

Lynds Gregory S
Form 4
August 27, 2018

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Lynds Gregory S

(Last) (First) (Middle)
7755 CENTER AVENUE, SUITE 300
(Street)

HUNTINGTON BEACH, CA 92647

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
BJs RESTAURANTS INC [BJRI]

3. Date of Earliest Transaction (Month/Day/Year)
08/23/2018

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Exec VP -Chief Dev.Officer

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ 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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	08/23/2018	08/23/2018	M		5,000	A	\$ 18.86
Common Stock	08/23/2018	08/23/2018	S		5,000	D	\$ 70.91
Common Stock	08/23/2018	08/23/2018	M		10,000	A	\$ 33.65
Common Stock	08/23/2018	08/23/2018	S		10,000	D	\$ 70.91
Common Stock	08/23/2018	08/23/2018	M		3,297	A	\$ 37.03

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Common Stock	08/23/2018	08/23/2018	S	3,297	D	\$ 70.91	16,170	D
Common Stock	08/23/2018	08/23/2018	M	2,790	A	\$ 45.32	18,960	D
Common Stock	08/23/2018	08/23/2018	S	2,790	D	\$ 70.91	16,170 ⁽¹⁾	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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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)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title
Non-Qualified Stock Options	\$ 33.65	08/23/2018	08/23/2018	M	10,000	01/02/2014 01/02/2023	Common Stock 10
Non-Qualified Stock Options	\$ 45.32	08/23/2018	08/23/2018	M	2,790	01/04/2013 01/04/2022	Common Stock 2,
Non-Qualified Stock Options	\$ 18.86	08/23/2018	08/23/2018	M	5,000	12/30/2010 12/30/2019	Common Stock 5,
Non-Qualified Stock Options	\$ 37.03	08/23/2018	08/23/2018	M	3,297	12/29/2011 12/29/2020	Common Stock 3,

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Lynds Gregory S 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647			Exec VP -Chief Dev.Officer	

Signatures

/s/ Jacob J. Guild, Attorney-in-Fact for Gregory S.
Lynds

08/27/2018

__Signature of Reporting Person

Date

Explanation of Responses:

- * 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).

(1) Amount includes 4,092 of unvested Restricted Stock Units.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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