FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

1/aabinatan	$ \sim $	20540	
Vashington,	D.C.	20049	

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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>Lambert Lisa Marie</u>					2. Issuer Name and Ticker or Trading Symbol Vital Energy, Inc. [VTLE]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director						
(Last)	(Fir	rst) (ľ	Middle)			3. Date of Earliest Transaction (Month/Day/Year) 08/01/2024									Office belov	er (give title /)		Other (s below)	specify
521 E. 2ND STREET, SUITE 1000					4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Individual or Joint/Group Filing (Check Applicable Line)							
(Street)														1	Form filed by One Reporting Person				
TULSA	OF	7	4120											Form filed by More than One Reporting Person					
(City)	(St	ate) (Z	Zip)		Rul	Rule 10b5-1(c) Transaction Indication													
						Check this box to indicate that a transaction was made pursuant to a contract, instruction satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.								uction or writt	en plan	n that is inter	nded to		
		Table	I - No	n-Deriva	tive S	Secu	rities	Acq	juired,	, Dis	posed of	, or E	Benef	icially	y Own	ed			
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)			Execu ly/Year) if any		Deemed cution Date, y nth/Day/Year)				es Acquired (A) o Of (D) (Instr. 3, 4		4 and Securi Benefi Owned		ies cially Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
									Code	v	Amount	(A) (D)	or Pr			action(s) 3 and 4)			(Instr. 4)
Common	on Stock 08/01		08/01/2	2024)24		A		941(1)	A	\$	42.55	.55 11,606			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)	if any	emed iion Date, //Day/Year)	Transaction Code (Instr. 8)		5. Nu of Deriv Secu Acqu (A) of Dispo of (D) (Instr	rities ired r osed)	6. Date Exerci Expiration Dat (Month/Day/Ye		ite	7. Title and Amount of Securities Underlying Derivative Security (Inst 3 and 4)		8. Price of Derivative Security (Instr. 5)		9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form: Direct (or Indir (I) (Inst	Ownership	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercis	sable	Expiration Date	Title	Amou or Numb of Share	er					

Explanation of Responses:

1. These shares are granted under the Issuer's Omnibus Equity Incentive Plan and represent partial payment of the director's retainer and director fees.

Remarks:

/s/ Mark D. Denny as attorney-in-fact for Lisa Marie 08/05/2024 Lambert

** 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.