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

(I IIII OI I y	pe Kesponse	5)														
Name and Address of Reporting Person CHECCHIO LISA				2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X Officer (give title below) Other (specify below) Chief Marketing Officer					
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY				3. Date of Earliest Transaction (Month/Day/Year) 06/01/2019								Cnie	i Marketing	Officer		
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 Acquired, Disposed								osed of, or l	ed of, or Beneficially Owned			
(Instr. 3)		2. Transaction Date (Month/Day/Year)	•	Code (Instr. 8)		(/	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			Reported Transaction(s)			Ownership of Form:	Beneficial		
			(Month/Day/Yea	Cod	e	V A	Amoun	(A) or t (D)	Price	(Instr. 3 a	or (I)		Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)		
Common Stock		06/01/2019		A			,221 1)	A	\$ 0	1,221 (2)		D				
Common Stock		06/01/2019		F		4	119 (3	D	\$ 53.34	802 (2)		D				
Common Stock										15,038	<u>(4)</u>		D			
Reminder:	Report on a s	separate line 1		Derivative Securi	ties Acqı	P	Persor ontain he for I, Disp	ns wh ned in rm dis	no resp n this fo splays	orm are a curre eneficia	e not requently valid	ction of int uired to res OMB con	spond unle	ess	2 1474 (9-02)	
1. Title of	2	3. Transaction		4.	5.						itle and	8 Price of	9. Number	of 10.	11. Natur	
	Conversion or Exercise Price of Derivative Security	ersion Date Executive (Month/Day/Year) Executive Executive Executive Executive Executive (Month/Day/Year) Executive Executive (Month/Day/Year) Executive Exe	(Year) Execution Da			a (ive es ed d	and Ex	ate Exercisable Expiration Date nth/Day/Year)		Am Und Sec	ount of derlying urities tr. 3 and	Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Owner Form of Derivat Securit Direct or India	ship of Indired Beneficia Ownersh (Instr. 4)	
				Code V	(A) (I	E	Date Exercis		Expirati Date	ion Titl	Amount or Number of Shares					

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
CHECCHIO LISA WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054			Chief Marketing Officer				

Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Lisa Checchio		06/04/2019	
**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) Common stock acquired under the Issuer's 2018 Equity and Incentive Plan upon vesting of previously-granted restricted stock units on June 1, 2019.
- (2) Includes shares of common stock previously reported.
- Common stock withheld as payment of tax liability incident to the June 1, 2019 vesting of restricted stock units granted in accordance with Rule 16b-3.
- (4) Includes restricted stock units 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.