

CAPITAL ONE FINANCIAL CORP
 Form 144
 October 29, 2007

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

OMB APPROVAL
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FORM 144

4.47

NOTICE OF PROPOSED SALE OF SECURITIES

SEC USE ONLY
 DOCUMENT SEQUENCE NO.

PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: *Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

CUSIP NUMBER

WORK LOCATION

1(a) NAME OF ISSUER *(Please type or print)*

(b) IRS IDENT. NO.

(c) S.E.C. FILE NO.

Capital One Financial Corporation
 1680 Capital One Drive

54-1719854
 STATE ZIP CODE
 VA 22102

1-13300
 (e) TELEPHONE NO.
 AREA CODE NUMBER
 703 720-1000

2(a) NAME OF PERSON FOR WHOSE

(b) IRS IDENT. NO.

(c) RELATIONSHIP
 TO ISSUER

(d) ADDRESS

STREET

CITY

STATE ZIP CODE

ACCOUNT THE SECURITIES
 ARE TO BE SOLD

N/A

Chief Credit Officer

1680

Capital One
 Drive

McLean

VA

22102

Peter A. Schnall

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3(a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY File Number	(c) Number of Shares or Other Units To Be Sold (See Instr. 3(c))	(d) Aggregate Market Value (See Instr. 3(d))	(e) Number of Shares or Other Units Outstanding (See Instr. 3(e))	(f) Approximate Date of Sale (See Instr. 3(f)) (MO. DAY YR.)	(g) Name of Each Securities Exchange (See Instr. 3(g))
Common Stock	E*Trade Financial 1095 White Rock Road Rancho Cordova, CA 95670		3,924	\$244,896.84 @ 10/24/07	417,685,490 @ 07/31/2007	Various pursuant to 10b5-1 plan	NYSE

INSTRUCTIONS:

1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code

(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
(b) Such person's I.R.S. identification number, if such person is an entity

(c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(d) Such person's address, including zip code
3. (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom the securities are intended to be sold
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer

(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

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 control number.

SEC 1147 (01-04)

TABLE I SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold

and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Name of Person from Whom Acquired Nature of Acquisition Transaction	(If gift, also give date donor acquired) Securities Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	Various	Exercise of Options granted by Capital One Capital One Financial Corporation		3,924	Various	Cash

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Peter A. Schnall	Common Stock	7/31/2007	3,234	\$240,835.98

1680 Capital One Drive, McLean VA 22102

REMARKS:

The shares being covered by this Form 144 are being sold pursuant to a 10b5-1 sales plan dated as of April 27, 2005, amended as of April 25, 2007; and the representation below regarding the seller's knowledge of material information speaks as of that plan and amendment adoption dates.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

10/29/2007
DATE OF NOTICE

/s/ Peter A. Schnall
(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (01-04)