FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
Estimated average burden									
hours per response:	0.5								

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person*     Miller-Rich Nancy					2. Issuer Name <b>and</b> Ticker or Trading Symbol 4D Molecular Therapeutics, Inc. [ FMDT ]						(Che	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner				
(Last)	`	,	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 05/23/2023						Officer below)	(give title	Other (below)	specify	
C/O 4D MOLECULAR THERAPEUTICS, INC. 5858 HORTON STREET #455				4. If Amendment, Date of Original Filed (Month/Day/Year)						Line	6. Individual or Joint/Group Filing (Check Applicable Line)  X Form filed by One Reporting Person					
(Street) EMERYVILLE CA 94608										Form filed by More than One Reporting Person						
(City) (State) (Zip)				Rule 10b5-1(c) Transaction Indication  Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.												
		Tak	ole I - Non-	Deriva	tive \$	Securities	Ac	quired, Di	sposed o	f, or Ber	neficiall	y Owned				
1. Title of Security (Instr. 3)  2. Transact Date (Month/Day)					Execution if any	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. ) 8)  4. Securities Acquired (ADisposed Of (D) (Instr. 3.5)		ed (A) or tr. 3, 4 and	5. Amour Securitie Beneficia Owned F	s ally following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
						Code	Amount	(A) or (D)	Price	Transact (Instr. 3 a	ion(s)					
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 Dat if any (Month/Day/Ye	Cod	nsactic de (Inst	Derivative Securities Acquired or Dispos of (D) (Ins	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 Securities Underlying Derivative Security (Instr. 3 and 4)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	Ownershi Form: Direct (D) or Indirec (I) (Instr. 4	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Cod	de V	/ (A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)			
Stock Option (Right to Buy)	\$17.98	05/23/2023		I	A	22,500 <sup>(1)</sup>		(2)	05/22/2033	Common Stock	22,500	\$0	22,500	D		

## **Explanation of Responses:**

- $1. \ Automatically \ granted \ pursuant \ to \ the \ terms \ of \ the \ Company's \ non-employee \ director \ compensation \ program.$
- 2. The stock option vests and becomes exercisable with respect to 1/3 of the total shares on May 23, 2024 and in equal monthly installments thereafter, subject to the Reporting Person continuing service to Issuer through each vesting date, until the shares are fully vested on May 23, 2026. Additionally, the stock options will vest in full upon the consummation of a Change in Control (as defined in the 2020 Incentive Award Plan).

/s/ August Moretti as attorneyin-fact for Nancy Miller-Rich

05/25/2023

\*\* 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.