

CRAWFORD JEANNE C

Form 4

February 06, 2008

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
CRAWFORD JEANNE C

(Last) (First) (Middle)

1650 WEST 82ND STREET, SUITE
1100

(Street)

MINNEAPOLIS, MN 55431

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol

Health Fitness Corp /MN/ [HFIT]

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

02/04/2008

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

VP - Human Resources & Secy.

6. Individual or Joint/Group Filing(Check
Applicable Line)
X 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	(A) or (D)	Price
Common Stock	02/04/2008		M		15,000	A	\$ 0.47
Common Stock	02/04/2008		F		2,878	D	\$ 2.45

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

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information contained in this form are not
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(9-02)

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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)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 0.47	02/04/2008		M	15,000	<u>(1)</u>	02/21/2008	Common Stock	15,000
Employee Stock Option (Right to Buy)	\$ 0.39					<u>(2)</u>	02/10/2009	Common Stock	15,000
Employee Stock Option (Right to Buy)	\$ 0.69					07/25/2003	07/25/2013	Common Stock	10,000
Employee Stock Option (Right to Buy)	\$ 2.07					<u>(3)</u>	03/10/2014	Common Stock	15,000
Employee Stock Option (Right to Buy)	\$ 2.27					<u>(4)</u>	12/15/2010	Common Stock	20,000
Employee Stock Option (Right to Buy)	\$ 2.62					<u>(5)</u>	02/24/2011	Common Stock	7,500
Employee Stock Option (Right to	\$ 2.69					<u>(6)</u>	01/24/2012	Common Stock	30,000

Buy)

Employee

Stock

Option \$ 2.97

(Right to

Buy)

(7)

02/26/2013

Common
Stock

22,500

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
CRAWFORD JEANNE C 1650 WEST 82ND STREET SUITE 1100 MINNEAPOLIS, MN 55431	VP - Human Resources & Secy.

Signatures

/s/ Wesley W. Winnekins as Attorney-In-Fact for Jeanne C. Crawford pursuant to Power of Attorney previously filed

02/06/2008

____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).
- (1) Exercisable in annual increments of 3,750 shares commencing 2/21/03.
- (2) Exercisable in annual increments of 3,750 shares commencing 2/10/04.
- (3) Exercisable in annual increments of 3,750 shares commencing 3/10/05.
- (4) Exercisable in annual increments of 5,000 shares commencing 12/15/05.
- (5) Exercisable in annual increments of 1,875 shares commencing 2/24/06.
- (6) Exercisable in annual increments of 7,500 shares commencing 1/24/07.
- (7) Exercisable in annual increments of 5,625 shares commencing 2/26/08.

Remarks:

The Reporting Person no longer beneficially own shares previously reported as indirectly held through her spouse.

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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