# FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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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

1. Name ar	pe Response	~													
1. Name and Address of Reporting Person* ALLEN MICHELE			WY	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 10% Owner X_ Officer (give title below) Other (specify below)  EVP and Treasurer						
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY				3. Date of Earliest Transaction (Month/Day/Year) 06/07/2019						EV	P and Treas	surer			
PARSIPPANY, NJ 07054			4. If	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	(City) (State) (Zip)				Table I - Non-Derivative Securities Acqu					uired, Disp	rired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)	Execu	eemed ition Date, if	, if Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)			Ownership of Form:	Beneficial
					(Month/Day/Year)		e V	Amount	(A) or (D)	Price	(Instr. 3 a	and 4)		\ /	Ownership (Instr. 4)
Commor	ı Stock		06/07/2019			S		4,475	D	\$ 56.110	6 0			D	
Common	Stock										13,062	(2)		D	
		cenarate line t	for each class of sec	rities b	peneficially (	wmed d	irectly.	or indirect	lv [		13,062	(2)		D	
		separate line	for each class of seco	urities b	peneficially o	owned d	Pe	ersons wi ontained i	no resp in this	form a	the collecter	ction of infuired to res	spond unle	SEC	1474 (9-02)
		separate line t		· Deriv	peneficially of active Securiouts, calls, w	ties Acc	Pe co th	ersons whentained in tained in the form diese Disposed	ho responding this splays	form and a curre	o the collected the the collected the collec	ction of inf	spond unle	SEC	1474 (9-02)
Reminder:	Report on a s	3. Transaction	Table II on 3A. Deemed Execution D	Deriva	ative Securiouts, calls, w 4. Transaction Code	ties Acc	pec continuited, s, option (Notice seed ed 3, 10 cm seed ed 3, 10 cm seed ed 13, 10 cm seed ed 13, 10 cm seed ed 13, 10 cm seed ed 15 cm seed	ersons whentained in tained in the form diese Disposed	no respondent this splays  of, or Intible second the control of th	Geneficia Seneficia Securities 7. An Un Securities	o the collected the the collected the collec	ction of infuired to res OMB conf	spond unle	of 10. Ownersl Form of Derivati Security Direct (1 or Indire	11. Natur of Indirec Beneficia Ownersh (Instr. 4)

#### **Reporting Owners**

	Relationships				
Reporting Owner Name / Address	Director	10% Owner	Officer	Other	
ALLEN MICHELE WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054			EVP and Treasurer		

### **Signatures**

/s/ Paul F. Cash as Attorney-in-Fact for Michele Allen	06/10/2019

**Cinatana CD martin Dansa	Date
Signature of Reporting Person	Suite 1

## **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).
- The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$56.07 to \$56.17, inclusive. The reporting (1) person undertakes to provide to Issuer, any security holder of Issuer or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price.
- (2) 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.