

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 Instructions 1(b).

- Name and Address of Reporting Person
 Ireland, David G.
 14 Oak Park
 Bedford, Ma 01730
 USA
- Issuer Name and Ticker or Trading Symbol
 Progress Software Corporation
 PRGS
- IRS or Social Security Number of Reporting Person (Voluntary)
- Statement for Month/Year
 03/31/2000
- If Amendment, Date of Original (Month/Year)
- Relationship of Reporting Person(s) to Issuer (Check all applicable)
 () Director () 10% Owner (X) Officer (give title below) () Other
 (specify below)
 Vice President and General Manager, Field Operations
- Individual or Joint/Group Filing (Check Applicable Line)
 (X) 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	2. Transaction Date	3. Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Amount of Securities Beneficially Owned at End of Month	6. Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common Stock	03/22/00	M	8,500	A \$6.0000		
Common Stock	03/22/00	S	8,500	D \$24.5074	3,398 (1)	D

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date Date/Date	7. Title and Amount of Underlying Securities Title and Number of Shares	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Month	10. Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Nonqualified Stock Option	\$6.0000 (4)	03/22/00	M (4)	8,500	D 10/1/98 (2)	09/02/07 Common Stock 8,500		46,082 (3)	D	
Nonqualified Stock Option	\$19.2500	02/18/00	A	60,000	A 03/1/00 (5)	02/18/10 Common Stock 60,000		60,000 (6)	D	
Incentive Stock Option	\$6.0000 (4)	01/21/00	J (4)	28,510 (4)	A 10/1/98 (7)	09/02/07 Common Stock 28,510 (4)		57,020 (8)	D	
Nonqualified Stock Option	\$7.2084 (4)	01/21/00	J (4)	7,500 (4)	A 03/1/98 (9)	02/03/08 Common Stock 7,500 (4)		15,000 (10)	D	
Nonqualified Stock Option	\$9.0000 (4)	01/21/00	J (4)	20,500 (4)	A 10/1/98 (1)	09/01/08 Common Stock 20,500 (4)		41,000 (12)	D	
Nonqualified Stock Option	\$12.8125 (4)	01/21/00	J (4)	32,000 (4)	A 03/1/99 (3)	02/10/09 Common Stock 32,000 (4)		64,000 (14)	D	
Nonqualified Stock Option	\$10.4688 (4)	01/21/00	J (4)	8,000 (4)	A 03/1/99 (5)	05/17/09 Common Stock 8,000 (4)		16,000 (16)	D	

Explanation of Responses:
 (1) On December 17, 1999, the Company declared a 2-for-1 stock split effected in the form of a stock dividend payable to holders of record of common stock on January 7, 2000. On the payment date, January 21, 2000, each holder of the common stock of the Company received one additional share of common stock of the Company for every share held. Table 1 reflects an adjustment to the number of shares of common stock held by the reporting

person as a result of the stock split. (2) The option vests in equal monthly increments over a 48 month period commencing October 1, 1998.

(3) On 3/31/2000, options to purchase 94 shares were vested. (4) On the payment date of January 21, 2000, pursuant to the anti-dilution provisions in the Company's stock option plans, each option granted by the Company prior to January 7, 2000, was adjusted to reflect the stock split effected in the form of a stock dividend. Each of the options reported herein were previously reported. The adjustments in Table II involve the price of each option, the number of shares underlying such options, and the number of derivative securities beneficially owned at the end of month. (5) The options vest in equal monthly increments over a 60 month period commencing March 1, 2000. (6) On 3/31/2000, options to purchase 1,000 shares were vested. (7) The option vests in equal monthly increments over a 48 month period commencing October 1, 1998. (8) On 3/31/2000, options to purchase 9,273 shares were vested. (9) The options vests in equal monthly increments over a 60 month period commencing March 1, 1998. (10) On 03/31/2000, options to purchase 5,094 shares were vested. (11) The options vests in equal monthly increments over a 60 month period commencing October 1, 1998. (12) On 3/31/2000, options to purchase 10,211shares were vested. (13) The options vests in equal monthly increments over a 60 month period commencing March 1, 1999. (14) On 3/31/2000, options to purchase 13,868 shares were vested. (15) The options vests in equal monthly increments over a 60 month period commencing March 1, 1999. (16) On 3/31/2000, options to purchase 3,466 shares were vested.

SIGNATURE OF REPORTING PERSON

David G. Ireland

DATE

04-05-2000