FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

wasnington,	D.C.	20549	

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations 1/b)

				(Month/Day/Year)	8) Code	v	Amount	(A) or (D)	Price	Owned Following Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	Ownership (Instr. 4)
1. Title of Securit	y (Instr. 3)		2. Transaction Date (Month/Day/Year		3. Transa Code (4. Securities A Disposed Of (5)			5. Amount of Securities Beneficially	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial
		Table I - No	n-Derivative	Securities Acq	uired,	Dis	posed of, o	r Ben	eficially	Owned		
(City)	(State)	(Zip)							Form filed by Mo Person	re than One Rep	oorting	
(Street) MCLEAN	VA	22102		amendment, bate or	Origina	i i iicu	(Monar Day) To	sui)	Line)	Form filed by One	e Reporting Pers	son
-			4 If A	Amendment, Date of	Original	l Filed	(Month/Day/Ye	ear)	6 Indiv	vidual or Joint/Group	Filing (Check A	Annlicable
(Last) 1680 CAPITA	treet) ICLEAN VA 22102			ate of Earliest Transa 6/2007	ction (M	lonth/[Day/Year)		below) Chairman, CE	below) , CEO and President		
	ess of Reporting Pe			suer Name and Ticke <u>PITAL ONE</u> F				[COI		ationship of Reportin k all applicable) Director Officer (give title	10% C	Owner (specify
IIISU UCUOIT 1(b)) .			ection 30(h) of the In					D4	,		
Instruction 1(b)	ì		Filed nursu	ant to Section 16(a)	of the Se	ecuriti	es Evchange A	ct of 19'	3/1			

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 Disposed Of 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⁾⁽²⁾	07/26/2007		S		200	D	\$73.41	2,209,377	D	
Common Stock ⁽¹⁾	07/26/2007		S		300	D	\$73.42	2,209,077	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.43	2,208,977	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.44	2,208,877	D	
Common Stock ⁽¹⁾	07/26/2007		S		500	D	\$73.45	2,208,377	D	
Common Stock ⁽¹⁾	07/26/2007		S		300	D	\$73.46	2,208,077	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.47	2,207,977	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.49	2,207,877	D	
Common Stock ⁽¹⁾	07/26/2007		S		200	D	\$73.53	2,207,677	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.54	2,207,577	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.56	2,207,477	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.57	2,207,377	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.59	2,207,277	D	
Common Stock ⁽¹⁾	07/26/2007		S		200	D	\$73.6	2,207,077	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.62	2,206,977	D	
Common Stock ⁽¹⁾	07/26/2007		S		200	D	\$73.66	2,206,777	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.67	2,206,677	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.73	2,206,577	D	
Common Stock ⁽¹⁾	07/26/2007		S		139	D	\$73.75	2,206,438	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.76	2,206,338	D	
Common Stock ⁽¹⁾	07/26/2007		S		200	D	\$73.8	2,206,138	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.86	2,206,038	D	
Common Stock ⁽¹⁾	07/26/2007		S		100	D	\$73.95	2,205,938	D	
Common Stock								107,502	I	By Fairbank Morris

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 Ta Date (Month/Day/Year)	He Premberival Execution Date, if any (e.g., p (Month/Day/Year)	tive S Transa USue (4 -8)	ecuri	the survival file of the second (A) or Disposor (D) (Instrand 5	rities ired osed . 3, 4	d d		Februsiosekerof, Expiration Date Aphiamsy/Canvertib		if ራስ !ໆቻነ <u>ያያናያያ</u> ፟ተዋላቸ, Expiration Date ሲውዘወስ \$ _/ / ራ ብንvertik		Fe자(박동영당 등학생단투명부, Expiration Date 《화해요마동/(조립카Vertib		fentesispisseerdf, (Expiration Date Aptimosy/Rayvertib		fect 1955 pisset Pot, (Expiration Date Appt 100 Date Appt 100 Date		fecttgstgbgsectot, Expiration Date QUAHIMDSy/ReanVertib		feditsispiseerot, Expiration bate Applianosy/Rayvertib		िट्टी प्रशिक्षा हुन्द्र स्थित हैं Expiration Date (ADHIAIDS)/ हुन्य) vertib		FENITSISSISSEPPH, Expiration Date QUATIONSY/RAINVERTID		fed:1951spissed:10f, Expiration Date Aptians,/Ranvertib		fenterispisseurdf, Expitation Date ବ୍ୟୟମଧ୍ୟ ପ୍ରଥମ ବ୍ୟୟମଭାନ୍ତ୍ରମଧ୍ୟ (୧୯୩୯)		fenterspieseerd, (Expiration Date Ophinosyreanvertib		fect ජාජාදාර ප්රචාජ Expiration Date ආස්කාර Sy/අඛා vertib		ife ntspisseno Expiration Date QUAHIMIDS _J /REAMVert		ifenterisposterof, Expiration Date Ophiomsy/convertib		ifeattarisisisisteret, Expiration bare Qualimas _y reapvertib		Underly Derivat	ying	y Soving etal 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)
											Amount																																				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Eeele (8)		5. Nu of Deriv Secu		6. Date Exerc Expiration Da Exertly Day!	texpiration	Amour	or ਕੰਪਿਊmber t _ਉ f ⁱ §ਜares ving	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially	10. Ownership Form: Direct (D)	11. Nature of Indirect Beneficial Ownership																																
Explanation 1. This transa	BF#Wesiy8ns Security action was execu	es: uted pursuant to a tra	ding plan entered into	'	Reporti	Acqu (A) or	ired Seen F	ebruary 1, 200	7, in accordan	Derivat Securit		under the Se	Owned Following Cureborted hange	or Indirect (I) (Instr. 4) Act of 1934, a	(Instr. 4) as amended.																																
			lerivative transactions				h a sing . 3, 4		Form 4 is a co	ntinuatio	on of the Fo		Transaction(s) (Instr. 4)	ed above.																																	
			class of securities				irectly (D)	o Pate irectly. Exercisable				D. Fairba		<u> </u>																																	

 $^{^{\}star\star} \ \text{Intentional misstatements or omissions of facts constitute Federal Criminal Violations} \ See\ 18\ U.S.C.\ 1001\ \text{and}\ 15\ U.S.C.\ 78 \text{ff(a)}.$

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