FREEDMAN JAMES

Form 4 May 05, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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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

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(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]				6	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) C/O PROGRESS SOFTWARE CORPORATION, 14 OAK PARK DRIVE			3. Date of Earliest Transaction (Month/Day/Year) 05/03/2010					Director 10% Owner _X_ Officer (give title Other (specify below) Senior VP & General Counsel			
BEDFORD	(Street) 4. If Amendment, Da Filed(Month/Day/Year)				_	al		6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
(City)	(State)	(Zip)	Tah	le I - Non-l	Derivative	Secu		Person	f or Reneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year) Execution I any (Month/Day		n Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) Day/Year) (Instr. 8) (A) or			equired of (D)	5. Amount of Securities Ownership Indirect Beneficially Form: Direct Beneficial Owned (D) or Ownership Following Indirect (I) (Instr. 4) Transaction(s) (Instr. 3 and 4)				
Common Stock	05/03/2010			M	3,000	(D)		16,856	D		
Common Stock	05/03/2010			S	3,000	D	\$ 32.391	13,856	D		
Common Stock	05/03/2010			M	1,750	A	\$ 23.07	15,606	D		
Common Stock	05/03/2010			S	1,750	D	\$ 32.391	13,856	D		
	05/03/2010			M	250	A	\$ 19.51	14,106	D		

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Common Stock							
Common Stock	05/03/2010	S	250	D	\$ 32.391	13,856	D
Common Stock	05/03/2010	M	3,000	A	\$ 22.01	16,856	D
Common Stock	05/03/2010	S	3,000	D	\$ 32.391	13,856	D

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

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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. Transactic Code (Instr. 8)	5. Number out 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 Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 21.86	05/03/2010		M	3,000	<u>(1)</u>	11/10/2013	Common Stock	3,000
Employee Stock Option	\$ 23.07	05/03/2010		M	1,750	(2)	05/21/2013	Common Stock	1,750
Employee Stock Option	\$ 19.51	05/03/2010		M	250	(3)	10/15/2015	Common Stock	250
Employee Stock Option	\$ 22.01	05/03/2010		M	3,000	<u>(4)</u>	05/11/2016	Common Stock	3,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners 2

Director 10% Owner Officer Other

FREEDMAN JAMES C/O PROGRESS SOFTWARE CORPORATION 14 OAK PARK DRIVE BEDFORD, MA 01730

Senior VP & General Counsel

Signatures

James Freedman 05/05/2010

**Signature of Reporting Person Date

Explanation of Responses:

- * 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).
- (1) Nine-sixtieths (9/60) of the option were vested and exercisable on the grant date. The remaining options vested in 51 equal monthly increments commencing on December 1, 2003
- (2) Three-sixtieths (3/60) of the options were vested and exercisable on the grant date. The remaining options vest in 57 equal monthly increments commencing on June 1, 2006.
- (3) Eight-sixtieths (8/60) of the options were vested and exercisable on the grant date. The remaining options vest in 52 equal monthly increments commencing on November 1, 2008.
- (4) Three-sixtieths (3/60) of the options were vested and exercisable on the grant date. The remaining options vest in 57 equal monthly increments commencing on June 1, 2009.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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