

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* FREEDMAN JAMES (Last) (First) (Middle) 14 OAK PARK (Street) BEDFORD MA 01730 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol PROGRESS SOFTWARE CORP /MA [PRGS]	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) Senior VP & General Counsel
	3. Date of Earliest Transaction (Month/Day/Year) 07/01/2005	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	

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	07/01/2005		M		2,470	A	\$12.8125	7,940	D	
Common Stock	07/01/2005		M		30	A	\$12.0625	7,970	D	
Common Stock	07/01/2005		M		530	A	\$12.8125	8,500	D	
Common Stock	07/05/2005		M		531	A	\$12.8125	9,031	D	
Common Stock	07/05/2005		M		541	A	\$13.084	9,572	D	
Common Stock	07/05/2005		M		5,000	A	\$13.24	14,572	D	
Common Stock	07/05/2005		S		6,072	D	\$30.41	8,500	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	Title	Amount or Number of Shares				
Incentive Stock Options	\$12.8125	07/01/2005		M			2,470	02/10/1999 ⁽¹⁾	02/10/2009	Common Stock	2,470	\$12.8125	0	D	
Incentive Stock Options	\$12.0625	07/01/2005		M			30	10/06/2000 ⁽²⁾	10/06/2010	Common Stock	30	\$12.0625	0	D	
Nonqualified Stock Options	\$12.8125	07/01/2005		M			530	04/03/2001 ⁽³⁾	04/02/2011	Common Stock	530	\$12.8125	70 ⁽⁴⁾	D	
Nonqualified Stock Options	\$12.8125	07/05/2005		M			531	04/03/2001 ⁽³⁾	04/02/2011	Common Stock	531	\$12.8125	3,722 ⁽⁴⁾	D	
Nonqualified Stock Options	\$13.084	07/05/2005		M			541	10/10/2001 ⁽⁵⁾	10/09/2011	Common Stock	541	\$13.084	3,792 ⁽⁴⁾	D	
Nonqualified Stock Options	\$13.24	07/05/2005		M			5,000	08/02/2002 ⁽⁶⁾	08/01/2012	Common Stock	5,000	\$13.24	33,500 ⁽⁷⁾	D	

Explanation of Responses:

- The option vests in equal monthly increments over a sixty (60) month period, commencing March 1, 1999.
- 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, 2000.
- 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.
- As of July 6, 2005, options to purchase 0 shares were vested.
- 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.
- 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.
- As of July 6, 2005, options to purchase 9,750 shares were vested.

Remarks:

James D. Freedman

07/06/2005

** Signature of Reporting Person

Date

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.