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ALLSTATE Form 4 August 23, 2										
FORM		RITIES AND EXCHANGE COMMISSION ashington, D.C. 20549					OMB APPROVAL OMB 3235-0287 Number:			
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	ger o 16. or ^{ons} tinue. Section 17(a	ENT OF CHA	ANGES IN SECUR n 16(a) of th Utility Hole	BENEF RITIES le Securit ding Con	e Act of 1934, 1935 or Sectior	Expires:January 31, 2005Estimated average burden hours per response0.5				
(Print or Type	Responses)									
CROCKETT JOAN M Symb			Issuer Name and Ticker or Trading nbol LSTATE CORP [ALL]				5. Relationship of Reporting Person(s) to Issuer			
(Last) C/O THE A CORPORA ROAD	te of Earliest Transaction th/Day/Year) 1/2006				(Check all applicable) Director 10% Owner Officer (give title X_ Other (specify below) SVP Allstate Insurance Company					
NORTHBR	Amendment, Da Month/Day/Yea	-	1		6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting					
(City)		(7 .)	able I - Non-I	Derivative	Securi	ties Acm	Person	. or Beneficial	lv Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	ransaction Date 2A. Deemed 3. 4. Securities Acquired nth/Day/Year) Execution Date, if Transactior(A) or Disposed of (E any Code (Instr. 3, 4 and 5) (Month/Day/Year) (Instr. 8) (A) or		quired of (D)	5. Amount of Securities6.BeneficiallyForm: DirectOwned(D) or		7. Nature of Indirect			
Common Stock	08/21/2006		М	40,000	A	\$ 33.38	81,589 <u>(1)</u>	D		
Common Stock	08/21/2006		F <u>(2)</u>	5,720	D	\$ 58.08	75,869 <u>(1)</u>	D		
Common Stock	08/21/2006		F <u>(3)</u>	22,988	D	\$ 58.08	52,881 <u>(1)</u>	D		
Common Stock	08/21/2006		S	23,420	D	\$ 58.38	29,461 <u>(1)</u>	D		
Common Stock							7,684.5368 (4)	I	by 401(k) Plan	

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

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 control number.

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. Transactio Code (Instr. 8)	5. Number of tiorDerivative Securities Acquired) (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Ar Underlying Se (Instr. 3 and 4)
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title
Employee Stock Option (right to buy)	\$ 33.38	08/21/2006		М		40,000	02/07/2006	02/07/2012	Common Stock
Employee Stock Option (right to buy)	\$ 58.08	08/21/2006		A	22,988		08/21/2007 <u>(5)</u>	02/07/2012	Common Stock

Reporting Owners

Reporting Owner Name / Address		Relationships					
		Director	10% Owner	Officer	Other		
CROCKETT JOAN M C/O THE ALLSTATE CORPORATION 2775 SANDERS ROAD NORTHBROOK, IL 60062-6127					SVP Allstate Insurance Company		
Signatures							
JOAN M CROCKETT	08/23/2006						

<u>**</u>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).

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- (2) Delivery of shares to issuer to pay minimum tax withholding liability incurred in connection with the exercise.
- (1) The transactions reported in this Form 4 were effected pursuant to a Rule 10b5-1(c) trading plan adopted by the reporting person on June 6, 2006.
- (5) The option vests in four increments, each one-fourth of the total number of said shares, such installments to vest on August 21, 2007, August 21, 2008, August 21, 2009 and August 21, 2010.
- (3) Delivery of already-owned stock to issuer in payment of option exercise price.
- (4) Reflects acquisition of 225.5266 shares of The Allstate Corporation common stock since August 31, 2005 under The Savings and Profit Sharing Fund of Allstate Employees, a 401(k) plan, pursuant to the most recent plan statement, dated August 21, 2006.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.