

MCCOY CAROL A
Form 4/A
December 03, 2010

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

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
MCCOY CAROL A

2. Issuer Name and Ticker or Trading Symbol
TORCHMARK CORP [TMK]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
TORCHMARK CORPORATION, 2001 THIRD AVENUE SOUTH

3. Date of Earliest Transaction (Month/Day/Year)
12/02/2010

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
VP, Assoc. Counsel & Secretary

(Street)
BIRMINGHAM, AL 35233

4. If Amendment, Date Original Filed (Month/Day/Year)
12/03/2010

6. Individual or Joint/Group Filing (Check Applicable Line)
 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 Indirect Ownership (Instr. 4)				
				Code	V	Amount	(A) or (D)	Price			
Common Stock	12/02/2010		M		12,529	A	\$ 41.26	49,813		D	
Common Stock	12/02/2010		M		3,000	A	\$ 37.44	52,813		D	
Common Stock	12/02/2010		S		15,529	D	\$ 60.305	37,284		D	
							<u>(1)</u> <u>(2)</u>				
Common Stock								7,360 ⁽³⁾		I	Thrift Plan Trust
								66 ⁽⁴⁾		I	

Common
Stock

Profit
Sharing &
Retirement
Trust

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

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(9-02)

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 Security (Instr. 3 and 4)	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 41.26	12/02/2010		S	12,529	02/09/2002 ⁽⁶⁾ 08/11/2011	Common Stock	12,529
Employee Stock Option (Right to Buy)	\$ 37.44	12/02/2010		S	3,000	⁽⁵⁾ 12/18/2012	Common Stock	3,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MCCOY CAROL A TORCHMARK CORPORATION 2001 THIRD AVENUE SOUTH BIRMINGHAM, AL 35233			VP, Assoc. Counsel & Secretary	

Signatures

Carol A. McCoy

12/03/2010

**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) Sales at prices ranging from \$60.21 per share to \$60.44 per share.
- (2) Reporting person will provide full information regarding the number of shares sold at each separate price upon request by the SEC staff, the issuer or any security holder of the issuer.
- (3) Shares in unitized fund in employee benefit plan - estimated conversion of \$ balance to shares using \$60.28 per share.
- (4) Shares in unitized fund in employee benefit plan - estimated conversion of \$ balance to shares using \$60.28 per share.
- (5) First exercisable as to 50% of shares on and after 12/16/2004 and as to remaining 50% of shares on and after 12/16/2005.
- (6) Amended to correct exercisability date.

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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