Hood Matthew D Form 4 August 17, 2010

FORM 4

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

Check this box subject to

if no longer Section 16. Form 4 or

Form 5 obligations may continue. See Instruction 1(b).

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)

(Last)

(City)

300

1. Name and Address of Reporting Person * Hood Matthew D

(First)

Symbol

5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading Issuer

BJs RESTAURANTS INC [BJRI]

3. Date of Earliest Transaction

(Month/Day/Year) 07/29/2010

7755 CENTER AVENUE, SUITE

(Zip)

(Middle)

4. If Amendment, Date Original

Filed(Month/Day/Year)

OMB APPROVAL

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

Estimated average

burden hours per

(Check all applicable)

Director 10% Owner X_ Officer (give title Other (specify below) below)

Chief Marketing Officer

6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person

Form filed by More than One Reporting Person

D

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

HUNTINGTON BEACH, CA 92647 (State)

(Street)

1.Title of 2. Transaction Date 2A. Deemed Security (Month/Day/Year) Execution Date, if (Instr. 3) (Month/Day/Year)

3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)

5. Amount of Securities Beneficially Owned Following Reported

6. Ownership 7. Nature of Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)

(A) Transaction(s) (Instr. 3 and 4) (D) Price

25.49

Amount

D

15,947 (1)

Common 07/30/2010 Stock

S 950

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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8. Property Section (Institute of Section (I

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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	5		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					07/29/2009	07/29/2018	Common Stock	25,000 (2)

Reporting Owners

Reporting Owner Name / Address	Relationships
Renorting Owner Name / Address	

Director 10% Owner Officer Other

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 08/17/2010

**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).
 - 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. 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. 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.

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