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-	SIDENTIAL									
Form 4 September 08	8, 2010									
FORM	Г. Л							OMB AF	PROVAL	
	14 UNITED STA		AITIES A			NGE CO	OMMISSION	OMB Number:	3235-0287	
Check thi if no long subject to Section 1 Form 4 or Form 5 obligation may cont <i>See</i> Instru	 NGES IN BENEFICIAL OWNERSHIP OF SECURITIES 16(a) of the Securities Exchange Act of 1934, Jtility Holding Company Act of 1935 or Section investment Company Act of 1940 				Expires:January 3Extimated averageburden hours perresponse0.					
1(b).										
(Print or Type F	Responses)									
STROHM BRUCE C Symbol			2. Issuer Name and Ticker or Trading ymbol QUITY RESIDENTIAL [EQR]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (Middle)	-			[EQI	N J	(Check	all applicable)	
(Month/			3. Date of Earliest Transaction (Month/Day/Year) 09/03/2010				Director 10% Owner X Officer (give title Other (specify below) EVP & General Counsel			
	(Street)		ndment, Da hth/Day/Year	-			6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M	ne Reporting Per	son	
CHICAGO,	IL 60606						Person	ore than one rej	Jorung	
(City)	(State) (Zip)	Tabl	e I - Non-D	erivative S	ecuri	ties Acqu	iired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. (Month/Day/Year) Exe any (Mo	cution Date, if	Code	4. Securiti or(A) or Dis (Instr. 3, 4	sposed	l of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
_			Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Shares Of Beneficial Interest	09/03/2010		М	25,000	A	\$ 29.25	62,153 <u>(1)</u>	D		
Common Shares Of Beneficial Interest	09/03/2010		S	25,000	D	\$ 48.72 (2)	37,153 <u>(1)</u>	D		
Common Shares Of Beneficial Interest							2,234.1547 (<u>3)</u>	Ι	401(k) Plan	

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Common		
Shares Of	77,778.218	SERP
Beneficial	<u>(4)</u>	Account
Interest		

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

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 control 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. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. Number of 6. Date Exercisable and orDerivative Expiration Date Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		7. Title and Amoun Underlying Securiti (Instr. 3 and 4)		
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sl
Non-qualified Stock Option (Right to Buy)	\$ 29.25	09/03/2010		М	25,000	(5)	01/27/2014	Common Shares Of Beneficial Interest	25,

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
STROHM BRUCE C TWO NORTH RIVERSIDE PLAZA, SUIT CHICAGO, IL 60606	E 400		EVP & General Counsel				
Signatures							
s/ By: Yasmina Duwe, Attorney-in-fact	09/08/2010						
**Signature of Reporting Person	Date						
Explanation of Response	es:						

* 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) Direct total includes restricted shares of the Company scheduled to vest in the future.

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The price represents the weighted average price of the shares sold. The shares were sold within a range of \$48.50 to \$49.00. The reporting(2) person will provide, upon request by the SEC staff, the issuer, or any security holder of the issuer, full information regarding the number of shares sold at each separate price. Cancel

Represents shares acquired through profit sharing contributions and dividend reinvestment activity in the reporting person's account with
 (3) the Equity Residential Advantage 401(k) Retirement Savings Plan, a plan qualified under Section 401(k) of the Internal Revenue Code of 1986, as amended. Such shares represent acquisitions through July 9, 2010.

(4) Represents shares owned by Principal Trust Company, as Trustee of the Equity Residential Supplemental Executive Retirement Plan, for the benefit of the reporting person.

(5) Represents share options scheduled to vest in three equal installments on January 27, 2005, January 27, 2006 and January 27, 2007.

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.