

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	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* ROBERTSON NORMAN R			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, Finance and CFO		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/28/2006			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
14 OAK PARK			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) BEDFORD MA 01730								
(City) (State) (Zip)								

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	03/28/2006		M		306	A	\$12.8125	6,729	D	
Common Stock	03/28/2006		S		306	D	\$29.02	6,423	D	
Common Stock	03/28/2006		M		134	A	\$10.4688	6,557	D	
Common Stock	03/28/2006		S		134	D	\$29.02	6,423	D	
Common Stock	03/28/2006		M		5,000	D	\$13.084	11,423	D	
Common Stock	03/28/2006		S		5,000	D	\$29.02	6,423	D	
Common Stock	03/28/2006		M		4,560	D	\$13.24	10,983	D	
Common Stock	03/28/2006		S		4,560	D	\$29.02	6,423	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
Nonqualified Stock Options	\$12.8125	03/28/2006		M			306	03/01/1999 ⁽¹⁾	02/09/2009	Common Stock	306	\$12.8125	0	D	
Nonqualified Stock Options	\$10.4688	03/28/2006		M			134	05/17/1999 ⁽²⁾	05/16/2009	Common Stock	134	\$10.4688	0	D	
Nonqualified Stock Options	\$13.084	03/28/2006		M			5,000	10/10/2001 ⁽³⁾	10/09/2011	Common Stock	5,000	\$13.084	0	D	
Nonqualified Stock Options	\$13.24	03/28/2006		M			4,560	08/02/2002 ⁽⁴⁾	08/01/2012	Common Stock	4,560	\$13.24	70,240 ⁽⁵⁾	D	

Explanation of Responses:

- The option vested in equal monthly increments over a 60 month period commencing March 1, 1999.
- Three-sixtieths of the option vests on the date of the grant, thereafter the option vests in equal monthly increments over a 57 month period commencing June 1, 1999.
- Eight-sixtieths of the option vests on the date of the 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 the grant, thereafter the option vests in equal monthly increments over a 54 month period commencing September 1, 2002.
- As of March 30, 2006, the option was vested with respect to 51,943 shares.

Remarks:

Norman R. Robertson 03/30/2006
** 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.

