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

(Drint or Type Decoord

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 F REGNELL THOMA	2. Issuer Name and Ticker or Trading Symbol WASHINGTON REAL ESTATE INVESTMENT TRUST [WRE]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X_Officer (give title below) Other (specify below) Mnging, Dir Acquisitions					
6110 EXECUTIVE I	3. Date of Earliest Transaction (Month/Day/Year) 03/11/2004						winging. Dit Acc	uisitions				
(Street) ROCKVILLE, MD 20852			4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting PersonForm filed by More than One Reporting Person			
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acqu						ired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3)			Execution Date, if	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect	Beneficial Ownership	
				Code	V	Amount	(A) or (D)	Price		(I) (Instr. 4)	(11150.4)	
Common Stock		03/11/2004		A <mark>(1)</mark>		7,619	А	\$ 31.11	31,988.106	D		
Common Stock									1,150	Ι	By Spouse	

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

SEC 1474 (9-02)

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 control number.

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

(e.g., puts, calls, warrants, options, convertible securities)																					
1. Title of	2.	3. Transaction	3A. Deemed	4.		5.		6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature						
Derivative	Conversion	Date	Execution Date, if	Transacti	on	Numł	ber	and Expiration Date		and Expiration Date		and Expiration Date		and Expiration Date		Amo	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		of	(Month/Day/Year)		Unde	rlying	Security	Securities	Form of	Beneficial							
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Deriv	ative	ve		Securi		rities	(Instr. 5)	Beneficially	Derivative	Ownership					
	Derivative					Securities		es		(Instr	. 3 and		Owned	Security:	(Instr. 4)						
	Security					Acqu	ired			4)			Following	Direct (D)							
						(A) o							Reported	or Indirect							
						Dispo							Transaction(s)	(I)							
						of (D))						(Instr. 4)	(Instr. 4)							
						(Instr	· · ·														
						4, and	15)														
											Amount										
								Date	Expiration		or										
								Exercisable		Title	Number										
								Excicisable	Duit		of										
				Code	V	(A)	(D)				Shares										

Reporting Owners

	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
REGNELL THOMAS L 6110 EXECUTIVE BLVD. SUITE 800 ROCKVILLE, MD 20852			Mnging. Dir Acquisitions						

Signatures

By: Laura M. Franklin	03/15/2004
**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).
- (1) Granted pursuant to the Washinton Real Estate Investment Trust Share Grant Plan. 20% of shares become nonforfeitable one year from transaction date. Fully vested 5 years from transaction (grant) date.

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.