

PUCHNER ALEX
Form 4
August 29, 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 *
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
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
08/29/2012

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

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 Ownership (Instr. 4)
Common Stock, no par value				(A) or (D)			
Common Stock, no par value	08/29/2012		S	2,500 D	\$ 40.3 52,500	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)

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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 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)	8. Amount or Number of Shares
Non Qualified Stock Option	\$ 45.32					01/04/2013 ⁽¹⁾ 01/04/2022	Common Stock	2,170
Non Qualified Stock Option	\$ 37.03					12/29/2011 ⁽¹⁾ 12/29/2020	Common Stock	2,565
Non Qualified Stock Option	\$ 18.86					12/30/2010 ⁽¹⁾ 12/30/2019	Common Stock	10,083
Common Stock Purchase Option	\$ 13.57					02/09/2005 ⁽¹⁾ 04/15/2014	Common Stock	2,500
Common Stock Purchase Option	\$ 15.5					02/22/2007 ⁽²⁾ 02/22/2015	Common Stock	4,570
Common Stock Purchase Option	\$ 23.26					01/04/2007 ⁽¹⁾ 01/04/2016	Common Stock	10,000
Common Stock Purchase Option	\$ 19.96					01/03/2008 ⁽¹⁾ 01/03/2017	Common Stock	7,500
Non Qualified Stock	\$ 16.63					01/02/2009 ⁽¹⁾ 01/02/2018	Common Stock	4,707

