

TRUEBLUE, INC.
Reported by
COOPER STEVEN C

FORM 4
(Statement of Changes in Beneficial Ownership)

Filed 08/12/13 for the Period Ending 08/08/13

Address	1015 A STREET TACOMA, WA 98402
Telephone	253-383-9101
CIK	0000768899
Symbol	TBI
SIC Code	7363 - Help Supply Services
Industry	Business Services
Sector	Services
Fiscal Year	12/31

FORM 4

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

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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
or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person *			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
COOPER STEVEN C			TrueBlue, Inc. [TBI]			<input checked="" type="checkbox"/> Director _____ 10% Owner <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) President and CEO		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (MM/DD/YYYY)					
			8/8/2013					
1015 A STREET, P.O. BOX 2910			4. If Amendment, Date Original Filed (MM/DD/YYYY)			6. Individual or Joint/Group Filing (Check Applicable Line)		
(Street)						<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
TACOMA, WA 98402								
(City)			(State)			(Zip)		

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

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	8/8/2013		M		77018	A	\$14.85	209126	D	
Common Stock	8/8/2013		S		77018	D	\$27.05 ⁽¹⁾	132108	D	
Common Stock	8/9/2013		M		2199	A	\$14.85	134307	D	
Common Stock	8/9/2013		M		11014	A	\$9.08	145321	D	
Common Stock	8/9/2013		S		13213 ⁽²⁾	D	\$27.06 ⁽³⁾	132108	D	
Common Stock								6171	I	TrueBlue, Inc. 401 (k) Plan

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		(A)	(D)	Date Exercisable	Expiration Date				
Options (Right to Buy)	\$14.85	8/8/2013		M		77018	2/1/2011 ⁽⁴⁾	2/1/2015	Common Stock	77018	\$0	2199	D	
Options (Right to Buy)	\$14.85	8/9/2013		M		2199	2/1/2011 ⁽⁴⁾	2/1/2015	Common Stock	2199	\$0	0	D	
Options (Right to Buy)	\$9.08	8/9/2013		M		11014	2/6/2012 ⁽⁴⁾	2/6/2016	Common Stock	11014	\$0	0	D	

Explanation of Responses:

- This transaction was executed in multiple trades at prices ranging from \$27.00 to \$27.24. The price reported above reflects the weighted average sales price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer the detailed information regarding the number of shares sold at each separate price.
- This amount consists of the sale of shares acquired through options exercisable on 02/01/2011 and 02/06/2012 and exercised on 08/09/2013.

(3) This transaction was executed in multiple trades at prices ranging from \$27.00 to 27.17. The price reported above reflects the weighted average sales price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer the detailed information regarding the number of shares sold at each separate price.

(4) Options sold pursuant to this grant fully vested 3 years after grant date.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
COOPER STEVEN C 1015 A STREET P.O. BOX 2910 TACOMA, WA 98402	X		President and CEO	

Signatures

Todd N. Gilman, Attorney-in-fact

8/12/2013

** 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.

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