

UFP TECHNOLOGIES INC

Form 4

March 14, 2008

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 *
GESTAL KENNETH L

(Last) (First) (Middle)

C/O UFP TECHNOLOGIES, INC., 172 EAST MAIN STREET

(Street)

GEORGETOWN, MA 01833

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
UFP TECHNOLOGIES INC [UFPT]

3. Date of Earliest Transaction (Month/Day/Year)
03/13/2008

4. If Amendment, Date Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing (Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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)
				(A) or (D)	Price		
Common Stock, \$.01 Par Value	03/13/2008		M	2,500 A	\$ 4.25 42,700	D	
Common Stock, \$.01 Par Value	03/13/2008		S	1,000 D	\$ 6.68 41,700	D	
Common Stock, \$.01 Par Value	03/13/2008		S	200 D	\$ 6.65 41,500	D	
Common Stock, \$.01	03/13/2008		S	200 D	\$ 6.61 41,300	D	

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Par Value

Common Stock, \$.01 Par Value	03/13/2008	S	1,100	D	\$ 6.6	40,200	D
Common Stock, \$.01 Par Value	03/13/2008	M	2,000	A	\$ 3.75	42,200	D
Common Stock, \$.01 Par Value	03/13/2008	S	900	D	\$ 6.6	41,300	D
Common Stock, \$.01 Par Value	03/13/2008	S	235	D	\$ 6.65	41,065	D
Common Stock, \$.01 Par Value	03/13/2008	S	100	D	\$ 6.61	40,965	D
Common Stock, \$.01 Par Value	03/13/2008	S	765	D	\$ 6.6001	40,200	D

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

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SEC 1474
(9-02)

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Option (Right to Buy)	\$ 4.25	03/13/2008		M	2,500	07/01/1998 07/01/2008	Common Stock, \$.01 Par Value	2,500
	\$ 3.75	03/13/2008		M	2,000	07/15/1998 07/15/2008		2,000

Stock
Option
(Right to
Buy)

Common
Stock,
\$.01 Par
Value

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
GESTAL KENNETH L C/O UFP TECHNOLOGIES, INC. 172 EAST MAIN STREET GEORGETOWN, MA 01833	X			

Signatures

Patrick J. Kinney, Jr. as attorney-in-fact for Kenneth L.
Gestal

03/14/2008

__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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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