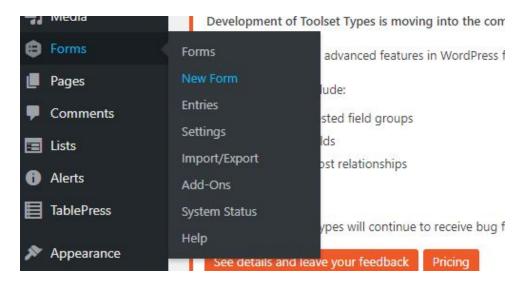
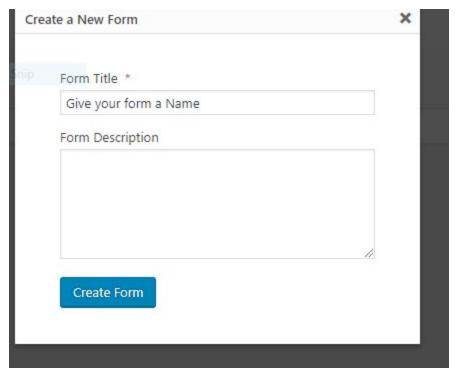
## Creating a Form Stepper

Capture data or contact information with a form.

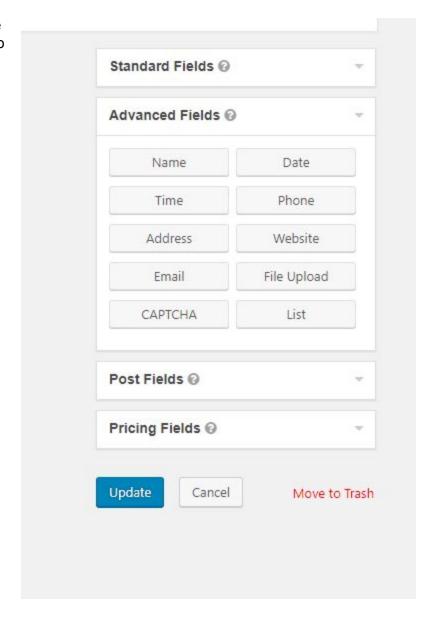
1 Located in the dashboard on the left sidebar, hover over 'Forms', and select 'New Form'.



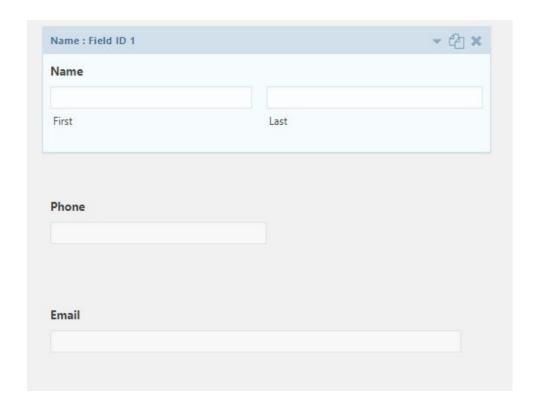
2 Give your form a name that is optional to show to the public.



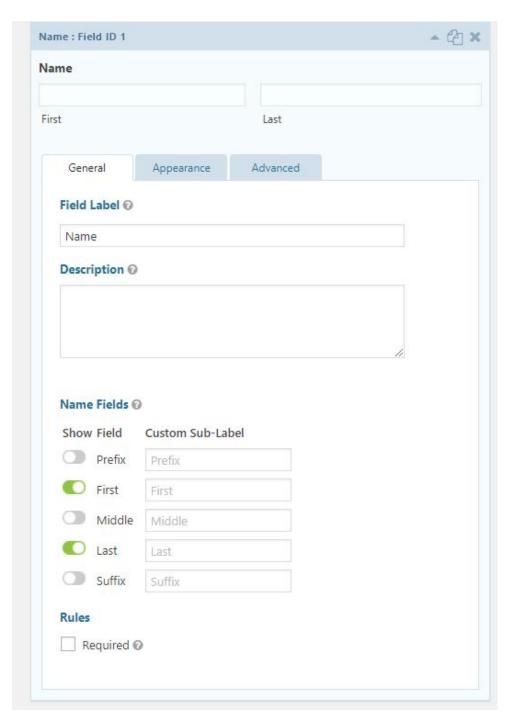
On the right sidebar, there are various form options to use. Typically, Standard Fields and Advanced Fields are used.



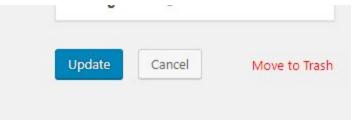
4 To insert a field, you can drag and drop or double click the field.



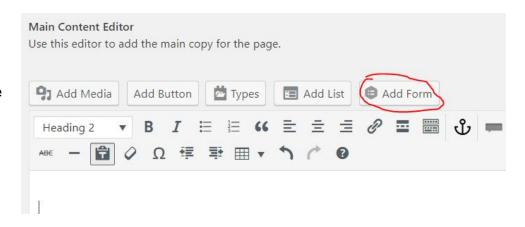
5 To change the field label, provide a description, or set the field to be required, click on the triangle drop down.



6 When all of the necessary fields are included, hit the blue update button to save.

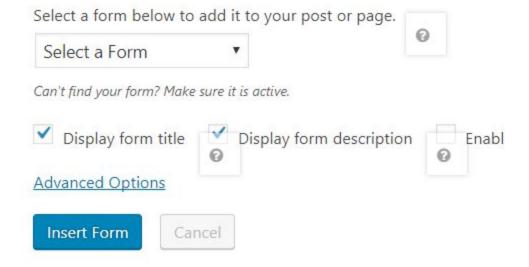


7 To insert the form into a page, go to or create the page the form will live.
Insert the cursor where the form will go and hit the 'Add Form' button.

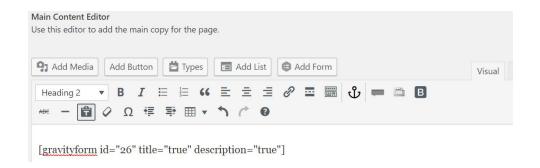


8 Select the form that was just created. Here you have the option to include the form title and description.

## Insert A Form



9 After inserting the form, you will see a shortcode where the form will be located.



10 When you are finished, be sure to Update or Publish your page.

