

Lynds Gregory S
Form 4
March 15, 2012

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Lynds Gregory S

2. Issuer Name and Ticker or Trading Symbol
BJs RESTAURANTS INC [BJRI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
7755 CENTER AVENUE, SUITE 300
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
03/15/2012

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Exec VP -Chief Dev.Officer

HUNTINGTON BEACH, CA 92647
(City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

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)
Common Stock					9,792	D	
Common Stock	03/15/2012		S	8,000 D	\$ 49.43 510	I	By Trust
Common Stock	03/15/2012		M	2,637 A	\$ 18.86 2,637	D	
Common Stock	03/15/2012		S	2,637 D	\$ 49.157 0	D	
Common Stock	03/15/2012		M	3,621 A	\$ 16.63 3,621	D	

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Common Stock	03/15/2012	S	3,621	D	\$ 49.157	0	D
Common Stock	03/15/2012	M	3,000	A	\$ 10.11	3,000	D
Common Stock	03/15/2012	S	3,000	D	\$ 49.157	0	D
Common Stock	03/15/2012	M	2,000	A	\$ 19.96	2,000	D
Common Stock	03/15/2012	S	2,000	D	\$ 49.157	0	D

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

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(9-02)

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 (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Non Qualified Stock Options	\$ 45.32					01/04/2013 ⁽¹⁾ 01/04/2022	Common Stock 2,790
Non Qualified Stock Option	\$ 37.03					12/29/2011 ⁽¹⁾ 12/29/2020	Common Stock 3,297
Non Qualified Stock Option	\$ 18.86	03/15/2012		M	2,637	12/30/2010 ⁽¹⁾ 12/30/2019	Common Stock 13,186
Non Qualified Stock	\$ 16.63	03/15/2012		M	3,621	01/02/2009 ⁽¹⁾ 01/02/2018	Common Stock 18,105

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Options

Non Qualified Stock Options \$ 10.11 03/15/2012 M 3,000 12/31/2009⁽¹⁾ 12/31/2018 Common Stock 15,000

Common Stock Purchase Option \$ 23.26 01/04/2007 01/04/2016 Common Stock 3,000

Common Stock Purchase Option \$ 19.96 03/15/2012 M 2,000 01/03/2008⁽¹⁾ 01/03/2017 Common Stock 0

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Lynds Gregory S 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647			Exec VP -Chief Dev.Officer	

Signatures

Dianne Scott, Attorney-in-fact for Gregory S.
Lynds 03/15/2012

**Signature of Reporting Person Date

Explanation of Responses:

* 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).

(1) Options vest 20% per yer beginning on the first anniversary of the date of grant.

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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