

OMB APPROVAL	
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* PUCHNER ALEX (Last) (First) (Middle) 7755 CENTER AVENUE SUITE 300 (Street) HUNTINGTON CA 92647 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol BJs RESTAURANTS INC [BJRI]	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) Sr. Vice President Brewing Ops
	3. Date of Earliest Transaction (Month/Day/Year) 03/05/2018	
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	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	
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

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	03/05/2018	03/05/2018	M			636	01/02/2014	01/02/2023	Common Stock	636	\$33.65	0	D	
Non-Qualified Stock Options	\$29.88	03/05/2018	03/05/2018	M			656	01/15/2015	01/15/2024	Common Stock	656	\$29.88	656	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	\$42.41	03/05/2018	03/05/2018	M			1,084	01/15/2017	01/15/2026	Common Stock	1,084	\$42.41	542	D	
Non-Qualified Stock Options	\$35.95	03/05/2018	03/05/2018	M			923	01/15/2018	01/15/2027	Common Stock	923	\$35.95	1,846	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 03/06/2018

** 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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