

# TRUEBLUE, INC.

Reported by  
**ADAMS TIMOTHY J**

## FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 11/26/03 for the Period Ending 11/25/03

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

# LABOR READY INC

## FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 11/26/2003 For Period Ending 11/25/2003

Address	1015 A STREET TACOMA, Washington 98402
Telephone	253-383-9101
CIK	0000768899
Industry	Business Services
Sector	Services
Fiscal Year	12/31

# FORM 4

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

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

OMB APPROVAL  
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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,  
Section 17(a) of the Public  
Utility Holding Company Act of 1935 or Section 30(f) 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)	
<b>ADAMS TIMOTHY J</b>		<b>LABOR READY INC [ LRW ]</b>		<input type="checkbox"/> Director <span style="float:right"><input type="checkbox"/> 10% Owner</span> <input checked="" type="checkbox"/> Officer (give title below) <span style="float:right"><input type="checkbox"/> Other (specify below)</span> <b>General Counsel</b>	
(Last) (First) (Middle)	3. Date of Earliest Transaction (MM/DD/YYYY)				
<b>1015 A STREET, P.O. BOX 2910</b>	<b>11/25/2003</b>				
(Street)	4. If Amendment, Date Original Filed (MM/DD/YYYY)		6. Individual or Joint/Group Filing (Check Applicable Line)		
<b>TACOMA, WA 98401</b>			<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
(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	11/25/2003		M		822	A	\$8.25	24083	D	
Common stock	11/25/2003		S		822 (2)	D	\$11.50	23261	D	
Common stock	11/25/2003		M		15000	A	\$3.938	38261	D	
Common stock	11/25/2003		S		15000 (2)	D	\$11.50	23261	D	
Common stock	11/25/2003		M		1978	A	\$3.80	25239	D	
Common stock	11/25/2003		S		1978 (2)	D	\$11.50	23261	D	
Common stock	11/26/2003		M		344	A	\$3.80	23605	D	
Common stock	11/26/2003		S		344 (2)	D	\$11.50	23261	D	
Common stock	11/26/2003		M		6856	A	\$3.74	30117	D	
Common stock	11/26/2003		S		6856 (2)	D	\$11.50	23261	D	

**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	Title	Amount or Number of Shares						
Options (Right to buy)	\$8.25	11/25/2003		M			822	3/1/2001 (1)	3/1/2005	Common stock	822	\$8.25	273	D			
Options (Right to buy)	\$3.938	11/25/2003		M			15000	10/24/2001 (1)	10/24/2005	Common stock	15000	\$3.938	5000	D			
Options(Right to buy)	\$3.80	11/25/2003		M			1978	2/21/2002 (1)	2/21/2006	Common stock	1978	\$3.80	2664	D			
Options (Right to buy)	\$3.80	11/26/2003		M			344	2/21/2002 (1)	2/21/2006	Common stock	344	\$3.80	2320	D			
Options (Right to buy)	\$3.74	11/26/2003		M			6856	5/25/2002 (1)	5/25/2006	Common stock	6856	\$3.74	243144	D			

**Explanation of Responses:**

- (1) Options subject to this grant vest over a 4 year period in equal quarterly installments.
- (2) Sales effected pursuant to preplanned trading program designed to meet the requirements of rule 10b5-1.

**Reporting Owners**

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ADAMS TIMOTHY J 1015 A STREET P.O. BOX 2910 TACOMA, WA 98401			General Counsel	

**Signatures**

**Gary J. Kocher,  
Attorney-in-fact**

**11/26/2003**

\*\* 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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