

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, DC 20549**

FORM 8-K

CURRENT REPORT

**Pursuant to Section 13 OR 15(d) of
The Securities Exchange Act of 1934**

**August 13, 2010
Date of Report (Date of earliest event reported)**

CAPITAL ONE FINANCIAL CORPORATION

(Exact name of registrant as specified in its chapter)

**Delaware
(State or other jurisdiction)
of incorporation**

**1-13300
(Commission File Number)**

**54-1719854
(IRS Employer
Identification No.)**

**1680 Capital One Drive,
McLean, Virginia
(Address of principal executive offices)**

**22102
(Zip Code)**

Registrant's telephone number, including area code: (703) 720-1000

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure.

The Company hereby furnishes the information in Exhibit 99.1 hereto, Monthly Charge-off and Delinquency Statistics — As of and for the month ended July 31, 2010.

Note: Information in this report (including the exhibit) furnished pursuant to Item 7.01 shall not be deemed to be “filed” for the purposes of Section 18 of the Securities Exchange Act of 1934 or otherwise subject to the liabilities of that section. This report will not be deemed an admission as to the materiality of any information in the report that is required to be disclosed solely by Regulation FD. Furthermore, the information provided in Exhibit 99.1 shall not be deemed to be incorporated by reference into the filings of the Company under the Securities Act of 1933.

Item 9.01 Financial Statements and Exhibits.

(c) Exhibits

Exhibit	Description
99.1	Monthly Charge-off and Delinquency Statistics — As of and for the month ended July 31, 2010

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the Company has duly caused this Current Report on Form 8-K to be signed on its behalf by the undersigned hereunto duly authorized.

CAPITAL ONE FINANCIAL CORPORATION

Dated: August 13, 2010

By: /s/ GARY L. PERLIN

Gary L. Perlin

Chief Financial Officer

EXHIBIT INDEX

[99.1](#) Monthly Charge-off and Delinquency Statistics — As of and for the month ended July 31, 2010

Capital One Financial Corporation
Monthly Charge-off and Delinquency Statistics
As of and for the month ended July 31, 2010
(dollars in thousands)

<u>Domestic Card Metrics</u>	<u>July 2010</u>
Net Principal Charge-Offs	\$ 366,838
Average Loans Held for Investment	\$ 54,153,628
Annualized Net Charge-Off Rate	8.13%
30 Days + Delinquencies	\$ 2,522,038
Period-end Loans Held for Investment	\$ 54,081,511
30 Days + Delinquency Rate	4.66%
<u>Auto Finance Metrics</u>	
Net Principal Charge-Offs	\$ 37,357
Average Loans Held for Investment	\$ 17,255,091
Annualized Net Charge-Off Rate	2.60%
30 Days + Delinquencies	\$ 1,335,104
Period-end Loans Held for Investment	\$ 17,300,594
30 Days + Delinquency Rate	7.72%
<u>International Card Metrics</u>	
Net Principal Charge-Offs	\$ 47,384
Average Loans Held for Investment	\$ 7,235,056
Annualized Net Charge-Off Rate	7.86%
30 Days + Delinquencies	\$ 447,230
Period-end Loans Held for Investment	\$ 7,527,593
30 Days + Delinquency Rate	5.94%

Net Charge-Off Rate

Average Loans Held for Investment used in the calculation of the Annualized Net Charge-Off Rate includes an estimate of the uncollectible portion of finance charge and fee receivables. We recognize earned finance charges and fee income on open ended loans according to the contractual provisions of the credit arrangements. When we do not expect full payment of finance charges and fees, we do not accrue the estimated uncollectible portion as income. The estimated uncollectible portion of finance charges and fees is adjusted quarterly.