UNITED STATES SECURITIES AND EXCHANGE COMMISSION Form 144 Filer Information Washington, D.C. 20549

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001940323 Filer CCC XXXXXXXX Is this a LIVE or TEST Filing? LIVE Submission Contact Information

Name Phone E-Mail Address

144: Issuer Information

Name of Issuer	ZeroFox Holdings, Inc.
SEC File Number	001-39722
Address of Issuer	1834 S. Charles St. Baltimore MARYLAND 21230
Phone	855-936-9369
Name of Person for Whose Account the Securities are To Be Sold	Foster James Christopher

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Relationship to Issuer Officer Director

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock	Morgan Stanley Smith Barney LLC 1 New York Plaza 38th Floor New York NY 10004	82373	90610.18	124843024	03/18/2024	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Date you Nature of

Is

Date

Date of

Class	Acquired	Acquisition Transaction	Person from Whom Acquired			Payment	Payment *
Common Stock	03/16/2024 <mark>1</mark>	Restricted Stock Vesting	Issuer		82373	03/16/2024 Co	ompensation

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

144: Remarks and Signature

ATTENTION:	
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	03/28/2023
Date of Notice	03/18/2024
Kennarks	

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

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/s/ Thomas P. FitzGerald, as Attorney-in-Fact

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)