SEC Form 4
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## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287								
Estimated average burden								
hours per response:	0.5							

By

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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 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 Instruction 1(b).

1. Name and Address of Reporting Person*     LaPrade,III Frank G.     (Last)   (First)     (Bast)   (Middle)     1680 CAPITAL ONE DRIVE		2. Issuer Name and Ticker or Trading Symbol <u>CAPITAL ONE FINANCIAL CORP</u> [ COF ] 3. Date of Earliest Transaction (Month/Day/Year) 02/03/2022						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) below) Chief Enterprise Srvcs Officer					
(Street) MCLEAN (City)	VA (State)	22102 (Zip)		4. If Amendment, Date of Original Filed (Month/Day/Year)					6. Indi Line) X	,			
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
Date		2. Transacti Date (Month/Day		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code ( 8)					5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)		(1130.4)	
Common Stoc	k <sup>(1)</sup>		02/03/20	022		A		10,757	A	\$ <mark>0</mark>	55,396	D	

## 401(k) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of 3. Transaction 3A. Deemed 5. Number 6. Date Exercisable and 7. Title and 8. Price of 9. Number of 10 11. Nature Ownership Derivative Conversion Date Execution Date Transaction Expiration Date (Month/Day/Year) Amount of Derivative derivative of Indirect of (Month/Day/Year) Security (Instr. 3) or Exercise Price of if any (Month/Day/Year) Derivative Security (Instr. 5) Code (Instr. Securities Securities Form: **Beneficial** 8) Securities Underlying Beneficially Direct (D) Ownership or Indirect (I) (Instr. 4) Derivative Acquired Derivative Owned (Instr. 4) (A) or Disposed Security (Instr. 3 and 4) Following Reported Security of (D) (Instr. 3, 4 and 5) Transaction(s) (Instr. 4) Amount or Number Date Expiration of Code v (A) (D) Exercisable Date Title Shares

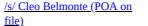
**Explanation of Responses:** 

Common Stock

1. This restricted stock unit award will vest in 1/3 increments beginning on February 15, 2023 and annually thereafter. Each restricted stock unit represents a contingent right to receive one share of Company common stock.

2. Represents the reporting person's equivalent share ownership in the Company's 401(k) Plan, a unitized plan, as of the date of the latest transaction.

## Remarks:



02/07/2022

765(2)

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* 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.