

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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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 \*  
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 Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
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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SEC 1474  
(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 <sup>(1)</sup> 01/04/2022	Common Stock 2,790
Non Qualified Stock Option	\$ 37.03					12/29/2011 <sup>(1)</sup> 12/29/2020	Common Stock 3,297
Non Qualified Stock Option	\$ 18.86	03/15/2012		M	2,637	12/30/2010 <sup>(1)</sup> 12/30/2019	Common Stock 13,186
Non Qualified Stock	\$ 16.63	03/15/2012		M	3,621	01/02/2009 <sup>(1)</sup> 01/02/2018	Common Stock 18,105

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