

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, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

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

1. Name and Address of Reporting Person *			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
HAAHR JAMES S			FIRST MIDWEST FINANCIAL INC [CASH]			<input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner		
(Last) (First) (Middle)			3. Date of Earliest Transaction (MM/DD/YYYY)			<input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
FIRST FEDERAL BUILDING, 2500 SOUTH MINNESOTA AVE			9/30/2004			CEO		
(Street)			4. If Amendment, Date Original Filed (MM/DD/YYYY)			6. Individual or Joint/Group Filing (Check Applicable Line)		
SIOUX FALLS, SD 57105						<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
(City) (State) (Zip)								

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. 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								85457	D	
Common stock								31426.93	I	by ESOP
Common stock								67536.77	I	by 401 (k)
Common stock								83869	I	by LLC

Table II - Derivative Securities Beneficially Owned (e.g. , puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (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		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock option (right to buy)	\$22.18	9/30/2004		J		8100	9/30/2004	9/30/2014	Common stock	8100	\$22.18	8100	D	
Stock option (right to buy)	\$21.765						9/30/2003	9/30/2013	Common stock	7500		7500	D	
Stock option (right to buy)	\$14.41						9/30/2002	9/30/2012	Common stock	5220		5220	D	
Stock option (right to buy)	\$13.65						9/30/2001	9/30/2011	Common stock	5250		5250	D	
Stock option (right to buy)	\$9.625						9/30/2000	9/30/2010	Common stock	4500		4500	D	
Stock option (right to buy)	\$13						9/30/1999	9/30/2009	Common stock	4987		4987	D	
Stock option (right to buy)	\$20.125						9/30/1997	9/30/2007	Common stock	5250		5250	D	
Stock option (right to buy)	\$15.75						9/30/1996	9/30/2006	Common stock	14250		14250	D	
Stock option (right to buy)	\$15						1/23/1996	1/23/2006	Common stock	9000		9000	D	
Stock option (right to buy)	\$13.333						9/29/1995	9/29/2005	Common stock	1575		1575	D	

Explanation of Responses:

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HAAHR JAMES S				

FIRST FEDERAL BUILDING 2500 SOUTH MINNESOTA AVE SIOUX FALLS, SD 57105	X	X	CEO	
---	---	---	-----	--

Signatures

James S. Haahr

10/4/2004

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 control number.