WASHINGTON, D.C. 20549
FORM 4
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
Alsop, Joseph Wright
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)
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4. Statement for Month/Year

07/31/1999

5. If Amendment, Date of Original (Month/Year)

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

- 6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 (X) Director () 10% Owner (X) Officer (give title below) () Other
 (specify below)
 President, Treasurer and Director
 7. Individual or Joint/Group Filing (Check Applicable Line)
 (X) Form filed by One Reporting Person
 () Form filed by More than One Reporting Person

1. Title of Security	Trans	3. action Code V	or Di	rities Acquisposed of		/ I	 ice	5.Amount of Securities Beneficially Owned at End of Month	6.Di ect (D)o Indi ect(or .r	of Indirect ial Ownership
Common Stock	07/12/ 99		5,000 		D	\$32.00 					
Common Stock	07/13/ 99		i		i	i	i	631,945 	D 		
Table II Derivative	2.Con- 3.	4.	5.N1	umber of De	e 6.I	Date Exe	r 7.Ti	itle and Amount		9.Number	10. 11.Nature of
	2.Con- 3. version Tr or Exer	4.	5.Ni	umber of De vative Secu ties Acqui	e 6.Du cis	Date Exe sable an	r 7.Ti		of Deri vative	of Deriva tive	Dir Indirect ect Beneficial
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Explanation of Responses:

(1) Options vest in equal monthly increments over a 60 month period commencing March 1, 1999.
(2) On 8/1/99, options to purchase 3,100 shares were

SIGNATURE OF REPORTING PERSON

Joseph W. Alsop

DATE

08-04-1999