

Edgar Filing: 1 800 CONTACTS INC - Form 4

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 Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Following Transaction (Instr. 5)
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
MCCALLUM KEVIN			Sr. VP, Marketing and Sales	

Signatures

/s/ Kevin
McCallum

03/29/2006

**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).
- Includes: (1) direct beneficial ownership of 25,000 unvested shares of common stock that will vest 20% per year beginning November 30, 2006; (2) direct beneficial ownership of 37,500 unvested shares of common stock that will vest upon achievement by the company of certain operational milestones; (3) direct beneficial ownership of 98,622 shares that can be acquired through the exercise of currently exercisable options; and (4) direct beneficial ownership of 1,334 shares of common stock that will be acquirable in the future through the exercise of currently unvested options.
- 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.