FORM 4

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

OMB APPROVAL
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hours per response... 0.5

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

1. Name and Address of Reporting Person* HOLMES STEPHEN P				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 Officer (give title below) _X_ Other (specify below)					
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY				3. Date of Earliest Transaction (Month/Day/Year) 02/22/2019								Non-l	Executive Cl	nairman		
(Street) PARSIPPANY, NJ 07054				4. If Amendment, Date Original Filed(Month/Day/Year)								6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State) (Zip)				Table I - Non-Derivative Securities Acqu							ired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	Execu	Execution Date, if any		if Code (Instr. 8)		tion 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		Ownership Form:	Beneficial		
			(Mont				de	V	Amount	(A) or (D)	Price	(Instr. 3	(iisu. 3 aiiu 4)		or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
1 Stock		02/22/2019				sc	<u>1)</u>		25,000	D	\$ 53.8246 1,		1,016,492		D	
ı Stock		02/25/2019				SC	1)		25,000	D	\$ 54.528 (2)	8 991,49	991,492		D	
Common Stock 02/26		02/26/2019				SC	1)		25,000	D	\$ 54.049 (2)	4 966,49	966,492		D	
Stock												2,874	(3)		D	
Report on a s	separate line	for each class of sec	curities l	peneficia	ılly c	wned		Per cor	sons wh	no res	form ar	e not req	uired to res	spond unle	ss	1474 (9-02)
		Table II											I			
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				Code	v	(A)	(D)				ation Tit	or				
	PANY, NJ Security Security Security 2. Conversion or Exercise Price of Derivative	ES STEPHEN P (First) HAM HOTELS & RE SYLVAN WAY (Street) PANY, NJ 07054 (State) Security Security 1 Stock 1 Stock 1 Stock 2 Conversion or Exercise Price of Derivative Conversion of Date (Month/Day) 2 Conversion of Exercise Price of Derivative Conversion of Date (Month/Day)	(First) (Middle) HAM HOTELS & RESORTS, SYLVAN WAY (Street) PANY, NJ 07054 (State) (Zip) Security 2. Transaction Date (Month/Day/Year) A Stock 02/22/2019 A Stock 02/25/2019 A Stock 02/26/2019 A Stock 02/26/2019	ES STEPHEN P (i) (First) (Middle) (STEPHEN P) (WY) (Widdle) (STEPHEN P) (WY) (STEPHEN P)	SSTEPHEN P (First) (Middle) (WH) (Street) (Street) (Street) (Street) (Street) (Street) (Wh) (Street) (Street	SSTEPHEN P (First) (Middle) (HAM HOTELS & RESORTS, SYLVAN WAY (Street) PANY, NJ 07054 (State) 2. Transaction Date (Month/Day/Year) A Stock 02/22/2019 2. 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Reporting Owners

	Relationships					
D (1 0 N (41)	Director	10% Owner	Officer	Other		
Reporting Owner Name / Address						

HOLMES STEPHEN P WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054	X			Non-Executive Chairman	
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Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Stephen P. Holmes	02/26/2019
♣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) Sale effectuated pursuant to the previously reported Rule 10b5-1 plan covering 200,000 shares of common stock in the aggregate with such plan to be executed between February 21, 2019 and June 28, 2019 subject to the terms of the plan.
- The price reported in Column 4 is a weighted average price. The reporting person undertakes to provide to Wyndham Hotels and Resorts, Inc., any security holder of
- (2) Wyndham Hotel and Resorts, Inc. or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price.
- (3) Restricted stock units 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.