

# Helpful Tips for Using Microsoft Forms

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# MS Forms

With Microsoft Forms, you can create surveys, quizzes, and polls, and easily see results as they come in.

## Get Started

[Sign into MS Forms](#)

[Create a quiz with MS Forms](#)

[Create a survey/form with MS Forms](#)

## Format

[Add a picture or logo to a form header](#)

[Add a picture to a question](#)

[Add a video to a question](#)

[Add sections to your survey or questionnaire](#)

[Adjust settings for your form or quiz](#)

[Change a form theme](#)

[Change your picture size](#)

[Copy a form](#)

[Delete a form or recover a deleted form](#)

[Delete a picture](#)

[How to ensure your form and workbook are in sync](#)

[How to get missing data in Forms](#)

[Print a form](#)

[Send a form in multiple languages](#)

[Use branching in Microsoft Forms](#)

[VIDEO: Explore new question types](#)

## Share and Collaborate

[Share your quiz or form and collaborate with others](#)

[Share a quiz or form as a template](#)

[Send your form or quiz to others and collect responses](#)

[Send an email receipt of responses](#)

## View Results

[View Results](#)

[Check and Share Quiz Results](#)

## Integration with other MS products

[Create a form in Excel Online](#)

[Insert a form or quiz into OneNote for the web](#)

[Create a poll in Outlook](#)

[Create an automated workflow with Microsoft Forms](#)

[Insert a form or quiz into PowerPoint](#)

[Use the Microsoft Forms web part in SharePoint](#)

[Add a survey, poll, or quiz to a Microsoft Stream video](#)

[Embed a form in a Sway](#)

[Create a poll in Microsoft Teams](#)

[Delete a group form created in Teams](#)

[Survey your team to check in and stay connected](#)

[Work with colleagues to create, edit, and review forms in Microsoft Teams](#)