

Lynds Gregory S  
Form 4  
March 15, 2012

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2005  
Estimated average burden hours per response... 0.5

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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

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

HUNTINGTON BEACH, CA 92647

(City) (State) (Zip)

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

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

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

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.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

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

