

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 0001922972

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 CarParts.com, Inc.

SEC File Number 001-33264

Address of Issuer 2050 W. 190TH STREET
TORRANCE
CALIFORNIA
90504

Phone (310) 735-0085

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

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 Fidelity Brokerage Services LLC
900 Salem Street
Smithfield
RI
02917

Number of Shares or Other Units To Be Sold 191000

Aggregate Market Value 99772.70

Number of Shares or Other Units Outstanding 69663752

Approximate Date of Sale 11/26/2025

Name the Securities Exchange NASDAQ

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	09/13/2021
Nature of Acquisition Transaction	Stock Option Exercise
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	8591
Date of Payment	09/13/2021
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	11/26/2021
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	565
Date of Payment	11/26/2021
Nature of Payment	Compensation

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/31/2021
Nature of Acquisition Transaction	ESPP Purchase
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	1302
Date of Payment	12/31/2021
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	03/17/2022
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	5633
Date of Payment	03/17/2022
Nature of Payment	Compensation

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/12/2022
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	1490
Date of Payment	05/12/2022
Nature of Payment	Compensation

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	06/30/2022
Nature of Acquisition Transaction	ESPP Purchase
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	2131
Date of Payment	06/30/2022

Nature of Payment

Cash

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.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

03/08/2023

Nature of Acquisition Transaction

Restricted Stock Vesting

Name of Person from Whom Acquired

Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

16416

Date of Payment

03/08/2023

Nature of Payment

Compensation

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.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

04/18/2023

Nature of Acquisition Transaction

Restricted Stock Vesting

Name of Person from Whom Acquired

Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

14479

Date of Payment

04/18/2023

Nature of Payment

Compensation

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.

144: Securities To Be Sold

Title of the Class

Common

Date you Acquired

05/12/2023

Nature of Acquisition Transaction

Restricted Stock Vesting

Name of Person from Whom Acquired

Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

1550

Date of Payment	05/12/2023
Nature of Payment	Compensation

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	06/30/2023
Nature of Acquisition Transaction	ESPP Purchase
Name of Person from Whom Acquired	Issuer

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	3993
Date of Payment	06/30/2023
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	02/06/2024
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	12705
Date of Payment	02/06/2024
Nature of Payment	Compensation

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	04/18/2024
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
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Amount of Securities Acquired	10975
Date of Payment	04/18/2024
Nature of Payment	Compensation

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	05/12/2024
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	1168
Date of Payment	05/12/2024
Nature of Payment	Compensation

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	06/28/2024
Nature of Acquisition Transaction	ESPP Purchase
Name of Person from Whom Acquired	Issuer

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	7692
Date of Payment	06/28/2024
Nature of Payment	Cash

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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	01/16/2025
Nature of Acquisition Transaction	Restricted Stock Vesting
Name of Person from Whom Acquired	Issuer

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	62902	
Date of Payment	01/16/2025	
Nature of Payment	Compensation	

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.

144: Securities To Be Sold

Title of the Class	Common	
Date you Acquired	02/06/2025	
Nature of Acquisition Transaction	Restricted Stock Vesting	
Name of Person from Whom Acquired	Issuer	

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	13868	
Date of Payment	02/06/2025	
Nature of Payment	Compensation	

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.

144: Securities To Be Sold

Title of the Class	Common	
Date you Acquired	04/16/2025	
Nature of Acquisition Transaction	Restricted Stock Vesting	
Name of Person from Whom Acquired	Issuer	

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	12041	
Date of Payment	04/16/2025	
Nature of Payment	Compensation	

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.

144: Securities To Be Sold

Title of the Class	Common	
Date you Acquired	04/18/2025	
Nature of Acquisition Transaction	Restricted Stock Vesting	

Name of Person from Whom Acquired	Issuer	
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	13499	
Date of Payment	04/18/2025	
Nature of Payment	Compensation	

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	<input checked="" type="checkbox"/>
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144: Remarks and Signature

Remarks	
Date of Notice	11/26/2025

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/ Adam Gehring, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Ryan Lockwood
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)