

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).

1. Name and Address of Reporting Person
 Vesty, David P.
 14 Oak Park
 Bedford, MA 01730
 USA
2. Issuer Name and Ticker or Trading Symbol
 Progress Software Corporation
 PRGS
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year
 03/31/1999
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 () Director () 10% Owner (X) Officer (give title below) () Other
 (specify below)
 Vice President, Worldwide Sales
7. 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. Transaction Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Amount of Securities Beneficially Owned at End of Month	6. Price	7. Nature of Indirect Beneficial Ownership
Common Stock	03/31/99	M	7,078	A	\$9.00	
Common Stock	03/31/99	S	7,078	D	\$32.00	623

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. Transaction 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. Nature of Indirect Beneficial Ownership
Nonqualified Stock Option	\$9.000	03/31/99	M	7,078	D 03/01/96 08/20/06	Common Stock 7,078		3,272 (2)	D
Nonqualified Stock Option	\$25.625	02/10/99	A	31,700	A 03/01/99 02/10/09	Common Stock 31,700		31,700 (4)	D
Incentive Stock Option	\$25.625	02/10/99	A	300	A 03/01/99 02/10/99	Common Stock 300		300 (6)	D

Explanation of Responses:

- (1) The options vest in equal monthly increments over a 60 month period commencing March 1, 1996. (2) On 4/1/99, options to purchase 297 shares were vested. (3) The options vest in equal monthly increments over a 60 month period commencing March 1, 1999. (4) On 4/1/99, options to purchase 1,056 shares were vested. (5) The options vest in equal monthly increments over a 60 month period commencing March 1, 1999. (6) On 4/1/99, options to purchase 10 shares were vested.

SIGNATURE OF REPORTING PERSON

David P. Vesty

DATE

04/05/1999