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PROGRESS SOFTWARE CORP /MA

Form 4 July 11, 2005

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

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OMB APPROVAL

response...

if no longer subject to Section 16. Form 4 or Form 5

obligations

Check this box

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 may continue. See Instruction

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

07/08/2005

07/08/2005

Stock

Stock

Common

1. Name and Address of Reporting Person * MCGREGOR SCOTT A							I	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)		Middle)	_	f Earliest T Day/Year)	ransaction		_	_X Director Officer (give to below)		Owner er (specify
	(Street)			d(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person		
BEDFORD	, MA 01730						- F	Form filed by M Person	ore than One Re	porting
(City)	(State)	(Zip)	Tabl	le I - Non-	Derivative	Secur	ities Acqui	ired, Disposed of	, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deen Execution any (Month/D	Date, if	3. Transactic Code (Instr. 8)	omr Dispos (Instr. 3,	sed of (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	07/07/2005			M	3,300	A	\$ 7.2084	15,300	D	
Common Stock	07/07/2005			S	3,300	D	\$ 30.55	12,000	D	
Common	07,100,100,05			3.4	10.000		\$	22 000	Б	

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

M

S

10,000

10,000 D

22,000

12,000

7.2084

\$ 30.8

D

D

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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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secu (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	An or Nu of
Nonqualified Stock Options	\$ 7.2084	07/07/2005		D	3,30	00	02/03/1998(1)	02/01/2008	Common Stock	(1)
Nonqualified Stock Options	\$ 7.2084	07/08/2005		D	10,0	00	02/03/1998(1)	02/01/2008	Common Stock	1

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer Other			
MCGREGOR SCOTT A 14 OAK PARK BEDFORD, MA 01730	X					

Signatures

Scott A. 07/11/2005 McGregor

**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 vests in equal monthly increments over a 72 month period, commencing March 2, 1998.
- (2) The option is fully vested.

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.

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