## FORM 4

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

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, I	D.C.	20549
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OMB APPRO	OVAL							
OMB Number:	3235-0287							
Estimated average burden								
hours per response:	0.5							

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*  SLATER ROBERT J  (Last) (First) (Middle)  311 SOUTH WACKER DRIVE  SUITE 3900					2. Issuer Name and Ticker of Trading Symbol FIRST INDUSTRIAL REALTY TRUST INC [ FR ]  3. Date of Earliest Transaction (Month/Day/Year) 01/08/2010										k all applicable)		100	6 Owner er (specify
GO IL				4. If	Ame	endment,	Date o	f Original	Filed	(Month/Da	ay/Yea	r)			Form Form	i filed by One	e Reporting F	erson
	Tabl	e I - Nor	n-Deriv	ative	Se	curitie	s Acc	quired,	Dis	posed o	f, or	Bene	ficia	lly C	Owne	ed		
1. Title of Security (Instr. 3)				2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		Transaction Disposed Code (Instr. 5)					4 and Secu Bene Own		ties cially I Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	of Indirect	
								Code	v	Amount		A) or D)	Price	I ·	Transa	ction(s)		(,
Common Stock, par value \$.01 per share					01/08/2010			A		1,912(1)		A	(2)		30	6,275	D	
	Та													/ Ow	ned			
Derivative Conversion Date Execution Descurity or Exercise (Month/Day/Year) if any		Date,	4. Transaction Code (Instr. 8)		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)  Date Expiration			Amour or Numbe of		ount	Deriv Secu	vative ırity r. 5)	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership ct (Instr. 4)	
	(Find the second of the second	(First) (CTH WACKER DRIVE 900)  GO IL (State) (Conversion or Exercise Price of Derivative State) (Month/Day/Year)	(First) (Middle)  TH WACKER DRIVE  900  GO IL 60606  (State) (Zip)  Table I - Nor  Security (Instr. 3)  Stock, par value \$.01 per share  Table II - I  (I)  2. Conversion or Exercise Price of Derivative (Month/Day/Year)  Derivative 3. Transaction Date (Month/Day/Year)  (Month/Day/Year) (Month/Day/Year)	(First) (Middle)  TH WACKER DRIVE  900  GO IL 60606  (State) (Zip)  Table I - Non-Deriv  Security (Instr. 3)  2. Trans Date (Month/l)  Stock, par value \$.01 per share  1. Table II - Derivat (e.g., pto 1)  Conversion or Exercise Price of Derivative (Month/Day/Year)  2. (Month/Day/Year)	R ROBERT J  (First) (Middle)  3. D 01/  3. D 01/  GO IL 60606  (State) (Zip)  Table I - Non-Derivative  Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  Table II - Derivative S (e.g., puts, c)  Conversion or Exercise Price of Derivative (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  3. Deemed Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  3. Deemed Execution Date, if any (Month/Day/Year)  (Month/Day/Year)	FIRST INC [  (First) (Middle)  TH WACKER DRIVE  900  GO IL 60606  (State) (Zip)  Table I - Non-Derivative Se  Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  Stock, par value \$.01 per share  01/08/2010  Table II - Derivative Secue.g., puts, calls  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  3. Transaction Date (Instr. 3)  3. Transaction Date (Month/Day/Year)  2. Conversion or Exercise Price of Derivative Security  3. Transaction (Month/Day/Year)  3. Transaction Date (Instr. 3)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  3. Transaction Date (Instr. 3)	FIRST IND INC FR Control of Exercise (e.g., puts, calls, warr (Month/Day/Year) Security  2. Table II - Derivative Securities (e.g., puts, calls, warr (Month/Day/Year) Security  2. Table II - Derivative Securities (e.g., puts, calls, warr (Month/Day/Year) Security  3. Date of Earlies (01/08/2010 4. If Amendment, 2A. Deen Execution fany (Month/Day/Year) 2A. Deen Execution fany (Month/Day/Year) 3A. Deened Execution Date (e.g., puts, calls, warr (Month/Day/Year) Security  2. Table II - Derivative Securities (e.g., puts, calls, warr (Month/Day/Year) Security (Mon	FIRST INDUST INC [FR]  3. Date of Earliest Trans 01/08/2010  4. If Amendment, Date of 3. Date of Earliest Trans 01/08/2010  4. If Amendment, Date of 3. Date of Earliest Trans 01/08/2010  4. If Amendment, Date of 4. If Amendment, Date of 4. Deemed Execution Date of	FIRST INDUSTRIAL INC [FR]  (First) (Middle)  TH WACKER DRIVE  900  GO IL 60606  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Date (Month/Day/Year)  Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  2. Table II - Derivative Securities Acquired, Discoursion of Exercise Price of Derivative Securities Acquired (Month/Day/Year)  2. Table II - Derivative Securities Acquired, Discoursion of Exercise Price of Derivative Securities Acquired (Month/Day/Year)  3. Transaction Date (e.g., puts, calls, warrants, option  4. Table II - Derivative Securities Acquired of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)  Date	FIRST INDUSTRIAL REALINC [FR]  (First) (Middle)  TH WACKER DRIVE  900  Table I - Non-Derivative Securities Acquired, Disposed of Conversion or Exercise Price of Derivative Security  Security  Table II - Derivative Securities Acquired, Disposed of Cople (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of Cople (Month/Day/Year)  Sala Demend Execution Date, if any (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of Cople (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of Cople (Instr. 3, 4 and 5)  Date Date Date  Table II - Derivative Securities Acquired, Disposed of Cople (Instr. 3, 4 and 5)  Date Date Date	FIRST INDUSTRIAL REALTY TINC [FR]  (First) (Middle)  TH WACKER DRIVE  900  Table I - Non-Derivative Securities Acquired, Disposed of Code (Instr. 3)  Table I - Non-Derivative Securities Acquired, Disposed of Code (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of Code (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of Code (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of Code (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of Code (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of Code (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of Code (Instr. 8)  Date (Month/Day/Year) (Month/	FIRST INDUSTRIAL REALTY TRUS  (First) (Middle)  TH WACKER DRIVE  900  Table I - Non-Derivative Securities Acquired, Disposed of, or  Security (Instr. 3)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  Stock, par value \$.01 per share  01/08/2010  Table II - Derivative Securities Acquired, Disposed of, or  (e.g., puts, calls, warrants, options, convertible security  2. Transaction Date (E.g., puts, calls, warrants, options, convertible security  3. Date of Earliest Transaction (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  3. Transaction Date (E.g., puts, calls, warrants, options, convertible securities Acquired (A) or Derivative Securities Acquired (Month/Day/Year)  (Month/Day/Year)  3. Transaction Date (E.g., puts, calls, warrants, options, convertible securities Acquired (A) or Disposed of (D) ((Instr. 3, 4, and 5))  Date Expiration	FIRST INDUSTRIAL REALTY TRUST INC [FR]  3. Date of Earliest Transaction (Month/Day/Year) 01/08/2010  4. If Amendment, Date of Original Filed (Month/Day/Year)  Table I - Non-Derivative Securities Acquired, Disposed of, or Benefic (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  Stock, par value \$.01 per share 01/08/2010 A 1,912(1) A  Table II - Derivative Securities Acquired, Disposed of, or Benefic (e.g., puts, calls, warrants, options, convertible securities (A) or Exercise Price of Derivative Securities Acquired, Disposed of, or Benefic (e.g., puts, calls, warrants, options, convertible securities (A) or Disposed of (D) (Instr. 17 (Transaction of Code (Instr. 20) (Month/Day/Year) (Mont	FIRST INDUSTRIAL REALTY TRUST   INC   FR	FIRST INDUSTRIAL REALTY TRUST INC [FR]  (First) (Middle) TH WACKER DRIVE 900  3. Date of Earliest Transaction (Month/Day/Year) 01/08/2010  4. If Amendment, Date of Original Filed (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Control of the Month/Day/Year)  Security (Instr. 3)  2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  Stock, par value \$.01 per share  01/08/2010  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Control of Date (Month/Day/Year) (Code V Amount (A) or (D) Price (D) Price (D) Price (D) Price (D) Price (D) (Month/Day/Year)  Stock, par value \$.01 per share  01/08/2010  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Ow (e.g., puts, calls, warrants, options, convertible Securities)  2. Conversion Date (Month/Day/Year) (Month/Day/Yea	FIRST INDUSTRIAL REALTY TRUST INC [FR]    Stock, par value \$.01 per share   01/08/2010	FIRST INDUSTRIAL REALTY TRUST INC [FR]  S. Date of Earliest Transaction (Month/Day/Year)  Officer (give titte below)  Officer (give titte below)  A. If Amendment, Date of Original Filed (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  Security (Instr. 3)  2. Transaction Date (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year)  Stock, par value \$.01 per share  O1/08/2010  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  2. Transaction Date (e.g., puts, calls, warrants, options, convertible securities)  Stock, par value \$.01 per share  O1/08/2010  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  2. Transaction Date of Original Filed (Month/Day/Year) (Month/Day/Year)  Date Securities Acquired (A) or Date (Month/Day/Year) (Month/Day/Year)  O1/08/2010  A 1,912(1) A (2) 36,275  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  2. Transaction (Month/Day/Year)	FIRST INDUSTRIAL REALTY TRUST INC [FR]  (First) (Middle)  TH WACKER DRIVE  900  3. Date of Earliest Transaction (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Execution (Month/Day/Year)  (Month/Day/Year) (Month/Day/Year)  Stock, par value \$.01 per share  01/08/2010  FIRST INDUSTRIAL REALTY TRUST INC [FR]  (Check all applicable)  X Director Officer (give title Obte Delow)  A. If Amendment, Date of Original Filed (Month/Day/Year)  (A. If Amendment, Date of Original Filed (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned  Execution Date, (Month/Day/Year)  (Month/Day/Year) (Month/Day/Year)  Stock, par value \$.01 per share  01/08/2010  A. 1,912(1) A. (2) 36,275 D.  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned  Execution Date, (e.g., puts, calls, warrants, options, convertible securities)  2. Transaction Date Officer (give title Other Date Officer (give title Officer (give ti

## **Explanation of Responses:**

- 1. Represents shares granted under FR's 1997 Stock Incentive Plan.
- 2. No figure applicable.

/s/ Robert J. Slater

01/11/2010

\*\* 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.