

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 Instructions 1(b).

1. Name and Address of Reporting Person
 Bergantino, Jennifer J.
 14 Oak Park
 Bedford, MA 01730
 USA
2. Issuer Name and Ticker or Trading Symbol
 Progress Software Corporation
 PRGS
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year
 09/30/1999
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 () Director () 10% Owner (X) Officer (give title below) () Other
 (specify below)
 Vice President, Marketing and Strategic Planning
7. Individual or Joint/Group Filing (Check Applicable Line)
 (X) 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	2. Transaction Date	3. Code	4. Securities Acquired (A) or Disposed of (D) Amount	A/D	Price	5. Amount of Securities Beneficially Owned at End of Month	6. Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common Stock	09/17/1999	M	4,125	A	\$10.3333			
Common Stock	09/17/1999	S	4,125	D	\$33.8750			
Common Stock	09/17/1999	M	20,875	A	\$9.0000			
Common Stock	09/17/1999	S	20,875	D	\$33.8750			
Common Stock	09/20/1999	M	19,124	A	\$9.0000			
Common Stock	09/20/1999	S	19,124	D	\$33.9357			
Common Stock	09/20/1999	M	7,200	A	\$9.4167			
Common Stock	09/20/1999	S	7,200	D	\$33.9357	1,537	D	

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date Date (Month/Day/Year) A/Exercise Date	7. Title and Amount of Underlying Securities Title and Number of Shares	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Month	10. Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Nonqualified Stock Option	\$10.3333	09/17/1999	M	4,125	D 03/19/96 (1)	04/02/06 Common Stock	4,125	0	D	
Nonqualified Stock Option	\$9.0000	09/17/1999	M	20,875	D 03/19/96 (2)	08/21/06 Common Stock	20,875	0	D	
Nonqualified Stock Option	\$9.0000	09/20/1999	M	19,124	D 03/19/96 (3)	08/21/06 Common Stock	19,124	0	D	
Nonqualified Stock Option	\$9.4167	09/20/1999	M	7,200	D 03/19/97 (4)	03/03/07 Common Stock	7,200	13,920 (5)	D	
Nonqualified Stock Option	\$25.6250	02/10/1999	A	16,000	A 03/19/99 (6)	02/10/09 Common Stock	16,000	16,000 (7)	D	

Nonqualified Stock Option	\$20.9375	05/17/1999	A	V	4,000	A	03/1/99	05/17/09	Common Stock	4,000	4,000 (9)	D
Nonqualified Stock Option	\$24.3750	06/17/1999	A	V	10,000	A	03/1/99	06/17/09	Common Stock	10,000	10,000 (11)	D

Explanation of Responses:

- (1) The option vests in equal monthly increments over a 60 month period commencing March 1, 1996, or sooner if accelerated vesting earnings per share goals are achieved.
- (2) The option vests in equal monthly increments over a 60 month period commencing March 1, 1996, or sooner if accelerated vesting earnings per share goals are achieved.
- (3) The option vests in equal monthly increments over a 60 month period commencing March 1, 1996, or sooner if accelerated vesting earnings per share goals are achieved.
- (4) The option vests in equal monthly increments over a 60 month period commencing March 1, 1997.
- (5) On 9/30/99, no options were vested.
- (6) The option vests in equal monthly increments over a 60 month period commencing March 1, 1999.
- (7) On 9/30/99, options to purchase 1,867 shares were vested.
- (8) The option vests in equal monthly increments over a 60 month period commencing March 1, 1999.
- (9) On 9/30/99, options to purchase 466 shares were vested.
- (10) The option vests in equal monthly increments over a 60 month period commencing March 1, 1999.
- (11) On 9/30/99, options to purchase 1,166 shares were vested.

SIGNATURE OF REPORTING PERSON
Jennifer Bergantino
DATE
10-07-1999