

PUCHNER ALEX
Form 4
March 12, 2009

FORM 4

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

OMB APPROVAL

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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 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 *
PUCHNER ALEX

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

3. Date of Earliest Transaction (Month/Day/Year)
03/12/2009

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Sr. Vice President Brewing Ops

(Street)
HUNTINGTON BEACH, CA 92647

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

(City) (State) (Zip)

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 (D) Price			
Common Stock, no par value	03/12/2009		S	7,500 D \$ 11.4623	48,955 ⁽⁴⁾	I	By Trust

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

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SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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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 Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Stock Purchase Option	\$ 3.65					06/08/2002 ⁽¹⁾	06/08/2011	Common Stock	75,000
Common Stock Purchase Option	\$ 13.57					02/09/2005 ⁽²⁾	04/15/2014	Common Stock	2,500
Common Stock Purchase Option	\$ 15.5					02/22/2007 ⁽³⁾	02/22/2015	Common Stock	4,570
Common Stock Purchase Option	\$ 23.26					01/04/2007 ⁽²⁾	01/04/2016	Common Stock	10,000
Common Stock Purchase Option	\$ 19.96					01/03/2008 ⁽²⁾	01/03/2017	Common Stock	7,500
Non Qualified Stock Options	\$ 16.63					01/02/2009 ⁽²⁾	01/02/2018	Common Stock	4,700
Non Qualified Stock Options	\$ 10.11	12/31/2008		A	10,500	12/31/2009 ⁽²⁾	12/31/2018	Common Stock	10,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
PUCHNER ALEX 7755 CENTER AVENUE			Sr. Vice President Brewing Ops	

SUITE 300
HUNTINGTON BEACH, CA 92647

Signatures

Dianne Scott, Attorney-in-fact for Alex
Puchner

03/12/2009

__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) The options vest 33 1/3% per year beginning on the first anniversary of the date of grant.
- (2) The options vest 20% per year beginning on the first anniversary of the date of grant.
- (3) The options vest 33 1/3% per year beginning on the third anniversary of the date of grant.
- (4) Of this amount 6955 shares represent restricted stock awards that vests in five equal installments and 42,000 shares are held by Trust.

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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