

## Form 144 Filer Information

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

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

0002057053

Filer CCC

XXXXXXXX

Is this a LIVE or TEST Filing?

☒ LIVE ☐ TEST

## Submission Contact Information

Name

Phone

E-Mail Address

## 144: Issuer Information

Name of Issuer

Floor &amp; Decor Holdings, Inc.

SEC File Number

001-38070

Address of Issuer

2500 Windy Ridge Parkway SE  
Atlanta  
GEORGIA  
30339

Phone

404-471-1634

Name of Person for Whose Account the  
Securities are To Be Sold

John Adamson

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

Officer

## 144: Securities Information

Title of the Class of Securities To Be Sold

Common

Name and Address of the Broker

UBS Financial Services Inc  
1000 Harbor Blvd  
3rd Floor  
Weehawken  
NJ  
07086Number of Shares or Other Units To Be  
Sold

4240

Aggregate Market Value

336656

Number of Shares or Other Units  
Outstanding

107691475

Approximate Date of Sale

08/07/2025

Name the Securities Exchange

NYSE

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                | Common                       |
| Date you Acquired                 | 08/07/2025                   |
| Nature of Acquisition Transaction | Stock Option Exercise        |
| Name of Person from Whom Acquired | Floor & Decor Holdings, Inc. |

Is this a Gift?

☐ Date Donor Acquired

|                               |            |
|-------------------------------|------------|
| Amount of Securities Acquired | 4240       |
| Date of Payment               | 08/07/2025 |
| Nature of Payment             | N/A        |

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 | 08/07/2025 |

### 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/Mijo Suric, for UBS Financial Services Inc, as attorney-in-fact for John Adamson |
|-----------|-------------------------------------------------------------------------------------|

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