

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
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Form 5 obligations may
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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 _____ 10% Owner <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) CEO & President	
(Last) (First) (Middle)		3. Date of Earliest Transaction (MM/DD/YYYY)			
FIRST FEDERAL BUILDING, FIFTH AT ERIE P O BOX 1307		9/30/2003			
(Street)		4. If Amendment, Date Original Filed (MM/DD/YYYY)		6. Individual or Joint/Group Filing (Check Applicable Line)	
STORM LAKE, IA 50588				<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								91957	D	
Common stock								65474.85	I	by 401(k)
Common stock								29779.38	I	by ESOP
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)	\$21.765	9/30/2003		J	(U)	7500	9/30/2003	9/30/2013	Common stock	7500	\$21.765	7500	D	
Stock option (right to buy)	\$13.333						9/29/1995	9/29/2005	Common stock	1575		1575	D	
Stock option (right to buy)	\$15						1/23/1996	1/23/2006	Common stock	9000		9000	D	
Stock option (right to buy)	\$15.75						9/30/1996	9/30/2006	Common stock	14250		14250	D	
Stock option (right to buy)	\$20.125						9/30/1997	9/30/2007	Common stock	5250		5250	D	
Stock option (right to buy)	\$13						9/30/1999	9/30/2009	Common stock	4987		4987	D	
Stock option (right to buy)	\$9.625						9/30/2000	9/30/2010	Common stock	4500		4500	D	
Stock option (right to buy)	\$13.65						9/30/2001	9/30/2011	Common stock	5250		5250	D	
Stock option (right to buy)	\$14.41						9/30/2002	9/30/2012	Common stock	5220		5220	D	

Explanation of Responses:

(1) Grant to reporting person of option to buy shares of common stock pursuant to First Midwest's Stock Option and Incentive Plan.

Reporting Owners

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

FIRST FEDERAL BUILDING FIFTH AT ERIE P O BOX 1307 STORM LAKE, IA 50588	X		CEO & President	
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Signatures

James S. Haahr

10/2/2003

--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.

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