FORM 4

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

OMB APPROVAL

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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).

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

71.	esponses)															
1. Name and Address of Reporting Person * GROOTWASSINK SARA L				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) Chief Financial Officer Chief Financial Officer						
6110 EXECU	(Last) (First) (Middle) 110 EXECUTIVE BOULEVARD, SUITE 800				3. Date of Earliest Transaction (Month/Day/Year) 03/06/2006								Chief Fi	nancial Office	er	
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) X_Form filed by One Reporting Person Form filed by More than One Reporting Person						
(City)	City) (State) (Zip)			Table I - Non-Derivative Securities Acqu						uired, Dis	ured, Disposed of, or Beneficially Owned					
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)			3. Transa Code (Instr. 8)	nsaction 4. Secur (A) or D		urities Acquired Disposed of (D) 3, 4 and 5)		5. Amount of Sec Owned Following Transaction(s)		curities Beneficially		6. Ownership Form:	Beneficial	
				(Month/D	ay/Year)	Code	V	Amount	(A) or (D)	Price	(Instr. 3 and 4) Direct (D) or Indirect (I) (Instr. 4)		Ownership (Instr. 4)			
Common Sto	ock		03/06/2006			M		1,000	A	\$ 25.61	22,225	5.0983		1)	
Reminder: Repo	ort on a separa	ate line for each class	ss of securities bene	eficially ow	ned direc	etly or indi	Person							contained i	n SEC	1474 (9-02)
Reminder: Repo	ort on a separa	ate line for each clas		- Derivativ	e Securi	ties Acqui	Person this fo curren	orm are ntly vali posed of	not requid OMB of	uired to control ficially	o respon I number	d unless			n SEC	1474 (9-02)
1. Title of Derivative Security (Instr. 3)	2. Conversion	3. Transaction	Table II - 3A. Deemed Execution Date, in	- Derivativ (e.g., puts 4. Transact Code	se Securit, calls, w for ion of Deri Security Security Se	ties Acqui arrants, o umber 6. E: vvative (N vrities uired or oosed	Person this fo curren	orm are ntly vali cosed of, onvertibercisable Date	not required OMB of the security and	ficially (7, of Se	o respon I number	Amount		9. Number o Derivative Securities Beneficially Owned Following Reported Transaction(f 10. Owners Form o Derivat Security Direct (or Indir	11. Natur of Indirec Beneficia Ownershi (Instr. 4)
1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction Date	Table II - 3A. Deemed Execution Date, it	- Derivativ (e.g., puts 4. Transact Code	se Securit, calls, w for ion of Deri Security Security Se	ties Acqui arrants, o umber 6. Evative (N irities uired or oosed D) T. 3, 4, 5)	Person this fo curren red, Disp ptions, c Date Exc xpiration	orm are ntly vali posed of, nonvertil ercisable Date ny/Year)	not required OMB of the security and	ficially ities) 7. of Se (Ir	Owned Title and Funderlyirecurities	Amount	8. Price of Derivative Security	9. Number o Derivative Securities Beneficially Owned Following Reported	f 10. Owners Form o Derivat Security Direct (or Indir	11. Natur of Indirec Beneficia Ownershi (Instr. 4)

Reporting Owners

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
GROOTWASSINK SARA L 6110 EXECUTIVE BOULEVARD SUITE 800 ROCKVILLE, MD 20852			Chief Financial Officer			

Signatures

By: Laura M. Franklin	03/07/2006
**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) 50 % exercisable on this date. 100 % exercisable one year from this 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.