PUCHNER ALEX Form 4 March 06, 2018

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

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 may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading **PUCHNER ALEX** Issuer Symbol BJs RESTAURANTS INC [BJRI] (Check all applicable) (Middle) (Last) (First) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner _X__ Officer (give title _ Other (specify 7755 CENTER AVENUE, SUITE 03/05/2018 below) below) 300 Sr. Vice President Brewing Ops (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person

HUNTINGTON BEACH, CA 92647

(City)	(State)	Zip) Table	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securities Acquired ion(A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	03/05/2018	03/05/2018	S	361	D	\$ 44.15	2,323	D	
Common Stock	03/05/2018	03/05/2018	M	636	A	\$ 33.65	2,959	D	
Common Stock	03/05/2018	03/05/2018	S	636	D	\$ 44.15	2,323	D	
Common Stock	03/05/2018	03/05/2018	M	656	A	\$ 29.88	2,979	D	
Common Stock	03/05/2018	03/05/2018	S	656	D	\$ 44.15	2,323	D	

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Common Stock	03/05/2018	03/05/2018	M	923	A	\$ 35.95	3,246	D	
Common Stock	03/05/2018	03/05/2018	S	923	D	\$ 44.4	2,323	D	
Common Stock	03/05/2018	03/05/2018	M	1,084	A	\$ 42.41	3,407	D	
Common Stock	03/05/2018	03/05/2018	S	1,084	D	\$ 44.4	2,323 (1)	D	
Common Stock							7,891	I	By Trust

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. Transactic Code (Instr. 8)	5. Number on f 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 Amour Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Share
Non-Qualified Stock Options	\$ 33.65	03/05/2018	03/05/2018	M	636	01/02/2014	01/02/2023	Common Stock	63
Non-Qualified Stock Options	\$ 29.88	03/05/2018	03/05/2018	M	656	01/15/2015	01/15/2024	Common Stock	65
Non-Qualified Stock Options	\$ 42.41	03/05/2018	03/05/2018	M	1,084	01/15/2017	01/15/2026	Common Stock	1,0
Non-Qualified Stock Options	\$ 35.95	03/05/2018	03/05/2018	M	923	01/15/2018	01/15/2027	Common Stock	92

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

Reporting Owners 2

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PUCHNER ALEX 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647

Sr. Vice President Brewing Ops

Signatures

/s/ Jacob J. Guild, Attorney-in-Fact for Alexander M. Puchner

03/06/2018

**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 1,862 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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