LEDSINGER CHARLES A JR

Form 4

November 21, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

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See Instruction

Check this box

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * LEDSINGER CHARLES A JR			2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
			CHOICE HOTELS INTERNATIONAL INC /DE [CHH]	(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	_X_ Director10% Owner		
10750 COLUMBIA PIKE			(Month/Day/Year) 11/17/2005	_X_ Officer (give title Other (spec below) below) CEO & President		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
SILVER SPRI	NG, MD 209	901	Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

SILVER SPRING, MD 20901				Person						
(City)	(State)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owner.							ally 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. Securit over Dispos (Instr. 3, 4	ed of (` ′	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 Beneficial Ownership (Instr. 4)	
Common Stock	11/17/2005		M	35,000	A	\$ 6.265	539,415.2	D		
Common Stock	11/17/2005		S	600	D	\$ 35.04	538,815.2	D		
Common Stock	11/17/2005		S	100	D	\$ 35.06	538,715.2	D		
Common Stock	11/17/2005		S	1,300	D	\$ 35.09	537,415.2	D		
Common Stock	11/17/2005		S	900	D	\$ 35.1	536,515.2	D		

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Common Stock	11/17/2005	S	4,700	D	\$ 35.11	531,815.2	D	
Common Stock	11/17/2005	S	1,300	D	\$ 35.12	530,515.2	D	
Common Stock	11/17/2005	S	1,100	D	\$ 35.13	529,415.2	D	
Common Stock	11/17/2005	S	2,300	D	\$ 35.14	527,115.2	D	
Common Stock	11/17/2005	S	2,300	D	\$ 35.15	524,815.2	D	
Common Stock	11/17/2005	S	200	D	\$ 35.16	524,615.2	D	
Common Stock	11/17/2005	S	1,800	D	\$ 35.17	522,815.2	D	
Common Stock	11/17/2005	S	1,000	D	\$ 35.18	521,815.2	D	
Common Stock	11/17/2005	S	3,300	D	\$ 35.19	518,515.2	D	
Common Stock	11/17/2005	S	5,300	D	\$ 35.2	513,215.2	D	
Common Stock	11/17/2005	S	1,100	D	\$ 35.21	512,115.2	D	
Common Stock	11/17/2005	S	1,900	D	\$ 35.22	510,215.2	D	
Common Stock	11/17/2005	S	4,200	D	\$ 35.23	506,015.2	D	
Common Stock	11/17/2005	S	400	D	\$ 35.24	505,615.2	D	
Common Stock	11/17/2005	S	1,200	D	\$ 35.27	504,415.2	D	
Common Stock	11/17/2005	M	45,800	A	\$ 6.265	550,215.2	D	
Common Stock	11/17/2005	M	18,000	A	\$ 10.2175	568,215.2	D	
Common Stock						2,627	I	401 (k)
Common Stock						2,640	I	Non-Qualified

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

Persons who respond to the collection of SEC 1474 information contained in this form are not

(9-02)

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required to respond unless the form displays a currently valid OMB control number.

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 orDerivative 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 Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 6.265	11/17/2005		M	35,000	<u>(1)</u>	07/31/2008	Common Stock	35,000
Employee Stock Option	\$ 6.265	11/17/2005		M	45,800	<u>(1)</u>	07/31/2008	Common Stock	45,800
Employee Stock Option	\$ 10.2175	11/17/2005		M	18,000	<u>(1)</u>	02/11/2013	Common Stock	18,000

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
LEDSINGER CHARLES A JR 10750 COLUMBIA PIKE	X		CEO & President					
SILVER SPRING, MD 20901								

Signatures

Charles A.
Ledsinger

**Signature of Reporting Person

Ledsinger

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) Options vest in five equal installments beginning on the first anniversary of the grant date.

Remarks:

Reporting Owners 3

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On October 21, 2005, the common stock of Choice Hotels International, Inc. split 2-for-1. This report reflects post-split amou 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.