

PROGRESS SOFTWARE CORP /MA  
 Form 4  
 October 11, 2005

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549**

OMB APPROVAL

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

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
**FREEDMAN JAMES**

2. Issuer Name and Ticker or Trading Symbol  
**PROGRESS SOFTWARE CORP /MA [PRGS]**

5. Relationship of Reporting Person(s) to Issuer  
 (Check all applicable)

(Last) (First) (Middle)  
**14 OAK PARK**  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
**10/06/2005**

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
**Senior VP & General Counsel**

**BEDFORD, MA 01730**  
 (City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 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 (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	10/06/2005		M		1,063	A	\$ 12.8125
Common Stock	10/06/2005		S		1,063	D	\$ 30.92
Common Stock	10/06/2005		M		1,083	A	\$ 13.084
Common Stock	10/06/2005		S		1,083	D	\$ 30.92
Common Stock	10/06/2005		M		2,500	A	\$ 13.24

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Common Stock	10/06/2005	S	2,500	D	\$ 30.92	8,000	D
Common Stock	10/06/2005	M	3,000	A	\$ 15.07	11,000	D
Common Stock	10/06/2005	S	3,000	D	\$ 30.92	8,000	D
Common Stock	10/06/2005	S	3,400	D	\$ 30.89	4,600	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**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 control number.**

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**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 Underlying Security (Instr. 3 and 4)	Am or Nur of Sha	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Nonqualified Stock Options	\$ 12.8125	10/06/2005		M	1,063	04/03/2001 <sup>(1)</sup>	04/02/2011	Common Stock	1,063
Nonqualified Stock Options	\$ 13.084	10/06/2005		M	1,083	10/10/2001 <sup>(3)</sup>	10/09/2011	Common Stock	1,083
Nonqualified Stock Options	\$ 13.24	10/06/2005		M	2,500	08/02/2002 <sup>(4)</sup>	08/01/2012	Common Stock	2,500
Nonqualified Stock Options	\$ 15.07	10/06/2005		M	3,000	03/01/2003 <sup>(5)</sup>	02/23/2013	Common Stock	3,000

## Reporting Owners

Reporting Owner Name / Address Relationships

Reporting Owners

