## FORM 4

Check this box if no longer subject

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

| OMB Number:              | 3235-0287 |  |  |  |  |  |  |  |  |
|--------------------------|-----------|--|--|--|--|--|--|--|--|
| Estimated average burden |           |  |  |  |  |  |  |  |  |
| hours per response       | . 0.5     |  |  |  |  |  |  |  |  |

| to Section 16.   | . Form 4 or Form 5<br>ay continue. <i>See</i><br>o). | i                     | Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934  | 4  | Estimated average burden<br>hours per response: 0.5  |  |  |
|--|--|-----------------------|---|--|--|--|--|
| 1. Name and Address of Reporting Person* Bowers Robert E (Last) (First) (Middle) 5565 GLENRIDGE CONNECTOR STE, 450 |  | g Person*<br>(Middle) | or Section 30(h) of the investment Company Act of 1940         2. Issuer Name and Ticker or Trading Symbol         Piedmont Office Realty Trust, Inc. [ PDM ]         3. Date of Earliest Transaction (Month/Day/Year)         05/17/2021 | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)<br>Director 10% Owner<br>X Officer (give title Other (specify<br>below) below)<br>EVP-CFO |  |  |  |
| (Street)<br>ATLANTA<br>(City)  | GA<br>(State)  | 30342<br>(Zip)        | 4. If Amendment, Date of Original Filed (Month/Day/Year)  | Line)<br>X Form filed  | nt/Group Filing (Check Applicable<br>d by One Reporting Person<br>d by More than One Reporting |  |  |
|  |  | Table I - Non-De      | rivative Securities Acquired, Disposed of, or Bene  | ficially Owned   |  |  |  |

## Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transa<br>Code (<br>8) |   | 4. Securities<br>Disposed Of<br>5) |               |         | Securities<br>Beneficially | Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|---------------------------------|--|---|------------------------------|---|------------------------------------|---------------|---------|----------------------------|---|---|
|                                 |  |   | Code                         | v | Amount                             | (A) or<br>(D) | Price   |                            |   |   |
| Common Stock                    | 05/17/2021                                 |   | F                            |   | 3,307(1)                           | D             | \$18.12 | 297,537                    | D   |   |

|   | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned         (e.g., puts, calls, warrants, options, convertible securities) |  |   |                              |   |                 |     |  |                    |   |  |   |  |  |  |
|---|--|--|---|------------------------------|---|-----------------|-----|--|--------------------|---|--|---|--|--|--|
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security  | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transa<br>Code (<br>8) |   | 5. Number<br>of |     | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative<br>Security (Instr.<br>3 and 4) |  | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 4) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|   |  |  |   | Code                         | v | (A)             | (D) | Date<br>Exercisable  | Expiration<br>Date | Title   | Amount<br>or<br>Number<br>of<br>Shares |   |  |  |  |

## Explanation of Responses:

1. In connection with the vesting of 7,331 shares on May 17, 2021 (representing 25% of deferred stock granted on May 17, 2018), 3,307 shares were forfeited by the reporting person and delivered to the Company to satisfy tax withholding obligations.

## **Remarks:**

/s/ Laura P. Moon as Attorney-05/18/2021

in-Fact for Robert E. Bowers

\*\* Signature of Reporting Person Date

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

\* 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.

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 Number.