

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* ALSO P JOSEPH WRIGHT			2. Issuer Name and Ticker or Trading Symbol PROGRESS SOFTWARE CORP /MA [PRGS]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) CEO			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/02/2007						
14 OAK PARK			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person			
(Street)	(City)	(State)	(Zip)						
BEDFORD	MA		01730						

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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock								344,225	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
Stock Option (right to buy)	\$5.2884	03/02/2007		D			3,325	(1)	03/03/2007	Common Stock	3,325	(2)	0	D	
Stock Option (right to buy)	\$10.5784							(3)	02/01/2008	Common Stock	240,000		240,000	D	
Stock Option (right to buy)	\$16.19							(4)	09/01/2008	Common Stock	200,000		200,000	D	
Stock Option (right to buy)	\$13.8788							(5)	05/17/2009	Common Stock	62,000		62,000	D	
Stock Option (right to buy)	\$23							(6)	02/18/2010	Common Stock	100,000		100,000	D	
Stock Option (right to buy)	\$14.9425							(7)	10/06/2010	Common Stock	150,000		150,000	D	
Stock Option (right to buy)	\$16.19							(4)	09/01/2008	Common Stock	50,000		50,000	D	
Stock Option (right to buy)	\$14.3025							(8)	04/02/2011	Common Stock	100,000		100,000	D	
Stock Option (right to buy)	\$14.3025							(8)	04/02/2011	Common Stock	25,000		25,000	D	
Stock Option (right to buy)	\$17.424							(9)	10/09/2011	Common Stock	75,000		75,000	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				
Stock Option (right to buy)	\$17.424							(9)	10/09/2011	Common Stock	50,000		50,000	D	
Stock Option (right to buy)	\$13.5							(10)	08/01/2012	Common Stock	250,000		250,000	D	
Stock Option (right to buy)	\$16.99							(11)	02/23/2013	Common Stock	125,000		125,000	D	
Stock Option (right to buy)	\$18.75							(12)	05/23/2014	Common Stock	75,000		75,000	D	
Stock Option (right to buy)	\$21.45							(13)	09/26/2014	Common Stock	125,000		125,000	D	
Stock Option (right to buy)	\$12.8125							(14)	02/10/2009	Common Stock	248,000		248,000	D	
Stock Option (right to buy)	\$21.86							(15)	11/10/2013	Common Stock	125,000		125,000	D	
Stock Option (right to buy)	\$23.07							(16)	05/21/2013	Common Stock	90,000		90,000	D	
Stock Option (right to buy)	\$25.01							(16)	09/19/2013	Common Stock	90,000		90,000	D	

Explanation of Responses:

- The option was originally granted on March 3, 1997 and vested in 60 equal monthly increments in effect commencing on March 1, 1997.
- These securities of the reporting person were surrendered to the Issuer for cancellation as payment for the amount due to the Issuer under an Option Amendment Agreement.
- The option was originally granted on February 3, 1998 and vested in 60 equal monthly increments in effect commencing on March 1, 1998.
- The option was originally granted on September 1, 1998 and vested in 60 equal monthly increments in effect commencing on March 1, 1998.
- The option was originally granted on May 17, 1999 and vested in 60 equal monthly increments in effect commencing on March 1, 1999.
- The option was originally granted on February 18, 2000 and vested in 60 equal monthly increments in effect commencing on March 1, 2000.
- The option was originally granted on October 6, 2000 and vested in 60 equal monthly increments in effect commencing on March 1, 2000.
- The option was originally granted on April 3, 2001 and vested in 60 equal monthly increments in effect commencing on March 1, 2001.
- The option was originally granted on October 10, 2001 and vested in 60 equal monthly increments in effect commencing on March 1, 2001.
- The option was originally granted on August 2, 2002 and vests in 60 equal monthly increments in effect commencing on March 1, 2002.
- The option was originally granted on February 24, 2003 and vests in 60 equal monthly increments in effect commencing on March 1, 2003.
- The option was originally granted on May 24, 2004 and vests in 60 equal monthly increments in effect commencing on March 1, 2004.
- The option was originally granted on September 27, 2004 and vests in 60 equal monthly increments in effect commencing on March 1, 2004.
- The option vested in 60 monthly increments in effect commencing on March 1, 1999.
- The option vested in 60 monthly increments in effect commencing on March 1, 2003.
- The option vested in 60 monthly increments in effect commencing on March 1, 2006.

Remarks:

/s/ Joseph Wright Alsop

03/06/2007

** 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.