

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <b>PUCHNER ALEX</b>  (Last) (First) (Middle) <b>7755 CENTER AVENUE</b> <b>SUITE 300</b>  (Street) <b>HUNTINGTON CA 92647</b>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <b>BJs RESTAURANTS INC [ BJRI ]</b>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <b>Sr. Vice President Brewing Ops</b>
	3. Date of Earliest Transaction (Month/Day/Year) <b>01/15/2019</b>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

**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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	01/15/2019	01/15/2019	A		783 <sup>(1)</sup>	A	\$53.22	3,093	D	
Common Stock	01/15/2019	01/15/2019	F		73 <sup>(2)</sup>	D	\$53.22	3,020	D	
Common Stock	01/15/2019	01/15/2019	F		119 <sup>(2)</sup>	D	\$53.22	2,901	D	
Common Stock	01/15/2019	01/15/2019	F		124 <sup>(2)</sup>	D	\$53.22	2,777 <sup>(3)</sup>	D	
Common Stock								2,891	I	By Trust

**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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V		Date Exercisable	Expiration Date						Title
Non-Qualified Stock Options	\$53.22	01/15/2019	01/15/2019	A		2,651 <sup>(4)</sup>	01/15/2020	01/15/2029	Common Stock	2,651	\$53.22	2,651	D	

**Explanation of Responses:**

- These shares represent a Restricted Stock Unit award vesting in three equal installments beginning on January 15, 2020. Each Restricted Stock Unit represents a contingent right to receive one share of the Issuer's common stock.
- Shares withheld by the Registrant to satisfy minimum statutory withholding requirements on vesting of Restricted Stock Units.
- Amount includes 1,858 of unvested Restricted Stock Units.
- These stock options vest 33.3% per year beginning on January 15, 2020.

**Remarks:**

/s/ Jacob J. Guild, Attorney-in-Fact for Alexander M. Puchner 01/17/2019

\*\* Signature of Reporting Person Date

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

\* 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).

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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