

WILD OATS MARKETS INC
Form 4
August 30, 2007

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 *
BELL STACEY J

2. Issuer Name and Ticker or Trading Symbol
WILD OATS MARKETS INC
[OATS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
56 AMHERST ROAD
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
08/28/2007

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

BELMONT, MA 02478

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)
				(A) or (D)	Price		
				Code	V	Amount	

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	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)						
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Restricted Stock Units	\$ 0	08/28/2007	D			268	<u>(1)</u>	05/07/2014	Common Stock	268
Restricted Stock Units	\$ 0	08/28/2007	D			4,000	<u>(1)</u>	05/07/2014	Common Stock	4,000
Restricted Stock Units	\$ 0	08/28/2007	D			276	<u>(1)</u>	07/29/2014	Common Stock	276
Restricted Stock Units	\$ 0	08/28/2007	D			552	<u>(1)</u>	11/03/2014	Common Stock	552
Restricted Stock Units	\$ 0	08/28/2007	D			423	<u>(1)</u>	12/15/2014	Common Stock	423
Restricted Stock Units	\$ 0	08/28/2007	D			484	<u>(1)</u>	02/18/2015	Common Stock	484
Restricted Stock Units	\$ 0	08/28/2007	D			320	<u>(1)</u>	05/04/2015	Common Stock	320
Restricted Stock Units	\$ 0	08/28/2007	D			4,000	<u>(1)</u>	05/04/2015	Common Stock	4,000
Restricted Stock Units	\$ 0	08/28/2007	D			297	<u>(1)</u>	07/06/2015	Common Stock	297
Restricted Stock Units	\$ 0	08/28/2007	D			257	<u>(1)</u>	07/26/2015	Common Stock	257
Restricted Stock Units	\$ 0	08/28/2007	D			310	<u>(1)</u>	10/27/2015	Common Stock	310
Restricted Stock	\$ 0	08/28/2007	D			238	<u>(1)</u>	02/08/2016	Common Stock	238

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Units									
Restricted Stock Units	\$ 0	08/28/2007	D	200	<u>(1)</u>	05/02/2016	Common Stock	200	
Restricted Stock Units	\$ 0	08/28/2007	D	4,000	<u>(1)</u>	05/02/2016	Common Stock	4,000	
Restricted Stock Units	\$ 0	08/28/2007	D	189	<u>(1)</u>	07/27/2016	Common Stock	189	
Restricted Stock Units	\$ 0	08/28/2007	D	209	<u>(1)</u>	08/30/2016	Common Stock	209	
Restricted Stock Units	\$ 0	08/28/2007	D	865	<u>(1)</u>	08/30/2016	Common Stock	865	
Restricted Stock Units	\$ 0	08/28/2007	D	25	<u>(1)</u>	09/29/2016	Common Stock	25	
Restricted Stock Units	\$ 0	08/28/2007	D	25	<u>(1)</u>	09/29/2016	Common Stock	25	
Restricted Stock Units	\$ 0	08/28/2007	D	197	<u>(1)</u>	10/19/2016	Common Stock	197	
Restricted Stock Units	\$ 0	08/28/2007	D	129	<u>(1)</u>	10/25/2016	Common Stock	129	
Restricted Stock Units	\$ 0	08/28/2007	D	129	<u>(1)</u>	10/26/2016	Common Stock	129	
Restricted Stock Units	\$ 0	08/28/2007	D	193	<u>(1)</u>	10/26/2016	Common Stock	193	
Restricted Stock Units	\$ 0	08/28/2007	D	234	<u>(1)</u>	11/13/2016	Common Stock	234	
Restricted Stock Units	\$ 0	08/28/2007	D	243	<u>(1)</u>	12/12/2016	Common Stock	243	
Restricted Stock Units	\$ 0	08/28/2007	D	86	<u>(1)</u>	12/29/2016	Common Stock	86	

