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CHOICE HOTELS INTERNATIONAL INC /DE

Form 4

December 09, 2016

FORM	П Л				~~~			OMB AF	PROVAL
. 0.111		SECURITIES AND EXCHANGE COM Washington, D.C. 20549					OMB Number:	3235-0287	
Check the if no lon	ger							Expires:	January 31, 2005
subject t Section : Form 4 c	51A1EM 16.	ENT OF CHA	NGES IN SECUI		(CIA)	L OWI	NERSHIP OF	Estimated average burden hours per response 0.5	
Form 5 obligations may continue. See Instruction 1(b). 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 A Joyce Steph	Address of Reporting F nen P	Symbol CHOI	er Name an CE HOTE RNATION	LS			5. Relationship of Issuer (Check	Reporting Pers	
(Last)	(First) (M	fiddle) 3. Date	of Earliest T	ransaction			Director		Owner
1 CHOICE	HOTELS CIRCLI		/Day/Year) 2016				_X_ Officer (give below) Chief E	title Other below) Executive Office	
	(Street)		nendment, D onth/Day/Yea	_			6. Individual or Jo Applicable Line) _X_ Form filed by C	one Reporting Pe	rson
ROCKVILI	LE, MD 20850						Form filed by M Person	ore than One Re	porting
(City)	(State)	(Zip) Ta	ble I - Non-l	Derivative S	Securi	ties Acq	uired, Disposed of	, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year	Code (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	12/07/2016		M	32,000		\$ 24.75	190,749	D	
Common Stock	12/07/2016		S(1)	32,000	D	\$ 54.22 (2)	158,749	D	
Common Stock	12/07/2016		G V	3,687	D	\$0	155,062	D	
Common Stock	12/08/2016		M	6	A	\$ 24.74	155,068	D	
Common Stock	12/08/2016		S <u>(1)</u>	6	D	\$ 54.55	155,062	D	

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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)

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)	TransactionDerivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		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
Employee Stock Option	\$ 24.75	12/07/2016		M		32,000	(3)	02/15/2017	Common Stock	32,000
Employee Stock	\$ 24.74	12/08/2016		M		6	(3)	02/15/2017	Common Stock	6

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Joyce Stephen P			Chief					
1 CHOICE HOTELS CIRCLE			Executive					
ROCKVILLE, MD 20850			Officer					

Signatures

Bret L. Limage, Attorney
In Fact

12/09/2016

**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 exercise and sale reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 12, 2015.
- (2) Average price reflects a series of transactions between \$54.00 and \$54.55.
- (3) Options vested in four annual installments beginning on the first anniversary of the February 15, 2010 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.

Reporting Owners 2

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