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PROGRESS SOFTWARE CORP /MA

Form 4

August 03, 2005

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

5. Relationship of Reporting Person(s) to

Issuer

Estimated average

burden hours per

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

2. Issuer Name and Ticker or Trading

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

Symbol

1(b).

(Print or Type Responses)

FREEDMAN JAMES

1. Name and Address of Reporting Person *

PROGR /MA [PR			ESS SOFTWARE CORP				(Check all applicable)			
(Mont			(Month/D	Date of Earliest Transaction Month/Day/Year) 8/01/2005				Director 10% Owner X Officer (give title Other (specify below)		
BEDFORD,	(Street) MA 01730		4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	e) Execution any	med on Date, if Day/Year)	3. Transactic Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
Common Stock	08/01/2005			M	532	A	\$ 12.81	8,532	D	
Common Stock	08/01/2005			S	532	D	\$ 31.31	8,000	D	
Common Stock	08/01/2005			M	542	A	\$ 13.08	8,542	D	
Common Stock	08/01/2005			S	542	D	\$ 31.31	8,000	D	
Common Stock	08/01/2005			M	1,250	A	\$ 13.24	9,250	D	

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Common Stock	08/01/2005	S	1,250	D	\$ 31.31	8,000	D
Common Stock	08/01/2005	M	5,000	A	\$ 15.07	13,000	D
Common Stock	08/01/2005	S	5,000	D	\$ 31.31	8,000	D

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year	7. Title and Amou Underlying Secur (Instr. 3 and 4)		
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Am or Nur of Sha
Nonqualified Stock Options	\$ 12.81	08/01/2005		M	532	04/03/2001(1)	04/02/2011	Common Stock	5
Nonqualified Stock Options	\$ 13.08	08/01/2005		M	542	10/10/2001(3)	10/09/2011	Common Stock	5
Nonqualified Stock Options	\$ 13.24	08/01/2005		M	1,250	08/02/2002(4)	08/01/2012	Common Stock	1,2
Nonqualified Stock Options	\$ 15.07	08/01/2005		M	5,000	03/01/2003(5)	02/23/2013	Common Stock	5,

Reporting Owners

Reporting Owner Name / Address	Keiauonsnips					
	Director	10% Owner	Officer	Other		

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FREEDMAN JAMES 14 OAK PARK BEDFORD, MA 01730

Senior VP & General Counsel

Signatures

James D. Freedman 08/03/2005

**Signature of
Reporting Person

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Date

- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Two-sixtieths of the option vests on the date of grant, thereafter the option vests in equal monthly increments over a 58 month period commencing May 1, 2001.
- (2) As of August 3, 2005, options to purchase 0 shares were vested.
- (3) Eight-sixtieths of the option vests on the date of grant, thereafter the option vests in equal monthly increments over a 52 month period commencing November 1, 2001.
- (4) Six-sixtieths of the option vests on the date of grant, thereafter the option vests in equal monthly increments over a 54 month period commencing September 1, 2002.
- (5) The option vests in equal monthly increments over a 60 month period commencing March 1,2003.
- (6) As of August 3, 2005, options to purchase 13,000 shares were 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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