Form 144 Filer Information

FORM 144

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

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information		
Filer CIK	0001768145	
Filer CCC	XXXXXXXX	
Is this a LIVE or TEST Filing?	LIVE TEST	
Submission Contact Information		
Name		
Phone		
E-Mail Address		
144: Issuer Information		
Name of Issuer	WYNDHAM HOTELS & RESORTS, INC.	
SEC File Number	001-38432	
Address of Issuer	22 SYLVAN WAY PARSIPPANY NEW JERSEY 07054	
Phone	973-753-7791	
Name of Person for Whose Account the Securities are To Be Sold	ALLEN MICHELE	
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filling this notice.		
Relationship to Issuer	Officer	
144: Securities Information		
Title of the Class of Securities To Be Sold	Common	
Name and Address of the Broker	Merrill Lynch 194 Wood Ave South Iselin NJ 08830	
Number of Shares or Other Units To Be Sold	15000	
Aggregate Market Value	1349062.47	
Number of Shares or Other Units Outstanding	77789308	
Approximate Date of Sale	10/25/2024	
Name the Securities Exchange	NYSE	

any part of the purchase price or other consideration therefor: 144: Securities To Be Sold Title of the Class Common Date you Acquired 02/27/2023 Nature of Acquisition Transaction **RSU Vesting ISSUER** Name of Person from Whom Acquired Is this a Gift? Date Donor Acquired Amount of Securities Acquired 8296 Date of Payment 02/27/2023 Nature of Payment **RSU Vesting** If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid. 144: Securities To Be Sold Title of the Class Commong Date you Acquired 03/10/2023 **RSU Vesting** Nature of Acquisition Transaction **ISSUER** Name of Person from Whom Acquired Is this a Gift? Date Donor Acquired 1936 Amount of Securities Acquired Date of Payment 03/10/2023 Nature of Payment **RSU Vesting** If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid. 144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	02/23/2024
Nature of Acquisition Transaction	RSU Vesting
Name of Person from Whom Acquired	Issuer
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	3908
Date of Payment	02/23/2024
Nature of Payment	RSU Vesting

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold		
Title of the Class	Common	
Date you Acquired	02/27/2024	
Nature of Acquisition Transaction	RSU Vesting	
Name of Person from Whom Acquired	Issuer	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	6481	
Date of Payment	02/27/2024	
Nature of Payment	RSU Vesting	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.		
Furnish the following information as to all securities are to be sold.	curities of the issuer sold during the past 3 months by the person for whose account the	

144: Securities Sold During The Past 3 Months

Nothing to Report		
144: Remarks and Signature		
Remarks		
Date of Notice	10/25/2024	

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	Michelle Allen

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)