FORM 4

Check this box if no longer subje to Section 16. Form 4 or Form 5 obligations may continue. See

Instruction 1(b).

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Vashington,	D.C.	20549	
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ect	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL											
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Swope Jeffrey L.			2. Issuer Name <b>and</b> Ticker or Trading Symbol Piedmont Office Realty Trust, Inc. [ PDM ]								S. Relationship of Reporting Person(s) to Issuer (Check all applicable)     X Director 10% Owner							
(Last)	(Fir	st) (N	/liddle)		3. Date of Earliest Transaction (Month/Day/Year) 03/20/2023							Officer (give title below)			Other (specify below)			
5565 GLENRIDGE CONNECTOR STE. 450			4. If <i>i</i>	4. If Amendment, Date of Original Filed (Month/Day/Year)							6. Individual or Joint/Group Filing (Check Applicable Line)  X Form filed by One Reporting Person							
(Street)	ΓA GA	A 3	0342										Form filed by More than One Reporting Person					
(City)	(Sta	ate) (Z	üp)	$ _{\square}$	Rule 10b5-1(c) Transaction Indication  Check this box to indicate that a transaction was made pursuant to satisfy the affirmative defense conditions of Rule 10b5-1(c). See In						suant to a c	to a contract, instruction or written plan that is intended to Instruction 10.						
		Table	I - Non-Deriva	tive \$	Secu	rities	Acq	uired	, Dis	posed	d of,	or B	Benefici	ally Own	ed			
Di		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. Amount of Securities Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)			
							Code V		Amo	unt	(A) or (D)	Pri	ice	Transaction (Instr. 3 and	on(s)		*'	(IIIsti. 4)
Common Stock		03/20/2023				P		70	,000	A	\$7	7.1639(1)	(1) 197,517.5512(2)		I		By Champion Operating Partnership II, Ltd.	
Common Stock														59,001.384(2)		I	D	
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. Transa Code ( 8)		5. Nu of Deriv Secu Acqu (A) or Dispo of (D) (Instr	rities ired r osed ) : 3, 4	Expiration Date (Month/Day/Year) Amount of Securities red sed 3, 4				int of ities rlying ative ity (Instr.	Reporte Transac (Instr. 4)		Ownersh Form: Direct (D) or Indirect (I) (Instr.		Beneficial Ownership ect (Instr. 4)	
				Code V (A) (D)		Date Exercis	Expiration Date			litle [	or Number of Shares							

## **Explanation of Responses:**

- 1. The price reported in Column 4 is a weighted average price. These shares were purchased in multiple transactions at prices ranging from \$7.15 to \$7.20, inclusive. The reporting person undertakes to provide to Piedmont Office Realty Trust, Inc. ("Piedmont"), any security holder of Piedmont, or the staff of the Securities and Exchange Commission upon request, full information regarding the number of shares purchased at each separate price within the ranges set forth in this footnote to this Form 4.
- 2. The balance includes shares obtained through Piedmont's dividend reinvestment plan during the period in which the shares where obtained

## Remarks:

/s/ Laura P. Moon as Attorney-03/21/2023 in-Fact for Jeffrey L. Swope

\*\* Signature of Reporting Person

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.