

MCDOWELL FRANK C
 Form 4
 February 18, 2010

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

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2005
 Estimated average burden hours per response... 0.5

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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 *
 MCDOWELL FRANK C

2. Issuer Name and Ticker or Trading Symbol
 Piedmont Office Realty Trust, Inc.
 [PDM]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 11695 JOHNS CREEK PARKWAY, STE. 350
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 01/22/2010

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

JOHNS CREEK, GA 30097

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

(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 | (A) or (D) | Price | | | |
| Common Stock | 01/22/2010 | | J ⁽¹⁾ | V | 21,490 | D | 0 | | D | |
| Class A common stock | 01/22/2010 | | J ⁽¹⁾ | V | 1,790 | A | 1,790 | | D | |
| Class B-1 common stock | 01/22/2010 | | J ⁽¹⁾ | V | 1,790 | A | 1,790 | | D | |
| Class B-2 common | 01/22/2010 | | J ⁽¹⁾ | V | 1,790 | A | 1,790 | | D | |

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