To use a template:

- 1. From the File menu, choose New.
- 2. From the submenu, click Choose Forms.
- 3. In the Choose Forms dialog box, select a Templates in File System from the Look In: field
- 4. Select the template to use.
- 5. Choose Open.

To create a template:

- 1. Compose the message you want to use as a template.
- 2. From the File menu, choose Save As.
- 3. In the File name text box, type a name for the template.
- 4. In the Save as type drop-down list box, select Outlook template.
- 6. Make sure the Save list displays the drive and path containing the Outlook templates.
- 7. Choose Save.
- 8. Close the window without saving any changes.

To use a form:

- 1. From the File menu, choose New, click Choose Form.
- 3. In the Choose Form dialog box, from the drop-down list box, make sure Standard Forms Library is selected.
- 4. Select the form, and then choose Open.
- 5. In the New [Sample Form] window, enter the information.
- 6. If necessary, on the toolbar, click the Send button.

To create a form from another program:

- 1. In Outlook, from the File menu, choose New.
- 2. From the New submenu, choose Office Document.
- 3. In the New Office Document dialog box, select a document type, and then choose OK.
- 4. In the message box that designates whether to prepare the document as a message, select an option button, and then choose OK.
- 5. From the Tools menu, choose Forms, Design this Form.