## FORM 4

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

OMB APPROVAL
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Check this box if no longer subject to 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 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)														
1. Name and Address of Reporting Person* MULRONEY BRIAN				2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  _X_ Director 10% Owner Officer (give title below) Other (specify below)						
WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY				3. Date of Earliest Transaction (Month/Day/Year) 11/30/2018												
(Street) PARSIPPANY, NJ 07054				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)		T	able I	- Nor	ı-Der	ivative:	Securities	Acqu	ired, Disp	osed of, or I	Beneficiall	y Owned	
(Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if		(Instr. 8)					uired of			6. Ownership Form: Direct (D)	Beneficial Ownership		
					C	ode	V	Amoun	(A) or (D)	Price				or Indirect (I) (Instr. 4)	(Instr. 4)	
Common Stock		11/30/2018				A		1,951 (1)	A	\$ 0	82,597 <sup>(2)</sup>		D			
Common Stock											2,874 <sup>(3)</sup>		D			
Common Stock											4,417 <sup>(4)</sup>		I	Solely Owned Holding Company		
Reminder:	Report on a s	separate line fo		Derivativ	e Securit	ies A	equire	Pers cont the f	ons whatained ifform dis	no respo n this fo splays a	rm ar curre reficia	e not requently valid	ction of inf uired to res OMB cont	spond un	less	C 1474 (9-02)
1. Title of	2	3. Transactio		(e.g., puts,	, calls, w	arran 5.	ts, op					) Fitle and	8. Price of	9 Numbe	r of 10.	11. Natu
Derivative Security (Instr. 3) Price of Derivative Security			Execution Da	te, if Transaction Code Year) (Instr. 8)				and (Mo	6. Date Exercisable and Expiration Date (Month/Day/Year)		Am Und Sec	nount of derlying curities str. 3 and	Derivative Security (Instr. 5)		Owne Form Deriva Securi Direct or Ind	of Indire Benefici Ownersl (Instr. 4)
				Co	ode V	(A)	(D)	Date Exe	e rcisable	Expiratio Date	n Titl	Amount or Number of Shares				

#### **Reporting Owners**

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
MULRONEY BRIAN WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054	X					

#### **Signatures**

/s/ Paul F. Cash as Attorney-in-Fact for The Right Honourable Brian Mulroney	12/04/2018	
**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) Deferred stock units and accrued dividends issued under the Wyndham Hotels & Resorts, Inc. Equity and Incentive Plan on vesting of previously-granted restricted stock units which vested on November 30, 2018.
- (2) Includes previously reported deferred stock units.
- (3) Restricted stock units as previously reported.
- (4) Shares of common stock as previously reported.

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.