FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL									
	OMB Number:	3235-0287								
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1	hours per response:	0.5								

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b)

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

							-	(,												
1. Name and Address of Reporting Person* <u>Jarrett Loren</u>							2. Issuer Name and Ticker or Trading Symbol PROGRESS SOFTWARE CORP /MA PRGS								of Reporting cable) or (give title	g Person(s) to Iss 10% Ov Other (s		wner		
(Last) (First) (Middle) C/O PROGRESS SOFTWARE CORPORATION						3. Date of Earliest Transaction (Month/Day/Year) 04/20/2023								below)				`		
15 WAYSIDE ROAD, SUITE 400							4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street)							X Form filed by One Reporting Person											1		
` '	BURLINGTON MA 01803					Form filed by More than One Reporting Person														
(City) (State) (Zip)						Rule 10b5-1(c) Transaction Indication														
						Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.														
		Tab	le I - I	Non-Deri	vativ	e Sec	curit	ties A	cquire	ed, D	isposed o	f, or B	eneficial	ly Owned						
Date				Date	2. Transaction Date Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and				es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
								Code	v	Amount	(A) or (D)	Price	Reporte Transac (Instr. 3	tion(s)			Instr. 4)			
Common Stock 04/20/20						23			M		23,490	A	\$29.25	42	,718		D			
Common Stock 04/20/202)23					23,490	D	\$56.5763	(2) 19,228		D				
Common Stock 04/20/202)23			М		13,271	A	\$50.69	32	32,499		D			
Common Stock 04/20/202					2023)23			S ⁽¹⁾		13,271	D	\$56.5669	(3) 19	19,228		D			
Common Stock 04/20/202					2023	23			S ⁽¹⁾		9,267	D	\$56.5719	9,	9,961		D			
		•	Table I								sposed of, , convertil			Owned						
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	e (Month/Day/Year)	if any	emed ion Date, /Day/Year)	4. Transa Code (8)				Expiration (Month/Day			of Secur Underlyi	ng /e Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficiall Owned Following Reported Transactio (Instr. 4)	illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership		
					Code	v	(A)	(D)	Date Exerc	isable	Expiration Date	Title	Amount or Number of Shares							
Employee Stock Options	\$29.25	04/20/2023			M			23,490	(5)		02/16/2024	Commor Stock	23,490	\$0	0		D			
Employee Stock	\$50.69	04/20/2023			M			13 271	13.271 (6)		01/11/2025	Commor	1 13.271	\$0	0		D			

Explanation of Responses:

- 1. The trading activity reported in this Form 4 was effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person on January 20, 2023.
- 2. This transaction was executed in multiple trades at prices ranging from \$56.27 to \$56.855 per share. The price reported represents the weighted average sale price of these trades. The Reporting Person hereby undertakes to provide upon request to the SEC staff, the issuer, or a security holder of the issuer, full information regarding the shares sold at each separate price.
- 3. This transaction was executed in multiple trades at prices ranging from \$56.17 to \$56.85 per share. The price reported represents the weighted average sale price of these trades. The Reporting Person hereby undertakes to provide upon request to the SEC staff, the issuer, or a security holder of the issuer, full information regarding the shares sold at each separate price.
- 4. This transaction was executed in multiple trades at prices ranging from \$56.19 to \$56.85 per share. The price reported represents the weighted average sale price of these trades. The Reporting Person hereby undertakes to provide upon request to the SEC staff, the issuer, or a security holder of the issuer, full information regarding the shares sold at each separate price.
- 5. Options were granted to the Reporting Person on February 17, 2017 under the Company's 2008 Stock Option and Incentive Plan. As of April 1, 2021, 23,490 options were vested and exercisable.
- 6. Options were granted to the Reporting Person on January 12, 2018 under the Company's 2008 Stock Option and Incentive Plan. As of April 1, 2022, 13,271 options were vested and exercisable.

Remarks:

YuFan Stephanie Wang, 04/24/2023 Attorney-in-Fact

** Signature of Reporting Person Date

Stock

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

- * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.