SEC Form 4	
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).

OMB	APPROVAL

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OMB Number: 3235-02								
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

1. Name and Address of Reporting Person [*] Bender Timothy S				2. Issuer Name and Ticker or Trading Symbol ZeroFox Holdings, Inc. [ZFOX]									(Cheo	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title Other (specify					
(Last) (First) (Middle) C/O ZEROFOX HOLDINGS, INC. 1834 CHARLES STREET					3. Date of Earliest Transaction (Month/Day/Year) 08/03/2022									- X Officer (give title Other (specify below) below) See Remarks					
(Street) BALTIMORE MD 21230					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						
(City)	(S	itate)	(Zip)	<u> </u>					<u> </u>	<u>.</u>	<u> </u>			<u> </u>					
			2. Transa Date (Month/D	action	a 2A. Deemed Execution Date,			Code (Instr.) or	or 5. Amount		Form (D) or	m: Direct li or Indirect E Instr. 4) C	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				00/02	/202				Code	v	Amount	(0)		Price	Transaction(s) (Instr. 3 and 4)		s) 4)		
I				08/03						15,11		<u>م</u>	(1)(2)		118		D		
			Table II -						uired, D 6, option						Jwned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Da if any (Month/Day/\	Co	ansact de (In		Derivative		6. Date Exercisa Expiration Date (Month/Day/Yea		e	7. Title and Amo of Securities Underlying Derivative Secu (Instr. 3 and 4)			8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported	e s illy g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Cod	de	v	(A)	(D)	Date Exercisab		Expiration Date	Title	or Nur	ount nber shares		Transaction(s) (Instr. 4)			
Employee Stock Option (right to buy)	\$0.6	08/03/2022		A	1)(2)		400,787		(3)		01/27/2026	Commo Stock	ⁿ 40),787	(1)(2)	400,78	87	D	
Employee Stock Option (right to buy)	\$0.77	08/03/2022		A ⁽¹	1)(2)		125,961		(4)		08/22/2027	Commo Stock	ⁿ 12	5,961	(1)(2)	125,90	61	D	
Employee Stock Option (right to buy)	\$0.98	08/03/2022		A ⁽⁾	1)(2)		193,731		(5)	1	03/05/2029	Commo Stock	ⁿ 19	3,731	(1)(2)	193,73	31	D	
Employee Stock Option (right to buy)	\$1.23	08/03/2022		A ⁽¹	1)(2)		114,510		(6)		02/24/2030	Commo Stock	n 11-	4,510	(1)(2)	114,51	10	D	
Employee Stock Option (right to buy)	\$2.24	08/03/2022		A	1)(2)		71,569		(7)		03/01/2031	Commo Stock	ⁿ 71	,569	(1)(2)	71,56	i9	D	
Employee Stock Option (right to buy)	\$8.25	08/03/2022		A ⁽¹	1)(2)		85,883		(8)		02/01/2032	Commo Stock	n 85	,883	(1)(2)	85,88	3	D	

Explanation of Responses:

2. (Continued from Footnote 1) a Delaware corporation ("ZeroFox"), and ID Experts Holdings, Inc., a Delaware corporation ("IDX"), pursuant to which (i) ZF Merger Sub merged with and into ZeroFox (the "ZF Merger"), with ZeroFox being the surviving company in the ZF Merger and continuing as a direct, wholly-owned subsidiary of L&F Holdings, (ii) immediately following the ZF Merger, IDX Merger Sub merged with and into IDX (the "IDX Merger"), with IDX being the surviving company in the IDX Merger ("Transitional IDX Entity") and continuing as a direct, wholly-owned subsidiary of L&F Holdings, and (iii) immediately following the IDX Merger, Transitional IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub (the "IDX Forward Merger"), with IDX Forward Merger Sub being the surviving company in the IDX Forward Merger Sub

 $3.\ 400,787$ options have vested as of August 3, 2022.

4. 125,961 options have vested as of August 3, 2022.

5. 157,406 options have vested as of August 3, 2022 and the remaining options will vest as follows: (i) 12,109 options will vest on September 1, 2022; (ii) 12,108 options will vest on December 1, 2022; and (iii) 12,108 options will vest on March 1, 2023.

6. 64,412 options have vested as of August 3, 2022 and the remaining options will vest as follows: (i) 7,157 options will vest on August 24, 2022; (ii) 7,157 options will vest on November 24, 2022; (iii) 7,157 options will vest on February 24, 2023; (iv) 7,157 options will vest on May 24, 2023; (v) 7,157 options will vest on August 24, 2023; (vi) 7,157 options will vest on November 24, 2023; and (vii) 7,156 options will vest on February 24, 2024.

7. 22,365 options have vested as of August 3, 2022 and the remaining options will vest as follows: (i) 4,474 options will vest on September 1, 2022; (ii) 4,473 options will vest on December 1, 2022; (iii) 4,473 options will vest on March 1, 2023; (iv) 4,473 options will vest on June 1, 2023; (v) 4,473 options will vest on September 1, 2023; (vi) 4,473 options will vest on March 1, 2024; (viii) 4,473 options will vest on September 1, 2024; (vi) 4,473 options will vest on March 1, 2024; (viii) 4,473 options will vest on March 1, 2024; (viii) 4,473 options will vest on March 1, 2024; (vi) 4,473 options will vest options will vest options will vest options will vest options vest

8. Options will vest as follows: (i) 21,470 options will vest on February 1, 2023; (ii) 5,368 options will vest on May 1, 2023; (iii) 5,368 options will vest on August 1, 2023; (iv) 5,368 options will vest on November 1, 2023; (v) 5,368 options will vest on February 1, 2024; (vi) 5,368 options will vest on May 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2024; (vii) 5,368 options will vest on November 1, 2025; (xi) 5,368 options will vest on November 1, 2025; (xi) 5,368 options will vest on November 1, 2025; (xi) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options will vest on November 1, 2025; (vii) 5,368 options vest on November 1,

Remarks:

Chief Financial Officer and Treasurer

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

** Signature of Reporting Person

08/05/2022

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.