

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK 0001782487
Filer CCC XXXXXXXXX
Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer National Vision Holdings, Inc.
SEC File Number 001-38257
Address of Issuer 2435 COMMERCE AVENUE
BLDG. 2200
DULUTH
GEORGIA
30096-4980
Phone (770) 822-3600
Name of Person for Whose Account the Securities are To Be Sold Rasmussen Melissa

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Former Officer

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917	28869	447698.27	78783482	05/07/2025	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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	Transaction	Whom Acquired	a Gift?	Acquired	Acquired
Common	05/29/2020 ESPP Purchase	Issuer	<input type="checkbox"/>	36	05/29/2020 Cash
Common	08/31/2020 ESPP Purchase	Issuer	<input type="checkbox"/>	27	08/31/2020 Cash
Common	11/30/2020 ESPP Purchase	Issuer	<input type="checkbox"/>	28	11/30/2020 Cash
Common	02/26/2021 ESPP Purchase	Issuer	<input type="checkbox"/>	20	02/26/2021 Cash
Common	02/28/2021 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	247	02/28/2021 Compensation
Common	05/28/2021 ESPP Purchase	Issuer	<input type="checkbox"/>	25	05/28/2021 Cash
Common	08/31/2021 ESPP Purchase	Issuer	<input type="checkbox"/>	22	08/31/2021 Cash
Common	11/18/2021 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	3836	11/18/2021 Compensation
Common	11/30/2021 ESPP Purchase	Issuer	<input type="checkbox"/>	26	11/30/2021 Cash
Common	02/24/2022 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2591	02/24/2022 Compensation
Common	02/28/2022 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	271	02/28/2022 Compensation
Common	02/28/2022 ESPP Purchase	Issuer	<input type="checkbox"/>	29	02/28/2022 Cash
Common	03/05/2022 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	222	03/05/2022 Compensation
Common	05/31/2022 ESPP Purchase	Issuer	<input type="checkbox"/>	42	05/31/2022 Cash
Common	08/31/2022 ESPP Purchase	Issuer	<input type="checkbox"/>	28	08/31/2022 Cash
Common	11/18/2022 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1918	11/18/2022 Compensation
Common	11/30/2022 ESPP Purchase	Issuer	<input type="checkbox"/>	28	11/30/2022 Cash
Common	02/28/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	247	02/28/2023 Compensation
Common	02/28/2023 ESPP Purchase	Issuer	<input type="checkbox"/>	27	02/28/2023 Cash
Common	03/02/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	2609	03/02/2023 Compensation
Common	03/03/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	206	03/03/2023 Compensation
Common	05/31/2023 ESPP Purchase	Issuer	<input type="checkbox"/>	53	05/31/2023 Cash
Common	11/17/2023 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1918	11/17/2023 Compensation
Common	03/01/2024 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	5466	03/01/2024 Compensation
Common	03/05/2024 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1121	03/05/2024 Compensation
Common	02/28/2025 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	3294	02/28/2025 Compensation
Common	03/03/2025 Restricted Stock Vesting	Issuer	<input type="checkbox"/>	4532	03/03/2025 Compensation

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report

144: Remarks and Signature

Remarks

Date of Notice 05/07/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Jennifer Ruchti, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for
Melissa Rasmussen

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)