

PROGRESS SOFTWARE CORP /MA
 Form 4
 March 31, 2005

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 OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
RASIEL AMRAM

2. Issuer Name and Ticker or Trading Symbol
PROGRESS SOFTWARE CORP /MA [PRGS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
03/29/2005

Director 10% Owner
 Officer (give title below) Other (specify below)

14 OAK PARK

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

BEDFORD, MA 01730

(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/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 Ownership (Instr. 4)
				Code	V Amount Price			
Common Stock	03/29/2005		M		A \$ 12.0625	480,000	D	
Common Stock	03/29/2005		M		A \$ 12.8125	485,000	D	
Common Stock	03/29/2005		M		A \$ 13.084	490,000	D	
Common Stock	03/29/2005		M		A \$ 13.24	506,000	D	
Common Stock	03/29/2005		M		A \$ 15.07	514,000	D	

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Common Stock	03/29/2005	M	8,000	A	\$ 21.86	522,000	D
Common Stock	03/29/2005	M	9,500	A	\$ 18.15	531,500	D
Common Stock	03/29/2005	M	9,500	A	\$ 19.25	541,000	D

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

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(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. 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 Underlying Security (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of
Nonqualified Stock Options	\$ 12.0625	03/29/2005		M	10,000	10/06/2000 ⁽¹⁾	10/06/2010	Common Stock	10,000
Nonqualified Stock Options	\$ 12.8125	03/29/2005		M	5,000	04/03/2001 ⁽²⁾	04/02/2011	Common Stock	5,000
Nonqualified Stock Options	\$ 13.084	03/29/2005		M	5,000	10/10/2001 ⁽³⁾	10/09/2011	Common Stock	5,000
Nonqualified Stock Options	\$ 13.24	03/29/2005		M	16,000	08/02/2002 ⁽⁴⁾	08/01/2012	Common Stock	16,000
Nonqualified Stock Options	\$ 15.07	03/29/2005		M	8,000	02/24/2003 ⁽⁵⁾	02/23/2013	Common Stock	8,000
Nonqualified Stock Options	\$ 21.86	03/29/2005		M	8,000	11/11/2003 ⁽⁶⁾	11/10/2013	Common Stock	8,000
	\$ 18.15	03/29/2005		M	9,500	05/24/2004 ⁽⁷⁾	05/23/2014		9,500

Nonqualified Stock Options								Common Stock
Nonqualified Stock Options	\$ 19.25	03/29/2005		M	9,500	09/27/2004 ⁽⁸⁾	09/26/2014	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RASIEL AMRAM 14 OAK PARK BEDFORD, MA 01730		X		

Signatures

Amram Rasiel 03/31/2005
 **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) The option was fully vested and exercisable as of the date of grant, October 6, 2000.
- (2) The option was fully vested and exercisable as of the date of grant, April 3, 2001.
- (3) The option was fully vested and exercisable as of the date of grant, October 10, 2001.
- (4) The option was fully vested and exercisable as of the date of grant, August 2, 2002.
- (5) The option was fully vested and exercisable as of the date of grant, February 24, 2003.
- (6) The option was fully vested and exercisable as of the date of grant, November 11, 2003.
- (7) The option was fully vested and exercisable as of the date of grant, May 24, 2004.
- (8) The option was fully vested and exercisable as of the date of grant, September 27, 2004.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.