FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number: Estimated average burden hours per response: 0.5

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

			or Section 30(n) of the investment Company Act of 1940				
1. Name and Address HOWARD J			2. Issuer Name and Ticker or Trading Symbol FEDERAL NATIONAL MORTGAGE ASSOCIATION FANNIE MAE [FNM]		tionship of Reporting Person all applicable) Director Officer (give title	10% Owner Other (specify	
(Last) (First) (M 3900 WISCONSIN AVENUE, NW		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/04/2004		vice Chairman &	below) CFO	
(Street) WASHINGTON DC 20016		20016	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line)	idual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person		
(City)	(State)	(Zip)			Form filed by More than C Person	One Reporting	

(City)	(State)	(Zip)								Form filed by Mo Person	re than One Rep	oorting
		Table I - No	n-Derivative	Securities Acq	uired	, Dis	posed of,	or Ber	eficially	Owned		
1. Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Disposed Of	Acquired (D) (Instr.	(A) or 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownershi (Instr. 4)
					Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(111301.4)
Common Stoc	k		08/04/2004		M		3,500	A	\$18.625	27,800	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.63	27,700	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.62	27,600	D	
Common Stoc	k		08/04/2004		S		200	D	\$70.61	27,400	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.64	27,300	D	
Common Stoc	k		08/04/2004		S		200	D	\$70.48	27,100	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.49	27,000	D	
Common Stoc	k		08/04/2004		S		200	D	\$70.54	26,800	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.56	26,700	D	
Common Stoc	k		08/04/2004		S		100	D	\$71.3	26,600	D	
Common Stoc	k		08/04/2004		S		200	D	\$71.33	26,400	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.58	26,300	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.38	26,200	D	
Common Stoc	k		08/04/2004		S		200	D	\$70.34	26,000	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.39	25,900	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.35	25,800	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.32	25,700	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.37	25,600	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.31	25,500	D	
Common Stoc	k		08/04/2004		S		200	D	\$71.05	25,300	D	
Common Stoc	k		08/04/2004		S		100	D	\$71.07	25,200	D	
Common Stoc	k		08/04/2004		S		100	D	\$71.08	25,100	D	
Common Stoc	k		08/04/2004		S		100	D	\$71.02	25,000	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.85	24,900	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.84	24,800	D	
Common Stoc	k		08/04/2004		S		100	D	\$71.18	24,700	D	
Common Stoc	k		08/04/2004		S		200	D	\$71.16	24,500	D	
Common Stoc	k		08/04/2004		S		100	D	\$71.11	24,400	D	
Common Stoc	k		08/04/2004		S		100	D	\$70.97	24,300	D	

	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)														
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		of I		6. Date Exercisable and Expiration Date (Month/Day/Year)		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: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy)	\$18.625	08/04/2004		M			3,500	11/15/1995	11/15/2004	Common Stock	3,500	\$0.00	33,300	D	

Explanation of Responses:

Remarks:

All of the foregoing transactions were effected by the Reporting Person's broker pursuant to a written 10b5-1 trading plan established on February 27, 2004. This Form 4 dated 8/6/2004 is part 1 of 2 Form 4s dated 8/6/2004 and should be read in conjunction with the other Form 4. The total number of transactions exceeded the 30 transactions per report limitation imposed by the SEC on electronic filings. In accordance with guidance from the SEC staff, the two Form 4s shall be one for reporting purposes.

/s/ J. Timothy Howard 08/06/2004

** 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 Number.