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West Jonatha	an E.											
Form 4 March 01, 20	019											
FORM A									OMB APPROVAL			
	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287		
Check th if no long subject to Section 1 Form 4 o Form 5 obligatio	ger 56. 57 Filed p	ursuant to S	Section 1	SECUR 6(a) of th	RITIES le Securit	NERSHIP OF e Act of 1934, 1935 or Section	Expires: January 31 200 Estimated average burden hours per response 0.					
may cont See Instru 1(b).	unue.			•	Compan				I			
(Print or Type I	Responses)											
				r Name and RSAL FO JCTS INO		Tradir	ıg	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) 2801 EAST	(First) BELTLINE N	3. Date of (Month/E 02/21/2	-	ransaction			Director10% Owner Officer (give titleOther (specify below) President, UFP Southern Div.					
GRAND RA		endment, Da nth/Day/Year	ate Original r)			 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 						
UKAND KA	AF 1D3, 1011 493	23						Person				
(City)	(State)	(Zip)	Tabl	le I - Non-I	Derivative S	Securi	ities Acq	uired, Disposed of	, or Beneficial	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Yea	r) Executio any	n Date, if	3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				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		(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)				
Common Stock	02/21/2019			А	12,901 (1)	А	\$ 31	55,189	D			
Common Stock								4,124	I	401(k) Plan		
Common Stock	02/27/2019			А	2,742 (1)	A	\$ 31.57	15,787	Ι	Def Comp Interest		

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

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number.

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. Transactio (Month/Day/	/Year)	3A. Deemed Execution Date, if any (Month/Day/Year	Code	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			Amo Unde Secur	tle and unt of crlying rities r. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
Repo	rting O	wners	ì		Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
Reporting	g Owner Name		Director	r 10% Owner	Relations Officer	hips		Other				

West Jonathan E. 2801 EAST BELTLINE NE GRAND RAPIDS, MI 49525

Signatures

/s/ Christina A. Holderman, Attorney-in-Fact for Jonathan E. 03/01/2019 West

**Signature of Reporting Person

Date

President, UFP Southern Div.

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) Represents grant of shares of restricted stock. The shares vest on the fifth anniversary of the grant date, subject to earlier vesting upon death, disability or retirement.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.