

Pinsak Christopher P
 Form 4
 January 04, 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 *
 Pinsak Christopher P

2. Issuer Name and Ticker or Trading Symbol
 BJ's 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)
 01/02/2012

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
 Sr. Regional VP, Operations

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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
| | | | | (A) or (D) | Price | | |
| Common Stock ⁽²⁾ | 01/02/2012 | | F | 188 | \$ 45.32 | 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) | 8. Amount or Number of Shares |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|-------------------------------|
| Non Qualified Stock Options | \$ 37.03 | | | | | 12/29/2011 ⁽¹⁾ 12/29/2020 | Common Stock | 2,931 |
| Non Qualified Stock Options | \$ 18.86 | | | | | 12/30/2010 ⁽¹⁾ 12/30/2019 | Common Stock | 10,083 |
| Non Qualified Stock Options | \$ 10.11 | | | | | 12/31/2009 ⁽¹⁾ 12/31/2018 | Common Stock | 9,600 |
| Non Qualified Stock Options | \$ 16.63 | | | | | 01/02/2009 ⁽¹⁾ 01/02/2018 | Common Stock | 5,432 |
| Non Qualified Stock Options | \$ 19.96 | | | | | 01/03/2008 ⁽¹⁾ 01/03/2017 | Common Stock | 10,000 |
| Non Qualified Stock Options | \$ 23.26 | | | | | 01/04/2007 ⁽¹⁾ 01/04/2017 | Common Stock | 5,000 |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|-----------------------------|-------|
| | Director | 10% Owner | Officer | Other |
| Pinsak Christopher P 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647 | | | Sr. Regional VP, Operations | |

Signatures

/s/Dianne Scott Attorney-in-Fact for Christopher P.
Pinsak

01/04/2012

__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) The options vest 20% per year beginning on the first anniversary of the date of grant.

(2) Shares withheld by Registrant to satisfy minimum statutory withholding requirements on vesting of restricted stock units.

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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