FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
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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

1 3.7		s)														
1. Name and Address of Reporting Person* GOLDEN TERENCE C			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) _X_ Director Officer (give title below) Other (specify below)						
6110 EX 800		(First) BOULEVA	(Middle) ARD, SUITE	3. Date 12/15/	of Earlies 2009	t Trans	saction	n (Montl	h/Day/`	Year)						
(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 Person Form filed by More than One Reporting Person					
(City) (State) (Zip)					Table I - Non-Derivative Securities Acqu						Lired, Disposed of, or Beneficially Owned					
1.Title of S (Instr. 3)	nstr. 3) Date		2. Transaction Date (Month/Day/Year)	any	tion Date, if		Code (Instr. 8)		4. Securities Acqu (A) or Disposed of (Instr. 3, 4 and 5)		of (D)	Beneficia	nt of Securities ally Owned Following d Transaction(s) and 4)		6. Ownership Form: Direct (D) or Indirect	Beneficial Ownership
						C	ode	V A	mount	(A) or (D)	Price				(I) (Instr. 4)	
Common	Stock		12/15/2009			A	<u>(1)</u>	2.	,061	A	\$ 0	16,743			D	
Reminder:	Report on a s	separate line for	r each class of secu	rities bene	eficially o	wned o	T i	Person	s who	respor			ction of inf			1474 (9-02)
Keminder:	Report on a s	separate line for	Table II -	Derivativ	ve Securi	ties Ac	quire	Person contair the for d, Dispo	ns who ned in m disp	respor this for plays a	m are curre eficial	e not requesting ntly valid	uired to res	ormation spond unle trol numbe	ss	1474 (9-02)
1. Title of	2.	3. Transaction Date (Month/Day/)	Table II - 3A. Deemed Execution Da	Derivativ (e.g., puts 4. tte, if Tra	ve Securi s, calls, w ansaction	ties Ac	equirects, opt oer ative ities ired r osed) . 3,	Person contair the for d, Dispo	ns who ned in m disp osed of onvertil Exerci	resporthis for blays a constant of the security sable in Date	eficial rities) 7. T Amound Second	e not requesting ntly valid	OMB conf	spond unle	of 10. Owners Form of Derivati Security Direct (or Indire	11. Nat of Indir Benefic Owners (Instr. 4

Reporting Owners

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
GOLDEN TERENCE C 6110 EXECUTIVE BOULEVARD, SUITE 800 ROCKVILLE, MD 20852	X					

Signatures

By: Thomas C. Morey For: Terence C. Golden	12/16/2009
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).
- Granted pursuant to the Washington Real Estate Investment Trust 2007 Omnibus Long-Term Incentive Plan based on closing price on 12/15/09 of \$26.69

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.