

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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 * <u>Munnik Cecile</u> (Last) (First) (Middle) <u>C/O NEXTPLAT CORP, 3250 MARY ST., SUITE 410</u> (Street) <u>COCONUT GROVE FL 33133</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>NextPlat Corp [NXPL]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below) X Chief Financial Officer
	3. Date of Earliest Transaction (Month/Day/Year) <u>04/07/2023</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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 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	04/07/2023		A		5,000 ⁽¹⁾	A	\$0.00 ⁽³⁾	5,000	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. Transaction 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 (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
Stock Options	\$1.98	04/07/2023		A		5,000		(2)	04/07/2028	Common Stock	5,000	\$0.00 ⁽³⁾	55,000	D	

Explanation of Responses:

- On April 7, 2023, Ms. Munnik entered into a Restricted Stock Award Agreement with the Issuer, pursuant to which Ms. Munnik was awarded 5,000 shares of Issuer's common stock. The restricted stock vests immediately upon issuance.
- On April 7, 2023, Ms. Munnik entered into a Stock Option Agreement with the Issuer pursuant to which Ms. Munnik was granted an option to purchase 5,000 shares of Issuer's common stock, of which one third of the shares of common stock vest immediately on the Grant Date, with options to purchase an additional third of the shares of common stock vesting on the one-year anniversary of the Grant Date, and options to purchase the remaining third of the shares of common stock vesting on the second-year anniversary of the Grant Date.
- The options were granted pursuant to the Issuer's 2021 Incentive Award Plan.

/s/ Cecile Munnik

06/09/2023

** 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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