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CHOICE HOTELS INTERNATIONAL INC /DE

Form 4 May 10, 2007

FORM 4

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

OMB APPROVAL

Washington, D.C. 20549

Number: 3235-0287 Expires: January 31,

if no longer subject to Section 16. Form 4 or

Check this box

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per

Form 5 obligations may continue.

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

response... 0.5

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address WIELGUS WAY	of Reporting Person * NE	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer			
		CHOICE HOTELS INTERNATIONAL INC /DE [CHH]	(Check all applicable)			
(Last) (F	irst) (Middle)	3. Date of Earliest Transaction	Director 10% Owner			
10750 COLUMBI	IA PIKE	(Month/Day/Year) 05/08/2007	X Officer (give title Other (specify below) EVP & Chief Marketing Officer			
(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Chec			
		Filed(Month/Day/Year)	Applicable Line)			
SILVER SPRING	, MD 20901		_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative	Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	OIDT DISPO (Instr. 3,	4 and 5) (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	05/08/2007		Code V M	Amount 300	(D)	Price \$ 10.1975	69,875.8	D	
Common Stock	05/08/2007		S	300	D	\$ 38.3	69,575.8	D	
Common Stock	05/09/2007		M	2,400	A	\$ 10.1975	71,975.8	D	
Common Stock	05/09/2007		S	2,400	D	\$ 38.3	69,575.8	D	
Common Stock							2,232	I	401 (k) Plan

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

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SEC 1474 (9-02)

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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	Transaction Derivative Code Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 10.1975	05/08/2007		M		300	<u>(1)</u>	02/10/2013	Common Stock	300
Employee Stock Option	\$ 10.1975	05/09/2007		M		2,400	<u>(1)</u>	02/10/2013	Common Stock	2,400

Reporting Owners

Reporting Owner Name / Address	Relationships
Troporting o wher realist response	

Officer Director 10% Owner Other

EVP & Chief

WIELGUS WAYNE 10750 COLUMBIA PIKE Marketing SILVER SPRING, MD 20901 Officer

Signatures

Wayne W.

05/10/2007 Wieglus **Signature of Date Reporting Person

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) Options vest in five equal installments beginning on the first anniversary of the grant date.

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

Reporting Owners 2

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