Enter the title and configure the form fields:



I suggest copying the form's code from an already created form, and then customize it. For example, we can use the form from the contact page and use its code as a starting point. Code is:

```
<p>[text* your-name placeholder "Name"] </p>
<p>[email* your-email placeholder "Email"] </p>
<p>[text your-subject placeholder "Subject"] </p>
<p>[textarea your-message] </p>
<p>[submit "Send"]</p>
```

Once ready, hit "Save" to create the form:



4) Final step is grabbing the form's shortcode and copying it into the page in the position where we want the form to appear:

