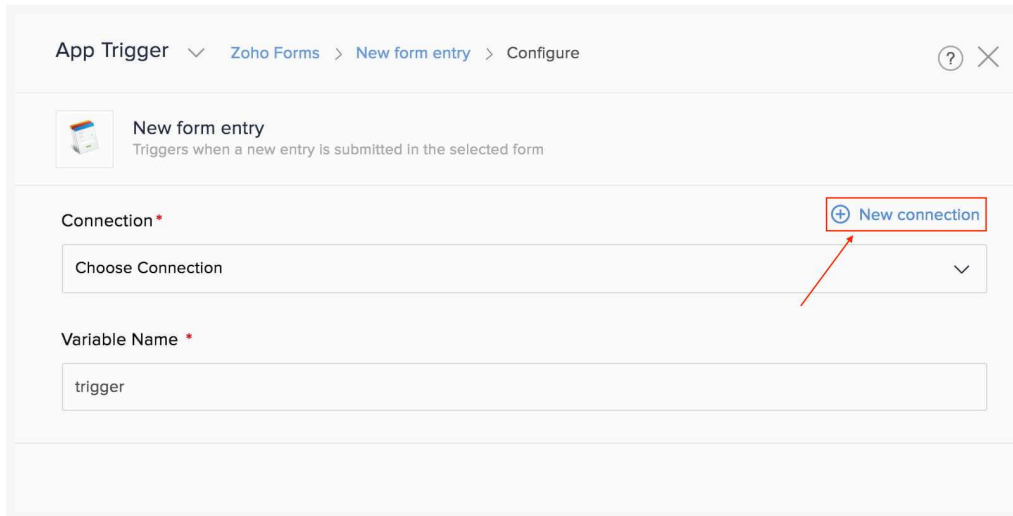# Zoho Forms

What is Zoho Forms?

Zoho Forms is a form builder solution that helps you create, share, and collect data through forms for all your business needs. You can also create custom data reports, configure email notifications, assign tasks and approvals to your team mates, and personalize your customer follow-up process.
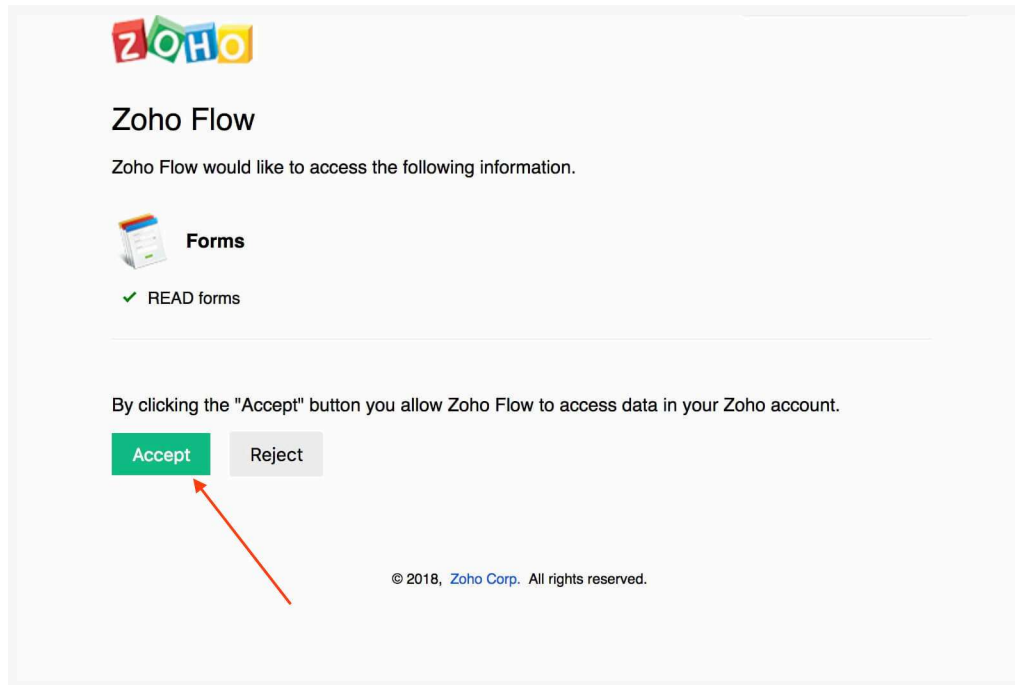
How to connect your Zoho Forms account to Zoho Flow

1. Select the trigger, then click **Next**.

2. If there are no existing Zoho Forms connections in your account, click **Connect**. Otherwise, click **New connection**.

3. Alternatively, you can create a new connection by navigating to **Settings**, then **Connections**. Click **Create connection** and choose **Zoho Forms**.

4. Enter a connection name, then click **Authorize**.

5. Click **Accept** to allow Zoho Flow to access your account.

Triggers and actions available in Zoho Flow

Triggers

[New form entry](#)

Use this trigger to create tickets, add tasks, or track sign-ups using form submissions.

Actions

None, for now.

What does a date or date-time field followed by 'pretty' mean?

The date or date-time values from Zoho Forms come in two formats. For example, if you have a date field called **Start date** in your form, Zoho Forms returns **Start date** and **Start date (Pretty)** for each entry.

The field **Start date** is date in **ISO 8601** format (E.g.: 2019-01-06T22:08:51.000-08:00).

Fields that contain 'pretty' are in human-readable form. Zoho Forms provides these fields in **dd-MMM-yyyy HH:mm:ss** format. In this example, **Start date (Pretty)** would be 06-Jan-2019 22:08:51.