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Approach F Form 4	Resources Inc										
July 05, 20	17										
•									OMB APPROVAL		
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							ION	OMB Numb	oer: 3235-0287		
Check t if no los subject Section Form 4 Form 5 obligati may co <i>See</i> Inst 1(b).	nger to 16. or Filed pu tons ntinue.	rsuant to Sect (a) of the Pub	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Sectior of the Investment Company Act of 1940						burde respo	ated averag n hours per	uary 31, 2005 e 0.5
(Print or Type	e Responses)										
1. Name and Address of Reporting Person <u>*</u> Kahn Matthew			2. Issuer Name and Ticker or Trading Symbol Approach Resources Inc [AREX]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle)			3. Date of Earliest Transaction								
ONE RIDGMAR CENTRE, 6500 WEST FREEWAY, SUITE 800			(Month/Day/Year) 07/03/2017				X_ Director 10% Owner Officer (give title Other (specify below) below)				
			4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
	XIII, IX /0110						Person				
(City)	(State)	(Zip)	Table I - Non-	Derivativ	e Secu	rities	Acquired, Dispos	sed of,	or Ben	eficially Owi	ned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date any (Month/Day/Y	Code	Disposed (Instr. 3,	(A) of of (D))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Form Direc	ct (D) direct	7. Nature of Indirect Ber Ownership (Instr. 4)	
Common	07/03/2017		A	3,541	(D) A	\$ 0	3,541 (2) (3)	D			
Stock	0110012017		11	(1)	1	ψυ	<i>3,311 <u>··</u> <u>··</u></i>	D			
Common Stock							26,122	Ι		by MRSAKA LLC (2)	AHN,

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Unde Secur	le and unt of rlying tities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other				
Kahn Matthew ONE RIDGMAR CENTRE 6500 WEST FREEWAY, SUITE 800 FORT WORTH, TX 76116	Х							
Signatures								
/s/ J. Curtis Henderson, attorney-in-fact	07/0	5/2017						
**Signature of Reporting Person		Date						
Evalenction of Deene								

Explanation of Responses:

- * 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).
- (1) Represents shares of the issuer's common stock awarded to the reporting person for payment of director fees.
- (2) The reporting person is the sole member of MRSAKAHN, LLC. MRSAKAHN, LLC acquired shares solely as a result of a change in form of beneficial ownership.
- (3) Excludes 21,182 shares previously reported as being held directly by the reporting person, which the reporting person contributed to MRSAKAHN, LLC.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.