**Practical Form Creation with Figma**

* \*\*🎨 **Frames over Rectangles**: Start forms with frames, not rectangles, as frames are more versatile and allow resizing issues to be avoided.
* \*\*🖋️ **Font Choice Matters**: Use professional, readable fonts like Roboto, Open Sans, or Inter for form elements. Avoid overly decorative options.
* \*\*🛠️ **Components and Variants**: Convert individual form fields into reusable components, then add variants (e.g., active, error, disabled states) for dynamic behavior.
* \*\*📏 **Resizing and Layout Adjustments**: Proper constraints within components help ensure text fields resize proportionally without breaking alignment.
* \*\*📱 **Trust and Testing**: Ensure forms look trustworthy and test them on different devices to fine-tune spacing, layout, and usability.

**Insights Based on Numbers:**

1. **Font Size 16px**: Optimal for readability and accessibility across devices.
2. **Gray Shades (90, 90, 90)**: Used for disabled states and placeholder text, maintaining a consistent grayscale theme for clarity.
3. **Stroke Width Adjustments**: Subtle increases in stroke width signal active states effectively without overwhelming the user.