

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
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<b>1. Name and Address of Reporting Person*</b> <u>PAINTER JONATHAN W</u>  (Last) (First) (Middle) <u>KADANT INC.</u> <u>ONE TECHNOLOGY PARK DRIVE</u>  (Street) <u>WESTFORD MA 01886</u>  (City) (State) (Zip)	<b>2. Issuer Name and Ticker or Trading Symbol</b> <u>KADANT INC [ KAI ]</u>	<b>5. Relationship of Reporting Person(s) to Issuer</b> (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Exec. Chairman of the Board</u>
	<b>3. Date of Earliest Transaction (Month/Day/Year)</b> <u>01/07/2020</u>	
	<b>4. If Amendment, Date of Original Filed (Month/Day/Year)</b>	<b>6. Individual or Joint/Group Filing (Check Applicable Line)</b> <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person

**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	01/07/2020		S <sup>(1)</sup>		5,000	D	\$107.634 <sup>(2)</sup>	72,089	D	
Common Stock	01/07/2020		S <sup>(1)</sup>		1,900	D	\$108.3424 <sup>(3)</sup>	70,189	D	
Common Stock	01/08/2020		S <sup>(1)</sup>		6,197	D	\$107.9872 <sup>(4)</sup>	63,992	D	
Common Stock	01/08/2020		S <sup>(1)</sup>		903	D	\$108.6445 <sup>(5)</sup>	63,089	D	
Common Stock	01/09/2020		S <sup>(1)</sup>		1,747	D	\$106.5556 <sup>(6)</sup>	61,342	D	
Common Stock	01/09/2020		S <sup>(1)</sup>		3,860	D	\$107.7289 <sup>(7)</sup>	57,482	D	
Common Stock	01/09/2020		S <sup>(1)</sup>		193	D	\$108.1793 <sup>(8)</sup>	57,289	D	
Common Stock								3	I	By Son

**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)		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)					

**Explanation of Responses:**

- The transactions reported on this Form 4 were executed pursuant to a Rule 10b5-1 trading plan adopted November 15, 2019.
- Represents the weighted average sale price. The actual sales prices range from \$107.08 to \$108.06 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.
- Represents the weighted average sale price. The actual sales prices range from \$108.09 to \$108.69 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.
- Represents the weighted average sale price. The actual sales prices range from \$107.42 to \$108.41 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.
- Represents the weighted average sale price. The actual sales prices range from \$108.465 to \$108.91 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.
- Represents the weighted average sale price. The actual sales prices range from \$106.16 to \$107.15 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.
- Represents the weighted average sale price. The actual sales prices range from \$107.25 to \$108.13 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.
- Represents the weighted average sale price. The actual sales prices range from \$108.16 to \$108.20 per share. The reporting person will supply the SEC, the Issuer, or a security holder of the Issuer, with full information regarding the number of shares at each price upon request.

**Remarks:**

/s/ Stacy D. Krause, by power of attorney 01/09/2020

\*\* 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.