Hood Matthew D Form 4 July 31, 2009

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

January 31,

0.5

Check this box if no longer subject to Section 16. Form 4 or Expires:

Estimated average burden hours per

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

response...
of 1934,

Form 5 obligations may continue. *See* Instruction

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(b).

Hood Matthew D			Issuer Name and Ticker or Trading Symbol	Issuer			
			BJs RESTAURANTS INC [BJRI]	(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				
			(Month/Day/Year)	Director 10% Owner			
7755 CENTI 300	ER AVENUE,	SUITE	07/29/2009	_X Officer (give title Other (specification) below) Chief Marketing Officer			
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			

HUNTINGTON BEACH, CA 92647

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ed(Month/Day/Year)		Applicable Line)		
		X Form filed by One Rep	orting F	Person
		Form filed by More tha	n One R	Reporting
		Person		

(City)	(State)	Zip) Table	e I - Non-D	erivative	Secur	ities Acq	quired, Disposed o	of, or Beneficial	lly Owned
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Secur	ities A	cquired	5. Amount of	6. Ownership	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transaction(A) or Disposed of			d of	Securities	Form: Direct	Indirect
(Instr. 3)		any	Code	(D)		Beneficially	(D) or	Beneficial	
		(Month/Day/Year)	(Instr. 8)	(Instr. 3, 4 and 5)		Owned	Indirect (I)	Ownership	
							Following	(Instr. 4)	(Instr. 4)
					()		Reported		
					(A)		Transaction(s)		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common					(-)				
Stock							$17,850 \ \underline{^{(2)}} \ \underline{^{(3)}}$	D	
Stock									
Common Stock	07/29/2009		S	953	D	\$ 16.4	16,897	D	

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

File

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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. Transactic Code (Instr. 8)	5. DenNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8 I S (
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Common Stock	\$ 10.69					07/29/2009	07/29/2018	25,000 (1)	10.69	

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Hood Matthew D 7755 CENTER AVENUE SUITE 300 HUNTINGTON BEACH, CA 92647

Chief Marketing Officer

8. Price Derivat Security (Instr. 5

Signatures

Dianne Scott Attorney-in-Fact for Matthew D. Hood

07/31/2009

**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 grant date of 7/29/2009.
- (2) Includes restricted stock award of 12,500 shares vesting 2,500 shares each on 7/29/09, 7/29/10, 7/29/11,7/29/12 and 7/29/13. Includes restricted stock award of 5,000 shares vesting 1,200 shares each on 12/31/09, 12/31/10, 12/31/11,12/31/12 and 12/21/13.
- (3) Of this amount, 350 shares were independently purchased by Mr. Hood and are held by him directly.

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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