

OMB APPROVAL	
OMB Number:	3235-0287
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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

<b>1. Name and Address of Reporting Person*</b> <u>Trojan Greg</u> _____ (Last) (First) (Middle) 7755 CENTER AVENUE SUITE 300 _____ (Street) HUNTINGTON CA 92647 BEACH _____ (City) (State) (Zip)	<b>2. Issuer Name and Ticker or Trading Symbol</b> <u>BJs RESTAURANTS INC [ BJRI ]</u>	<b>5. Relationship of Reporting Person(s) to Issuer</b> (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) President/CEO
	<b>3. Date of Earliest Transaction (Month/Day/Year)</b> 08/30/2018	
<b>4. If Amendment, Date of Original Filed (Month/Day/Year)</b>		

**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	08/30/2018	08/30/2018	M		10,000	A	\$42.41	64,783	D	
Common Stock	08/30/2018	08/30/2018	S		10,000	D	\$74.02	54,783	D	
Common Stock	08/30/2018	08/30/2018	M		6,611	A	\$47.04	61,394	D	
Common Stock	08/30/2018	08/30/2018	S		6,611	D	\$74.02	54,783	D	
Common Stock	08/31/2018	08/31/2018	M		13,842	A	\$35.95	68,625	D	
Common Stock	08/31/2018	08/31/2018	S		13,842	D	\$74.74	54,783	D	
Common Stock	08/31/2018	08/31/2018	M		13,227	A	\$42.41	68,010	D	
Common Stock	08/31/2018	08/31/2018	S		13,227	D	\$74.74	54,783	D	
Common Stock	09/04/2018	09/04/2018	M		3,134	A	\$29.88	57,917	D	
Common Stock	09/04/2018	09/04/2018	S		3,134	D	\$75.59	54,783	D	
Common Stock	09/04/2018	09/04/2018	S		7,587	D	\$75.79	47,196	D	
Common Stock	09/04/2018	09/04/2018	S		13,000	D	\$75.61	34,196 <sup>(1)</sup>	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	\$29.88	09/04/2018	09/04/2018	D			3,134	01/15/2015	01/15/2024	Common Stock	3,134	\$29.88	3,281	D	
Non-Qualified Stock Options	\$47.04	08/30/2018	08/30/2018	M			6,611	01/15/2016	01/15/2025	Common Stock	6,611	\$47.04	12,408	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	08/30/2018	08/30/2018	M			10,000	01/15/2017	01/15/2026	Common Stock	10,000	\$42.41	24,843	D	
Non-Qualified Stock Options	\$42.41	08/31/2018	08/31/2018	M			13,227	01/15/2017	01/15/2026	Common Stock	13,227	\$42.41	11,616	D	
Non-Qualified Stock Options	\$35.95	08/31/2018	08/31/2018	M			13,842	01/15/2018	01/15/2027	Common Stock	13,842	\$35.95	27,686	D	

**Explanation of Responses:**

1. Amount includes 28,352 of unvested Restricted Stock Units.

**Remarks:**

/s/ Jacob J. Guild, Attorney-in-Fact for Gregory A. Trojan 09/04/2018

\*\* 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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