

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

FORM 8-K

CURRENT REPORT

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

August 15, 2019

Date of Report (Date of earliest event reported)

CAPITAL ONE FINANCIAL CORPORATION

(Exact name of registrant as specified in its charter)

Delaware
(State or other jurisdiction of incorporation)

001-13300
(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
(Not applicable)
(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))

Securities registered pursuant to Section 12(b) of the Act:

Title of Each Class	Trading Symbol(s)	Name of Each Exchange on Which Registered
Common Stock (par value \$.01 per share)	COF	New York Stock Exchange
Depository Shares of Series B Fixed Rate Non-Cumulative Perpetual Preferred Stock ⁽¹⁾	COF PRP	New York Stock Exchange
Depository Shares of Series C Fixed Rate Non-Cumulative Perpetual Preferred Stock ⁽¹⁾	COF PRC	New York Stock Exchange
Depository Shares of Series D Fixed Rate Non-Cumulative Perpetual Preferred Stock ⁽¹⁾	COF PRD	New York Stock Exchange
Depository Shares of Series F Fixed Rate Non-Cumulative Perpetual Preferred Stock ⁽¹⁾	COF PRF	New York Stock Exchange
Depository Shares of Series G Fixed Rate Non-Cumulative Perpetual Preferred Stock ⁽¹⁾	COF PRG	New York Stock Exchange
Depository Shares of Series H Fixed Rate Non-Cumulative Perpetual Preferred Stock ⁽¹⁾	COF PRH	New York Stock Exchange
0.800% Senior Notes Due 2024	COF24	New York Stock Exchange
1.650% Senior Notes Due 2029	COF29	New York Stock Exchange

⁽¹⁾ Each depository share represents a 1/40th interest in a share of the respective series of preferred stock

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

Item 7.01 Regulation FD Disclosure.

Capital One Financial Corporation (the “Company”) hereby furnishes the information in Exhibit 99.1 hereto, Monthly Charge-Off and Delinquency Metrics - As of and for the month ended July 31, 2019.

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 incorporated by reference into any filing under the Securities Act of 1933 or the Securities Exchange Act of 1934.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit No.	Description
99.1	Monthly Charge-Off and Delinquency Metrics - As of and for the month ended July 31, 2019
104	The cover page from this Current Report on Form 8-K, formatted in Inline XBRL.

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

Date: August 15, 2019

By: /s/ Timothy P. Golden

Timothy P. Golden

Controller and Principal Accounting Officer

Capital One Financial Corporation
Monthly Charge-Off and Delinquency Metrics
As of and for the month ended July 31, 2019

<i>(Dollars in millions, except as noted)</i>	Loans Held for Investment		Net Charge-Offs		30+ Day Performing Delinquencies		Nonperforming Loans	
	Average	Period-End	Amount	Rate⁽¹⁾	Amount	Rate⁽²⁾	Amount	Rate⁽³⁾
Credit Card:⁽⁴⁾								
Domestic	\$ 102,511	\$ 103,717	\$ 363	4.25%	\$ 3,624	3.49%	N/A	N/A
Consumer Banking:								
Auto	57,877	58,219	80	1.66	3,767	6.47	\$ 417	0.72%

(1) Net charge-off rate is calculated by dividing annualized net charge-offs for the period by average loans held for investment during the period for the specified loan category. Net charge-offs and the net charge-off rate are impacted periodically by fluctuations in recoveries, including impacts of debt sales.

(2) 30+ day performing delinquency rate is calculated by dividing 30+ day performing delinquent loans as of the end of the period by period-end loans held for investment for the specified loan category.

(3) Nonperforming loan rate is calculated by dividing nonperforming loans as of the end of the period by period-end loans held for investment for the specified loan category.

(4) Period-end loans held for investment and average loans held for investment include billed finance charges and fees, net of the estimated uncollectible amount. We recognize billed finance charges and fee income on open-ended loans in accordance with the contractual provisions of the credit arrangements and estimate the uncollectible amount on a quarterly basis. The estimated uncollectible amount of billed finance charges and fees is reflected as a reduction in revenue and is not included in our net charge-offs.