

UFP TECHNOLOGIES INC

Form 4

August 21, 2006

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
CAPLAN MITCHELL D

(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)
08/21/2006

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)
Vice President

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)
			Code	V	Amount or Price		
Common Stock, \$.01 Par Value	08/21/2006		M		10,000 A \$ 0.8	139,203.33	D
Common Stock, \$.01 Par Value	08/21/2006		S		8,900 D \$ 5.5	130,303.33	D
Common Stock, \$.01 Par Value	08/21/2006		S		1,000 D \$ 5.51	129,303.33	D
Common Stock, \$.01	08/21/2006		S		100 D \$ 5.53	129,203.33	D

Par Value

Common
Stock, \$.01 08/21/2006 S 9,525 D \$ 5.48 119,678.33 D
Par Value

Common
Stock, \$.01 08/21/2006 S 4,580 D \$ 5.5 115,098.33 D
Par Value

Common
Stock, \$.01 08/21/2006 S 100 D \$ 5.52 114,998.33 D
Par Value

Common
Stock, \$.01 08/21/2006 S 475 D \$ 5.59 114,523.33 D
Par Value

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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 Acquired (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)	\$ 0.8	08/21/2006		M	10,000	<u>(1)</u> 12/14/2006	Common Stock, \$.01 Par Value	10,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CAPLAN MITCHELL D C/O UFP TECHNOLOGIES, INC. 172 EAST MAIN STREET			Vice President	

GEORGETOWN, MA 01833

Signatures

Patrick J. Kinney, Jr. as attorney-in-fact for Mitchell D.
Caplan

08/21/2006

__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).
- (1) The option became exercisable with respect to one fourth of the total number of shares subject to the option on December 14, 2002 and with respect to an additional one fourth on each of December 14, 2003, 2004 and 2005.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.