

Lynds Gregory S  
Form 4  
January 04, 2010

**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

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)  
12/30/2009

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

(Street)

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

HUNTINGTON BEACH, CA 92647

(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 Ownership (Instr. 4)
Common Stock				(A) or (D) Price	17,518 <sup>(3)</sup>	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)**

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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)	Amount or Number of Shares
				Code V (A) (D)		Date Exercisable Expiration Date	Title	
Non Qualified Stock Option	\$ 18.86	12/30/2009		A	13,186	12/30/2010 <sup>(2)</sup> 12/30/2019	Common Stock	13,186
Common Stock Purchase Option	\$ 13.57					04/15/2007 <sup>(1)</sup> 04/16/2014	Common Stock	2,500
Common Stock Purchase Option	\$ 15.5					02/22/2008 <sup>(1)</sup> 02/23/2015	Common Stock	8,890
Common Stock Purchase Option	\$ 23.26					01/04/2007 <sup>(2)</sup> 01/04/2016	Common Stock	15,000
Common Stock Purchase Option	\$ 11.26					07/22/2004 <sup>(2)</sup> 07/23/2013	Common Stock	90,000
Common Stock Purchase Option	\$ 19.96					01/03/2008 <sup>(2)</sup> 01/03/2017	Common Stock	10,000
Non Qualified Stock Options	\$ 16.63					01/02/2009 <sup>(2)</sup> 01/02/2018	Common Stock	18,100
Non Qualified Stock Options	\$ 10.11					12/31/2009 <sup>(2)</sup> 12/31/2018	Common Stock	15,000

## 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	01/04/2010
**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 33 1/3% per year beginning on the third anniversary of the date of grant.
  - (2) Options vest 20% per yer beginning on the first anniversary of the date of grant.
  - (3) Of this amount,7518 shares represent a restricted stock award vesting in five equal installments beginning on 1/2/2009 and 10,000 shares represent a restricted stock award 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.  
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