FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, [D.C. 20549
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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(h)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number: 3235-0287									
Estimated average burden									
hours per response	: 0.5								

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* Hartman Eric Richard					2. Issuer Name and Ticker or Trading Symbol First Watch Restaurant Group, Inc. [FWRG]									(Ched	ck all app Direc	,		son(s) to Is 10% Ov Other (s	wner
(Last) (First) (Middle) C/O FIRST WATCH RESTAURANT GROUP,					3. Date of Earliest Transaction (Month/Day/Year) 03/07/2024								X	belov	,	below)			
INC. 8725 PENDERY PLACE, STE. 201					4. If Amendment, Date of Original Filed (Month/Day/Year)							Line)	6. Individual or Joint/Group Filing (Check Applicable) X Form filed by One Reporting Person						
(Street) BRADENTON FL 34201				Rule 10b5-1(c) Transaction Indication										Form filed by More than One Reporting Person					
(City)	(S	tate) (2	Zip)		Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.										nded to				
		Table	I - No	n-Deriva	tive S	Secu	rities	Acq	uired,	Dis	posed of	, or E	Bene	ficiall	y Own	ed			
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da					Exec if an	Deemed ution Date, / th/Day/Year)				es Acquired (A Of (D) (Instr. 3,			Securit Benefic Owned	5. Amount of Securities Beneficially Owned Following		: Direct Indirect str. 4)	7. Nature of Indirect Beneficial Ownership		
									Code	v	Amount	(A) (D)	or	Price	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)
Common	Stock	Stock 03/07/2024 A 15,127 ⁽¹⁾ A \$0 66,544 D						D											
Common	Stock		03/07/2024 A 9,076 ⁽²⁾ A \$0 75,620 D					D											
		Tal	ble II -								osed of, convertib				Owne	d			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)		4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Ins 3 and 4)		De Se (In	Price of rrivative curity estr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	y C	10. Ownership Form: Direct (D) or Indirect I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	Code V (A) (D)		Date Exercis	able	Expiration Date	Title	Amo or Num of Shar	ber						

Explanation of Responses:

- 1. Represents restricted stock units which vest in three equal annual installments beginning on March 7, 2025, subject to earlier forfeiture or acceleration.
- 2. Represents restricted stock units which vest in two equal annual installments beginning on March 7, 2026, subject to earlier forfeiture or acceleration.

Remarks:

/s/ Jay Wolszczak, as attorney-03/11/2024 in-fact

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.