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FREEDMAI	N JAMES										
April 16, 20	10										
FORM 4 LINITED STATES SECURITIES					TES AND EVOLANCE COMMISSION					OMB APPROVAL	
UNITED STATES SI				SECURITIES AND EXCHANGE COMMISSI Washington, D.C. 20549					OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or Form 5 Filed pursuant to 5									Expires:	January 31, 2005	
				SECUR		Estimated average burden hours per response 0.5					
obligatio may con <i>See</i> Instr 1(b).	tinue. Section 17	(a) of the	Public Ut		ling Con	npan	y Act of	1935 or Section	1		
(Print or Type I	Responses)										
FREEDMAN JAMES Symbol PROG			Symbol PROGR	er Name and Ticker or Trading RESS SOFTWARE CORP				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First) (Middle)	/MA [PRGS] 3. Date of Earliest Transaction Director					10%	Owner		
C/O PROG	RESS SOFTWA TION, 14 OAK	RE	(Month/D 04/14/20	ay/Year)	ansaction			Officer (give below)		er (specify	
				ndment, Date Original				6. Individual or Joint/Group Filing(Check			
			Filed(Mor	th/Day/Year))			Applicable Line) _X_ Form filed by C			
BEDFORD	, MA 01730							Form filed by M Person	lore than One Re	eporting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution Date, if			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	04/14/2010			М	9,250	А	\$ 21.86	15,615	D		
Common Stock	04/14/2010			S	9,250	D	\$ 32.24	6,365	D		
Common Stock	04/14/2010			М	250	А	\$ 19.51	6,615	D		
Common Stock	04/14/2010			S	250	D	\$ 32.24	6,365	D		

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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. 5. Number Transaction Derivative Code Securities (Instr. 8) 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	04/14/2010		М	9,250	(1)(2)	11/10/2013	Common Stock	9,250
Employee Stock Option	\$ 19.51	04/14/2010		М	250	(2)	10/15/2015	Common Stock	250

Reporting Owners

Reporting Owner Name / Address	Relationships					
	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 D. 04/16/2010 Freedman

**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).

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Nine-sixtieths (9/60) of the option was vested and exercisable on the grant date. The remaining option vested in 51 equal monthly increments commencing on December 1, 2003.

(2) Eight-sixtieths (8/60) of the options was vested and exercisable on the grant date. The remaining option vests in 52 equal monthly increments commencing on November 1, 2008

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.