

OMB APPROVAL	
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**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* <u>PUCHNER ALEX</u>  (Last) (First) (Middle) 7755 CENTER AVENUE SUITE 300  (Street) HUNTINGTON CA 92647  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>BJs RESTAURANTS INC [ BJRI ]</u>	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) <u>Sr. Vice President Brewing Ops</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>08/06/2018</u>	
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	08/06/2018	08/06/2018	M		2,170	A	\$45.32	4,480	D	
Common Stock	08/06/2018	08/06/2018	S		2,170	D	\$62.63	2,310	D	
Common Stock	08/06/2018	08/06/2018	M		1,737	A	\$47.04	4,047	D	
Common Stock	08/06/2018	08/06/2018	S		1,737	D	\$62.63	2,310 <sup>(1)</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	(A)	(D)	Date Exercisable	Expiration Date						Title
Non-Qualified Stock Options	\$45.32	08/06/2018	08/06/2018	M			2,170	01/04/2013	01/04/2022	Common Stock	2,170	\$45.32	0	D	
Non-Qualified Stock Options	\$47.04	08/06/2018	08/06/2018	M			1,737	01/15/2016	01/15/2025	Common Stock	1,737	\$47.04	1,158	D	

**Explanation of Responses:**

1. Amount includes 1,862 of unvested Restricted Stock Units.

**Remarks:**

/s/ Jacob J. Guild, Attorney-in-Fact for Alexander M. Puchner 08/07/2018

\*\* 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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