

GOULD DAVID BARTLETT
Form 4
November 18, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
GOULD DAVID BARTLETT

2. Issuer Name and Ticker or Trading Symbol
UFP TECHNOLOGIES INC [UFPT]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

C/O UFP TECHNOLOGIES, INC., 172 EAST MAIN STREET

3. Date of Earliest Transaction (Month/Day/Year)
11/16/2010

Director 10% Owner
 Officer (give title below) Other (specify below)

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

GEORGETOWN, MA 01833

(City) (State) (Zip)

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 Ownership (Instr. 4)
			Code	V	Amount or Price		
Common Stock, \$.01 Par Value	11/16/2010		M		10,000 A \$ 1.2	10,000	D
Common Stock, \$.01 Par Value	11/16/2010		M		3,500 A \$ 1.1	13,500	D
Common Stock, \$.01 Par Value	11/16/2010		M		7,717 A \$ 3.11	21,217	D
Common Stock, \$.01	11/16/2010		M		3,500 A \$ 3.11	24,717	D

Par Value

Common
Stock, \$.01
Par Value

16,000

I

By Spouse

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

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SEC 1474
(9-02)

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 Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Stock Option (right to buy)	\$ 1.2	11/16/2010		M	10,000	06/04/2003 06/04/2013	Common Stock, \$.01 par value	10,000	
Stock Option (right to buy)	\$ 1.1	11/16/2010		M	3,500	07/01/2003 07/01/2013	Common Stock, \$.01 par value	3,500	
Stock Option (right to buy)	\$ 3.11	11/16/2010		M	7,717	06/02/2004 06/02/2014	Common Stock, \$.01 par value	7,717	
Stock Option (right to buy)	\$ 3.11	11/16/2010		M	3,500	07/01/2004 07/01/2014	Common Stock, \$.01 par value	3,500	

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

GOULD DAVID BARTLETT
C/O UFP TECHNOLOGIES, INC. X
172 EAST MAIN STREET
GEORGETOWN, MA 01833

Signatures

Patrick J. Kinney, Jr. as attorney-in-fact for David Bartlett
Gould

11/18/2010

__Signature of Reporting Person

Date

Explanation of Responses:

* 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.

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