FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

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

1. Name and Address of Reporting Person [*] Monroe Joanna S			2. Issuer Name and Ticker or Trading Symbol <u>TrueBlue, Inc.</u> [TBI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) P.O. BOX 291	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/22/2011	X Officer (give title below) Other (specify below) VP/Chief Compliance Officer				
(Street) TACOMA (City)	WA (State)	98401-2910 (Zip)	 4. If Amendment, Date of Original Filed (Month/Day/Year) 	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
		Table I - Non-D	erivative Securities Acquired. Disposed of, or Bene	ficially Owned				

 Date	Execution Date,	Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
		Code	v		(A) or (D)	Price	 Transaction(s) (Instr. 3 and 4) 		(Instr. 4)

Table II - I	Derivative Sec	urities Acquir	ed. Dis	spos	ed of. or Be	eneficia	allv Owne	d		
Common Stock	11/22/2011		S		1,500	D	\$11.92 ⁽¹⁾	11,690 ⁽²⁾	D	
										/

Table II - Derivative Securities Acquired, Disposed OI, Or Demencially Owner
(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. Transac Code (Ir 8)		Derivative E		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		

Explanation of Responses:

1. This transaction was executed in multiple trades at prices ranging from \$11.91 to \$12.00. The price reported above reflects the weighted average sales price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer the detailed information regarding the number of shares sold at each separate price.

2. As of October 31, 2011, Ms. Monroe also indirectly owned approximately 1,335 shares in TrueBlue, Inc. 401(k) Plan. Thse shares are not included in the 11,690 shares shown as directly owned in Table 1.

Todd N. Gilman, Attorney-in-fact 11/22/2011

** 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.