

FORM 4

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

OMB APPROVAL

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person* JEWELL MATTHEW J		2. Issuer Name and Ticker or Trading Symbol FORWARD AIR CORP [FWRD]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) Former Officer						
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/04/2020							
1915 SNAPPS FERRY ROAD, BUILDING N										
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)		6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person					
GREENEVILLE, TN 37745										
(City) (State) (Zip)			Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned							
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	08/04/2020		M		7,349	A	\$ 42.48	56,809.5541	D	
Common Stock	08/04/2020		M		3,033	A	\$ 47.82	59,842.5541	D	
Common Stock	08/04/2020		M		9,379	A	\$ 43.67	69,221.5541	D	
Common Stock	08/04/2020		S		19,761	D	\$ 53.6732	49,460.5541	D	
Common Stock	08/05/2020		M		5,858	A	\$ 47.82	55,318.5541	D	
Common Stock	08/05/2020		S		5,858	D	\$ 54.6091	49,460.5541	D	

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. SEC 1474 (9-02)

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. 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 Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Option (Right to Buy)	\$ 42.48	08/04/2020		M		7,349		(1)	02/06/2021	Common Stock	7,349.00	\$ 0	0	D	
Stock Option (Right to Buy)	\$ 47.82	08/04/2020		M		3,033		(2)	02/06/2024	Common Stock	3,033.00	\$ 0	6,065	D	
Stock Option (Right to Buy)	\$ 43.67	08/04/2020		M		9,379		(3)	02/08/2023	Common Stock	9,379.00	\$ 0	0	D	
Stock Option (Right to Buy)	\$ 47.82	08/05/2020		M		5,858		(2)	02/06/2024	Common Stock	5,858.00	\$ 0	207	D	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
JEWELL MATTHEW J 1915 SNAPPS FERRY ROAD BUILDING N GREENEVILLE, TN 37745				Former Officer

Signatures

/s/ Michael L. Hance, Attorney-in-Fact		08/06/2020
<small>Signature of Reporting Person</small>		<small>Date</small>

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) This option vests 33-1/3% each year over a three year period commencing on 2/6/15.
 - (2) This option vests 33-1/3% each year over a three year period commencing on 2/6/18.
 - (3) This option vests 33-1/3% each year over a three year period commencing on 2/8/17.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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