

DIVIDEND REINVESTMENT PLAN ENROLLMENT

STERLING | OFFICE AND INDUSTRIAL TRUST

To enroll in dividend reinvestment, please complete this form and return it to 1711 Gold Drive South, Suite 100, Fargo, ND 58103

A. OWNER INFORMATION

Please print exactly as it appears on the account or certificate

Account Name _____

Computershare Account No. _____

B. OWNER SIGNATURES (Must be signed by all current registered owners or trustees, executor, administrator, power of attorney, heirs, etc.)

By participating in the plan, I agree to be bound by the terms and conditions of Sterling Office and Industrial Trust's plan. I have read and fully understand the terms and conditions of the plan. I further agree my participation in the plan will continue until I notify Computershare Trust Co., Inc. in writing that I desire to terminate my participation in the plan. Upon providing such notification, I acknowledge that my withdrawal from the plan will be subject to the terms and conditions of the plan.

X _____
Printed Name: _____

Date: _____

X _____
Printed Name: _____

Date: _____

C. CUSTODIAL SIGNATURE

If this account is a custodial account, such as an IRA, contact your custodian. The custodian's signature is required in order to process such requests.

X _____
Printed Name: _____

Date: _____

D. DIVIDEND REINVESTMENT

I authorize the automatic purchase of additional Sterling Office and Industrial Trust Shares ("Common Shares") with all or a portion of my cash dividends indicated below, on all Common Shares that are currently or subsequently registered in my name, as well as on all Common Shares credited to my Plan account ("Dividend Reinvestment")*

100% of Dividends

_____% of Dividends (may not be less than 25%)

* Shareholders who are residents of any of the following State(s) are not eligible to participate in the Dividend Reinvestment Plan: Arkansas, California and any foreign country, including Canada. Please check with Computershare as residents of additional states may be restricted in the future.