

PUCHNER ALEX
Form 4
May 28, 2010

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

3. Date of Earliest Transaction (Month/Day/Year)
05/28/2010

____ 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)
Common Stock, no par value				(A) or (D)	Price		
Common Stock, no par value	05/28/2010		S	5,000	D \$ 23.168	22,000	I By Trust
						6,955 ⁽⁴⁾	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)

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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	\$ 18.86					12/30/2010 ⁽²⁾ 12/30/2019	Common Stock	10,083
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	4,707
Non Qualified Stock	\$ 10.11					12/31/2009 ⁽²⁾ 12/31/2018	Common Stock	10,500

Options

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
PUCHNER ALEX 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647			Sr. Vice President Brewing Ops	

Signatures

Dianne Scott, Attorney-in-fact for Alexander M. Puchner	05/28/2010
<small>**Signature of Reporting Person</small>	<small>Date</small>

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) Includes restricted stock award of 1,955 shares vesting in five equal installments beginning on 1/2/2009 and a restricted stock award of 5,000 shares vesting in five equal installments beginning on 12/31/2009.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.