## SEC Form 4

Common Stock<sup>(1)</sup>

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**Common Stock** 

# FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Obligations may Instruction 1(b)			File	d pursuar	nt to Section 16(a) o	of the S	ecuriti	es Exchange A	Act of 193	4	hours	per response:	0.5	
					ction 30(h) of the In			,,	940					
1. Name and Addr	ess of Reporting Pe IGEL W		er Name <b>and</b> Ticker ITAL ONE F					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner						
(Last) (First) (Middle) 1680 CAPITAL ONE DRIVE					of Earliest Transac 2003	tion (M	onth/E	Day/Year)	X	X Officer (give title Other (specify below) below) Vice Chairman				
(Street) MCLEAN (City)	VA (State)	22102 (Zip)		4. If Am	iendment, Date of (	Driginal	Filed	(Month/Day/Ye	6. Indiv Line) X	,				
		Table I - No	n-Deriva	ative S	ecurities Acq	uired,	Dis	posed of, c	or Bene	ficially	Owned			
1. Title of Security (Instr. 3) Date (Month/D					2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed Of (	Acquired (D) (Instr.	(A) or 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
				Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)			
Common Stock	(1)		10/08/	/2003		М		75,000	A	<b>\$9.73</b>	76,868	D		
Common Stock	(1)		10/08/	/2003		S		5,000	D	<b>\$60.37</b>	71,868	D		
Common Stock	(1)		10/08/	/2003		S		5,000	D	\$60.5	66,868	D		
Common Stock	(1)		10/08/	/2003		S		4,900	D	\$ <mark>60.7</mark>	61,968	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		4,000	D	<b>\$60.71</b>	57,968	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		1,300	D	<b>\$60.72</b>	56,668	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		800	D	\$60.73	55,868	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		6,000	D	\$60.75	49,868	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		1,700	D	\$60.76	48,168	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		300	D	<b>\$60.77</b>	47,868	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		4,000	D	\$60.8	43,868	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		2,000	D	\$60.9	41,868	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		7,500	D	<b>\$6</b> 1	34,368	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		12,500	D	\$61.25	21,868	D		
Common Stock	(1)		10/08/	/2003		S		14,900	D	\$61.4	6,968	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		100	D	\$61.42	6,868	D		
Common Stock <sup>(1)</sup>			10/08/2003			S		5,000	D	\$ <mark>61.5</mark>	1,868	D		
Common Stock	(1)		10/09/	/2003		М		75,000	Α	\$ <mark>9.73</mark>	76,868	D		
Common Stock <sup>(1)</sup>			10/09/2003			S		15,000	D	<b>\$61.75</b>	61,868	D		
Common Stock <sup>(1)</sup>			10/09/2003			S		10,000	D	<b>\$61.85</b>	51,868	D		
Common Stock <sup>(1)</sup>			10/09/2003			S		10,000	D	\$62	41,868	D		
Common Stock <sup>(1)</sup>			10/09/	/2003		S		15,000	D	<b>\$62.</b> 1	26,868	D		
Common Stock <sup>(1)</sup>			10/09/	/2003		S		9,600	D	\$62.25	17,268	D		

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

s

S

S

500

4,000

10,900

D

D

D

\$62.26

\$62.4

\$<mark>62.5</mark>

16,768

12,768

1,868

107,502

D

D

D

Ι

By Fairbank

Morris Inc.

10/09/2003

10/09/2003

10/09/2003

1. Title of Derivative Security (Instr. 3) 1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Berivative &ecurity Conversion or Exercise Price of Derivative	3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year)	(Month/Day/Year) 3A. Deemed Execution Date, if any	Ative Securities           Intrasaction         of           Dutacination         of           B)         Securities           4.         Approximation           Code (Instr.         Bposed           B)         Securities           Code (Instr.         Securities           Approximation         Acquired           B)         Securities		urities uired omber Dosed D)a(tivstr. lanities)	Gi Pett, Epirsi Expiration Dat (MOPILION)Syc 6. Date Exerci Expiration Dat (Month/Day/Ye	or Die Active Ally of Securities Base Subjities) Derivative Security- (Instr. 3 and 4) 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Contraction of the security (Instr. 5) 8. Price of Derivative Security (Instr. 5) 8. Contraction of the security (Instr. 5)	9. Number of derivative Securities Beneficially Owned PoNowlagr of Regivated Sanusities Sanusities (s) Regisficjally Owned	10. Ownership Form: Direct (D) or Indirect (M) (Instr. 4) Ownership Form: Direct (D) or Indirect	11. Nature of Indirect Beneficial <del>Ownership</del> (Instr. 4) 11. Nature of Indirect Beneficial Ownership (Instr. 4)		
	Security			Code	v	(A) Disp of (I	or oosed 0) (Instr. and 5)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares Amount		Following Reported Transaction(s) (Instr. 4)	(I) (Instr. 4)	(
Employee Stock Option (Right to Buy)	\$9.73	10/08/2003		Code	v	(A)	75,000 ریا	09/15/1996 <sup>(2)</sup>	09/15/2005	Common <b>Ti</b> Stock	or Number 75,000	\$0	1,134,462	D	
Employee Stock Option (Right to Buy)	\$9.73	10/09/2003		М			75,000	09/15/1996 <sup>(2)</sup>	09/15/2005	Common Stock	75,000	\$0	1,059,462	D	

#### Explanation of Responses:

1. This transaction was executed pursuant to a trading plan entered into by the Reporting Person on August 6, 2003 in accordance with Rule 10b5-1 under the Securities Exchange Act of 1934, as amended. 2. This option became exercisable in 33 1/3% increments beginning on September 15, 1996 and annually from that date thereafter.

**Remarks:** 

### By: Jean K. Traub (POA on

<u>File)</u>

10/09/2003

\*\* Signature of Reporting Person Date

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

 $^{\ast}$  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.