Angular forms, whether template-driven or reactive, track various states for individual form controls and the form as a whole. These states are crucial for managing user interaction, applying validation, and controlling the visual feedback of the form.

The primary states of a form control or a form group in Angular are:

* **Pristine / Dirty:**
  + **Pristine:** Indicates that the control's value has not been changed by the user since its initialization.
  + **Dirty:** Indicates that the control's value has been modified by the user.
* **Untouched / Touched:**
  + **Untouched:** Indicates that the control has not yet received focus and then lost it (blurred).
  + **Touched:** Indicates that the control has been focused and subsequently blurred by the user.
* **Valid / Invalid:**
  + **Valid:** Indicates that the control's value meets all defined validation criteria.
  + **Invalid:** Indicates that the control's value does not meet one or more validation criteria, meaning it has validation errors.
* **Pending:**
  + **Pending:** Indicates that an asynchronous validation is currently in progress for the control.
* **Disabled:**
  + **Disabled:** Indicates that the control is explicitly disabled, preventing user interaction and exempting it from validation and value calculations within its parent form.

These states are accessible as properties on FormControl, FormGroup, and FormArray instances, allowing developers to dynamically manage form behavior and display appropriate UI based on the current state. For example, you can use ngIf directives in the template to show validation messages only when a control is invalid and dirty or touched.