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

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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

(Print or Type Responses)  1. Name and Address of Reporting Person*  Cederdahl James Bradley			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 10% Owner Officer (give title below) Other (specify below)				
(Last) (First) (Middle) 6110 EXECUTIVE BLVD., SUITE 800			3. Date of Earliest Transaction (Month/Day/Year) 02/18/2010							Managi	ng Dir Prop	. Mngmt.		
(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					
State)	(Zip)		Т	able I	- Non	-Der	rivative S	Securitie	s Acqu	uired, Disp	osed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3)  2. Transaction Date (Month/Day/Year)		any		Code (Instr. 8)		tion	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)			Ownership of	Beneficial
		(Month/Da	ay/Year)		ode	V	Amount	(A) or (D)	Price	(Instr. 3 a	nd 4)		or Indirect (I)	Ownership (Instr. 4)
02/1	8/2010						100	` ′		10,486.	1993			
02/1	8/2010						1,983	A	\$ 0	12,469.	1993		D	
02/1	8/2010			F	1)		41	11)		12,428.	1993		D	
rate line for each	class of secur	ities benefi	cially o	wned	direct	ly or	indirectl	y						
						cont	tained i	n this fo	rm ar	e not requ	uired to res	spond unle	ss	1474 (9-02)
					quire	ed, D	isposed (	of, or Be	neficia	ally Owned				
Derivative Conversion Date Security or Exercise (Month/Day/Year)	3A. Deemed Execution Da	4. Transaction Code		5.		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. T Am Und Sec	Fitle and acount of derlying curities str. 3 and		Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivati Security Direct ( or Indirects)	Beneficia Ownersh (Instr. 4)	
							_	Expiration Date	on Titl	Amount or Number of				
	Pirist) LVD., SUITE treet)  852 State)  2. Transaction transaction tee	Control   Cont	WASHI INVEST  Sirst) (Middle) 3. Date of 02/18/20 4. If Amer 1852  State) (Zip) 2. Transaction Date (Month/Day/Year) 2A. Deeme Execution I any (Month/Da) 4. If Amer 1852  102/18/2010 202/18/2010 02/	WASHINGTO INVESTMEN 3. Date of Earlies 02/18/2010 4. If Amendment 852 State)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  02/18/2010  02/18/2010  02/18/2010  102/18/2010	WASHINGTON R INVESTMENT TR 3. Date of Earliest Trans 02/18/2010  treet)  4. If Amendment, Date  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  02/18/2010  4. If Amendment, Date Execution Date, if any (Month/Day/Year)  Cod (Instr. a)  Table II - Derivative Securities Ac (e.g., puts, calls, warran)  Transaction and (Month/Day/Year)  Transaction and (Month/Day/Year)  Transaction and (Month/Day/Year)  Transaction and (Month/Day/Year)  A. Deemed Execution Date, if any (Month/Day/Year)  Transaction and (Month/Day/Year)	WASHINGTON REAL INVESTMENT TRUST  3. Date of Earliest Transaction 02/18/2010  4. If Amendment, Date Origin  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Instr. 8)  Code  02/18/2010  02/18/2010  A(1)  02/18/2010  A(2)  02/18/2010  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, op the control of the conth/Day/Year)  Transaction any (Month/Day/Year)  Transaction telement Execution Date, if Code (Instr. 8)  Transaction any (Month/Day/Year)  (Month/Day/Year)  Transaction telement Execution Date, if Code (Instr. 8)  Transaction any (Month/Day/Year)  (Month/Day/Year)	WASHINGTON REAL ES INVESTMENT TRUST [W O2/18/2010	WASHINGTON REAL ESTATE INVESTMENT TRUST [WRE]  3. Date of Earliest Transaction (Month/Day 02/18/2010  4. If Amendment, Date Original Filed(Month 1852  State)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (Instr. 8)  2. Transaction Execution Date, if Code (Instr. 8)  2. Transaction Date (Instr. 8)  3. Transaction (A) or Dinstructive Securities Acquired, Disposed (e.g., puts, calls, warrants, options, convertices acquired (A) or Disposed (Instr. 8)  3. Transaction Date (Instr. 8)  4. S. Number Of Disposed (Instr. 8)  4. Transaction Of Disposed (Instr. 8)  4. S. Number Of Disposed (Instr. 8)  4. Transaction Of Disposed (Instr. 8)  4. Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3)  4. Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3)	WASHINGTON REAL ESTATE INVESTMENT TRUST [WRE]  3. Date of Earliest Transaction (Month/Day/Year) 02/18/2010  4. If Amendment, Date Original Filed(Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year) 3A. Deemed Execution Date, if any (Month/Day/Ye	WASHINGTON REAL ESTATE INVESTMENT TRUST [WRE]  3. Date of Earliest Transaction (Month/Day/Year)  4. If Amendment, Date Original Filed(Month/Day/Year)  852  State)  2. Transaction Date (Month/Day/Year)  2. Transaction Date (A) or Disposed of (D) (Instr. 3)  A \$ 0  02/18/2010  A \$ 0  02/18/2010  A \$ 0  02/18/2010  A \$ 0  02/18/2010  A \$ 0  FIII  A 1 D \$ 26.70  Persons who respond to contained in this form are the form displays a curred form displays a curred (A) or Disposed of (D) (Instr. 8)  Transaction the Code (Instr. 8)  Persons who respond to contained in this form are the form displays a curred (A) or Disposed of (D) (Instr. 8)  Figure 1	WASHINGTON REAL ESTATE   New Poince   New	WASHINGTON REAL ESTATE INVESTMENT TRUST [WRE]  3. Date of Earliest Transaction (Month/Day/Year) 02/18/2010  4. If Amendment, Date Original Filed(Month/Day/Year) 8852  State)  Caip  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  3. Transaction (Instr. 3, 4 and 5)  4. S. Date Date (A) or Disposed of (D) (Instr. 3, 4 and 5)  3. Transaction Date (A) or Disposed of (D) Date (B) A. Mount of Securities (Date (A) or Disposed of (D) Date (B) A. Mount of Securities (Date (A) or Disposed of (D) Date (B) A. Mount of Securities (Date (A) or Disposed of (D) Date (B) A. Mount of Date (B) A. Mount	WASHINGTON REAL ESTATE   NVESTMENT TRUST [WRE]   Surface   Number   Numbe	Ley   WASHINGTON REAL ESTATE   NVESTMENT TRUST [WRE]   Director   10% Other (specify)   Managing Dir Prop. Magmt.   Man

## Reporting Owners

D (1 0 N /	Relationships						
Reporting Owner Name / Address	Director	10% Owner Officer		Other			
Cederdahl James Bradley 6110 EXECUTIVE BLVD. SUITE 800 ROCKVILLE, MD 20852			Managing Dir Prop. Mngmt.				

## **Signatures**

By: Thomas C. Morey For: James B. Cederdahl	02/22/2010

**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) These are additional Performance Share Units awarded pursuant to the Washington Real Estate Investment Trust 2007 Omnibus Long-Term Incentive Plan for the 2007-2009 performance period based on final results the number of shares awarded is based on the closing price on 2/18/10 of \$26.70 (and related withholding done on same basis).
- (2) These are Restricted Share Units granted for 2010 pursuant to the Washington Real Estate Investment Trust 2007 Omnibus Long-Term Incentive Plan the number of shares awarded is based on the closing price on 2/18/10 of \$26.70

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.