
FORM 8-K

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(D) OF THE
SECURITIES EXCHANGE ACT OF 1934

Date of Report: August 5, 2003
(Date of earliest event reported)

PRINCIPAL FINANCIAL GROUP, INC.
(Exact name of registrant as specified in its charter)

Delaware (State or other jurisdiction of incorporation)	1-16725 Commission file number	42-1520346 (I.R.S. Employer Identification Number)
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711 High Street, Des Moines, Iowa 50392
(Address of principal executive offices)

(515) 247-5111
(Registrant's telephone number, including area code)

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ITEM 7. EXHIBITS

99.1 Table of realized capital gains and losses on a pre-tax basis for various reporting periods.

ITEM 9. REGULATION FD DISCLOSURE

Investors have asked for additional information regarding Principal Financial Group, Inc.'s Realized Capital Gains and Losses. Exhibit 99.1, attached, shows our Realized Capital Gains and Losses (including unrealized gains and losses on derivatives and seed money) for various reporting periods, including the six months ended June 30, 2003. The format is essentially the same as the required footnote contained in our most recent annual report on Form 10-K for the year ended December 31, 2002, filed by the Company with the Securities and Exchange Commission.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

PRINCIPAL FINANCIAL GROUP, INC.

By: /S/ THOMAS J. GRAF

Name: Thomas J. Graf
Title: Senior Vice President - Investor Relations

Date: August 5, 2003

Principal Financial Group, Inc.
 Pre-tax Realized Capital Gains and Losses
 In \$ millions

	FOR THE SIX MONTHS ENDED		YEARS ENDED		
	JUNE 30, 2003	JUNE 30, 2002	2002	2001	2000
Fixed Maturity Securities					
Gross Gains*	45.6	144.5	176.3	76.7	29.1
Gross Losses	(156.9)	(307.4)	(538.6)	(408.9)	(155.0)
Equity Securities					
Gross Gains	1.4	2.8	4.1	9.4	84.2
Gross Losses	(15.4)	(15.7)	(32.8)	(76.9)	(5.0)
Commercial Mortgages	(11.8)	(9.9)	(10.3)	10.7	8.6
Real Estate	2.9	18.2	9.3	(19.0)	82.3
Seed Money	32.2	-	(83.5)	-	-
Derivatives	(5.3)	(8.8)	(73.2)	(45.2)	(1.1)
Other	19.7	182.9	193.9	(60.8)	96.5
Net Realized Capital Gains (Losses)					
	(87.6)	6.6	(354.8)	(514.0)	139.6

*Included in the gross gains number in 2003 is \$12.0 million in gains related to credit impaired securities.

