

| OMB APPROVAL | |
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| OMB Number: | 3235-0287 |
| Estimated average burden hours per response: | 0.5 |

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* <u>Miller Kendra D</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. VP & General Counsel</u> |
| | 3. Date of Earliest Transaction (Month/Day/Year) <u>11/06/2018</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 | 11/06/2018 | 11/06/2018 | M | | 3,176 | A | \$33.65 | 8,909 | D | |
| Common Stock | 11/06/2018 | 11/06/2018 | S | | 3,176 | D | \$65.25 | 5,733 | D | |
| Common Stock | 11/06/2018 | 11/06/2018 | M | | 1,723 | A | \$29.88 | 7,456 | D | |
| Common Stock | 11/06/2018 | 11/06/2018 | S | | 1,723 | D | \$65.25 | 5,733 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | M | | 901 | A | \$29.88 | 6,634 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | S | | 901 | D | \$66.85 | 5,733 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | M | | 1,385 | A | \$35.95 | 7,118 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | S | | 1,385 | D | \$66.85 | 5,733 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | M | | 1,858 | A | \$42.41 | 7,591 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | S | | 1,858 | D | \$66.85 | 5,733 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | M | | 2,481 | A | \$47.04 | 8,214 | D | |
| Common Stock | 11/08/2018 | 11/08/2018 | S | | 2,481 | D | \$66.85 | 5,733 ^(D) | D | |

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 | \$33.65 | 11/06/2018 | 11/06/2018 | M | | 3,176 | | 01/02/2014 | 01/02/2023 | Common Stock | 3,176 | \$33.65 | 0 | D | |

**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 | Amount or Number of Shares | | | | |
| Non-Qualified Stock Options | \$29.88 | 11/06/2018 | 11/06/2018 | M | | | 1,723 | 01/15/2015 | 01/15/2024 | Common Stock | 1,723 | \$29.88 | 1,557 | D | |
| Non-Qualified Stock Options | \$29.88 | 11/08/2018 | 11/08/2018 | M | | | 901 | 01/15/2015 | 01/15/2024 | Common Stock | 901 | \$29.88 | 656 | D | |
| Non-Qualified Stock Options | \$47.04 | 11/08/2018 | 11/08/2018 | M | | | 2,481 | 01/15/2016 | 01/15/2025 | Common Stock | 2,481 | \$47.04 | 1,655 | D | |
| Non-Qualified Stock Options | \$42.41 | 11/08/2018 | 11/08/2018 | M | | | 1,858 | 01/15/2017 | 01/15/2026 | Common Stock | 1,858 | \$42.41 | 929 | D | |
| Non-Qualified Stock Options | \$35.95 | 11/08/2018 | 11/08/2018 | M | | | 1,385 | 01/15/2018 | 01/15/2027 | Common Stock | 1,385 | \$35.95 | 2,768 | D | |

Explanation of Responses:

1. Amount includes 2,820 of unvested Restricted Stock Units.

Remarks:

/s/ Jacob J. Guild, Attorney-in-Fact for Kendra D. Miller 11/08/2018

** 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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