

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
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1. Name and Address of Reporting Person* ABDOO ELIZABETH A _____ (Last) (First) (Middle) 6903 ROCKLEDGE DRIVE SUITE 1500 _____ (Street) BETHESDA MD 20817 _____ (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol HOST HOTELS & RESORTS, INC. [HST] _____ 3. Date of Earliest Transaction (Month/Day/Year) 12/19/2016 _____ 4. If Amendment, Date of Original Filed (Month/Day/Year)			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) EVP & General Counsel		
			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person					

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	12/19/2016		S		70,000	D	\$19.0954	189,556	D	
Common Stock	12/19/2016		M		12,859	A	\$19.0231	202,415	D	
Common Stock	12/19/2016		S		12,859	D	\$19.0231	189,556	D	
Common Stock	12/19/2016		M		22,546	A	\$19.0231	212,102	D	
Common Stock	12/19/2016		S		22,546	D	\$19.0231	189,556	D	
Restricted Stock								109,185	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)	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 (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					
Non-Qualified Stock Option (right to buy)	\$0.0	12/19/2016		M		12,859		12/31/2012 ⁽¹⁾	01/20/2022	Common Stock 12,859	\$19.0231	0	D	
Non-Qualified Stock Option (right to buy)	\$0.0	12/19/2016		M		22,546		02/05/2013 ⁽²⁾	02/05/2023	Common Stock 22,546	\$19.0231	0	D	
Non-Qualified Stock Option (right to buy)	\$0.0							01/22/2014	01/22/2024	Common Stock 20,896		20,896	D	
Non-Qualified Stock Option (right to buy)	\$0.0							12/31/2015	01/15/2025	Common Stock 18,882		18,882	D	
Non-Qualified Stock Option (right to buy)	\$0.0							12/31/2016	02/04/2026	Common Stock 33,220		33,220	D	

Explanation of Responses:

- 1. Options vested on December 31, 2012
- 2. Options vested on December 31, 2013

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.