Hood Matthew D Form 4 November 04, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB 3235-0287

Number:

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if no longer subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * Hood Matthew D			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		(Middle)	3. Date of Earliest Transaction	(Chech an appheacie)		
			(Month/Day/Year)	Director 10% Owner		
7755 CENTER AVENUE, SUITE 300 (Street)			11/04/2010	X Officer (give title Other (specify below)		
				Chief Marketing Officer		
			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check Applicable Line)		
			Filed(Month/Day/Year)			
HUNTINGTO	N BEACH,	CA 92647		_X_Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tabl	e I - Non-D	erivative	Secur	rities Acqu	ired, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price		5. Amount of Securities Ownership Form: Direct Owned (D) or Indirect (I) Reported (Instr. 4) Transaction(s) (Instr. 3 and 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Common Stock							15,947 <u>(1)</u>	D	
Common Stock	11/04/2010		M	5,000	A	\$ 10.69	5,000	D	
Common Stock	11/04/2010		S	5,000	D	\$ 34.074	0	D	

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

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number.

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. Transactic Code (Instr. 8)	5. Number on f 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non Qualified Stock Option	\$ 18.86					12/30/2010	12/30/2019	Common Stock	11,635 (2)
Common Stock	\$ 10.11					12/31/2009	12/31/2018	Common Stock	6,000 (2)
Common Stock	\$ 10.69	11/04/2010		M	5,000	07/29/2009	07/29/2018	Common Stock	25,000 (2)

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

11/04/2010

Chief Marketing Officer

Hood Matthew D

7755 CENTER AVENUE

SUITE 300

HUNTINGTON BEACH, CA 92647

Signatures

Dianne Scott Attorney-in-Fact for Matthew D. Hood

**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).
- Of this amount, 10,597 shares represent a restricted stock award vesting in five equal installments beginning on 7/29/09, 5,000 shares (1) represent a restricted stock award vesting in five equal installments beginning on 12/31/09 and 350 shares are independently held by Mr.
- (1) represent a restricted stock award vesting in five equal installments beginning on 12/31/09 and 350 shares are independently held by Mr. Hood directly.
- (2) The options vest 20% beginning on the date exercisable, the first anniversary of the grant date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners 2

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