

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
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1. Name and Address of Reporting Person* <u>SCHNALL PETER A</u> (Last) (First) (Middle) 1680 CAPITAL ONE DRIVE (Street) MCLEAN VA 22102 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>CAPITAL ONE FINANCIAL CORP [COF]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Executive Vice President</u>
	3. Date of Earliest Transaction (Month/Day/Year) 02/10/2006	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock ⁽¹⁾	02/10/2006		M		756	A	\$54.56	62,548	D	
Common Stock ⁽¹⁾	02/10/2006		M		277	A	\$55.59	62,825	D	
Common Stock ⁽¹⁾	02/10/2006		S		19,650	D	\$85	43,175	D	
Common Stock ⁽²⁾	02/10/2006		M		16,271	A	\$34.13	59,446	D	
Common Stock ⁽¹⁾	02/13/2006		M		18,617	A	\$68.33	78,063	D	
Common Stock ⁽²⁾	02/13/2006		S		16,271	D	\$84.3	61,792 ⁽³⁾	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (Right to Buy)	\$54.56	02/10/2006		M			756	10/22/1999	10/16/2006	Common Stock	756	\$0	0.00	D	
Employee Stock Option (Right to Buy)	\$55.59	02/10/2006		M			277	02/03/2001	10/16/2006	Common Stock	277	\$0	0.00	D	
Employee Stock Option (Right to Buy)	\$68.33	02/13/2006		M			18,617	01/28/2005	10/18/2006	Common Stock	18,617	\$0	0.00	D	
Employee Stock Option (Right to Buy)	\$34.13	02/13/2006		M			16,271	(4)	12/06/2012	Common Stock	16,271	\$0	0.00	D	

Explanation of Responses:

- This transaction was executed pursuant to a trading plan entered into by the Reporting Person on April 27, 2005 in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.
- This transaction was executed pursuant to a trading plan entered into by the Reporting Person on November 11, 2005 in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.
- Includes 66 shares acquired by the reporting person under the Company's Associate Stock Purchase Plan since the last reported transaction.
- This option became exercisable in 33 1/3% increments beginning on December 6, 2003 and annually from that date thereafter.

Remarks:

By: Frederick L. Williams 02/14/2006
 (POA on file) for

** Signature of Reporting Person Date

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.