FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, [D.C. 20549
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Check this box if no longer subject
Section 16. Form 4 or Form 5
bligations may continue. See
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL									
	OMB Number: 3235-0287									
l	Estimated average burden									
ı	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* Wolszczak Jay Anthony				2. Issuer Name and Ticker or Trading Symbol First Watch Restaurant Group, Inc. [FWRG]										heck all app Direct	licable)	ting Person(s) to 10% (c) e Other		- 1		
(Last) (First) (Middle) C/O FIRST WATCH RESTAURANT GROUP.					3. Date of Earliest Transaction (Month/Day/Year) 03/07/2024										A below	below) Chief Legal Of		below)	` '	
INC. 8725 PENDERY PLACE, STE. 201					4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applic Line) X Form filed by One Reporting Person						
(Street) BRADENTON FL 34201				Rul	Rule 10b5-1(c) Transaction Indication										Form filed by More than One Reporting Person					
(City) (State) (Zip) Check								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.												
		Table	I - No	n-Deriva	tive S	Secu	rities	Acq	uired,	Dis	posed of	, or	Ben	eficia	ally Own	ed				
1. Title of Security (Instr. 3) 2. Transact Date (Month/Day						Execution [Code (Instr.		4. Securities Acquired (ADIsposed Of (D) (Instr. 3			nd Securit Benefic	5. Amount of Securities Beneficially Owned Following		n: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
										v	Amount	(A (D	A) or D)	Price	Transa	action(s) 3 and 4)			(msu. 4)	
Common	2024			A		14,118(1	14,118 ⁽¹⁾ A		\$0	\$0 36,669			D							
Common Stock 03/07/2					/2024				A		10,084 ⁽²⁾ A		A	\$0	46,753		D			
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	if any	emed ion Date, /Day/Year)		Transaction of Code (Instr. Derivative			Expiration Date (Month/Day/Year)			7. Title and Amount of Securities Underlying Derivative Security (Ins 3 and 4)		f g nstr. ount	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownersh Form: Direct (D or Indire (I) (Instr.	Ownership	Beneficial Ownership t (Instr. 4)	
					Code			Date Exercis	Date Expiration Date		Title	of Sha	ires							

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:

By: /s/ Jay Wolszczak

** Signature of Reporting Person

03/11/2024

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.