FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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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

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* JOHNSON ROBERT L						2. Issuer Name and Ticker or Trading Symbol RLJ Lodging Trust [RLJ]									elationship eck all appli Oirecto	,		rson(s) to Is		
(Last)	(Fi	rrst) (Middle)				3. Date of Earliest Transaction (Month/Day/Year) 08/15/2019								7	below)	(give title Executive	e Cha	Other (s below) airman	specify	
3 BETHESDA METRO CENTER, SUITE 1000					4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line)					
(Street) BETHESDA MD 20814															X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City) (State) (Zip)																				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/					Execution Date,			3. Transact Code (In			4. Securities Acquired (AD) Disposed Of (D) (Instr. 3 and 5)			5. Amou Securiti Benefic Owned Followi	es ially	Forn (D) o	n: Direct or rect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amoun	t (A	or I	Price	Reporte Transac (Instr. 3	tion(s)	(III SE	4)	(111341. 4)	
Common Shares 08/15/20					019	19			F		1,01	7(1)	D :	\$15.93	3 1,21	4,158		D		
Common Shares 08/18/20				019)19			F		1,040) (1)	\$16.2		1,213,118			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	ion Date,	Code (Ir	ransaction ode (Instr.		vative urities uired or oosed)) r. 3, d 5)	6. Date Exe Expiration (Month/Day	Date	of Securities) Underlying Derivative Se (Instr. 3 and		ities ing ve Sec	urity	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	is Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisable		piration te	Title	or Num of S							
OP Units	(2)								(3)		(3)	Common Stock	335	,250		335,25	0	D		

Explanation of Responses:

- 1. Reflects common shares surrendered to the Issuer to satisfy tax withholding obligations in connection with the vesting of restricted common shares.
- 2. "OP Units" represent limited partner interests of RLJ Lodging Trust, L.P., the operating partnership (the "OP") of the Issuer, of which the Issuer is the sole general partner. OP Units are redeemable beginning one year after the date of issuance for cash equal to the then current market value of one common share of the Issuer or, at the election of the Issuer, an equal number of common shares of the Issuer.
- 3. All of these OP Units are immediately redeemable (subject to certain limitations set forth in the agreement of limited partnership of the OP). OP Units have no expiration date.

Remarks:

/s/ Anita Cooke Wells, Attorney-in-Fact 08/19/2019

** 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.