FIRST POTOMAC
REALTY TRUST

Fourth Quarter 2009 Supplemental Financial Report

Cloverleaf Center
Germantown, MD

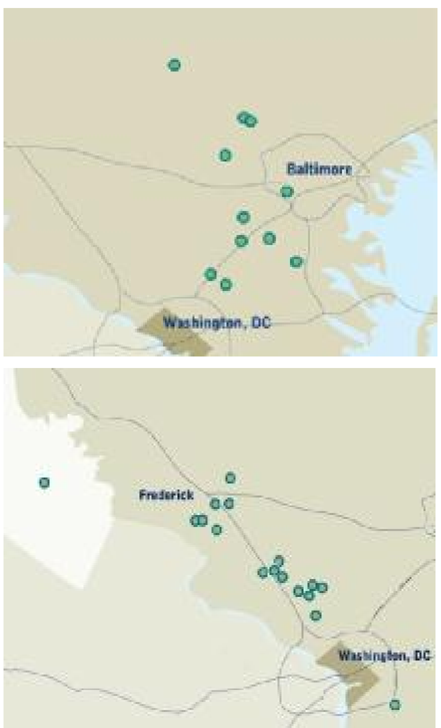
Index to Supplemental Information

Company Information

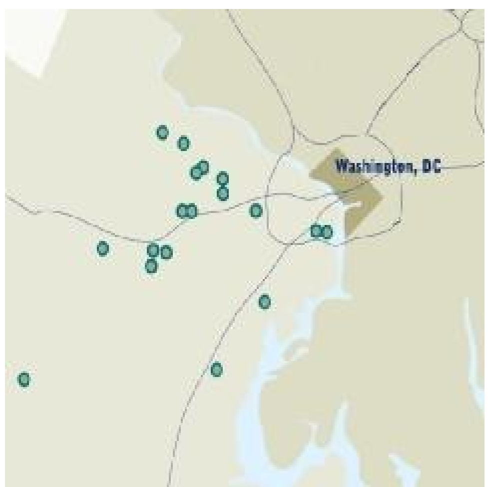
First Potomac Realty Trust is a self-managed, self-administered real estate investment trust that focuses on owning, developing, redeveloping and operating business parks and industrial properties in the Washington, D.C. metropolitan area and other major markets in Virginia and Maryland. The Company's focus is acquiring properties that can benefit from its intensive property management and seeking to reposition these properties to increase their profitability and value.

Corporate Headquarters	7600 Wisconsin Avenue 11th Floor Bethesda, MD 20814	**Investor Relations**	ICR, Inc. (301) 244-6200
New York Stock Exchange	FPO LISTED NYSE		Barry H. Bass Chief Financial Officer (301) 986-9200 bbass@first-potomac.com
Web Site	www.first-potomac.com		

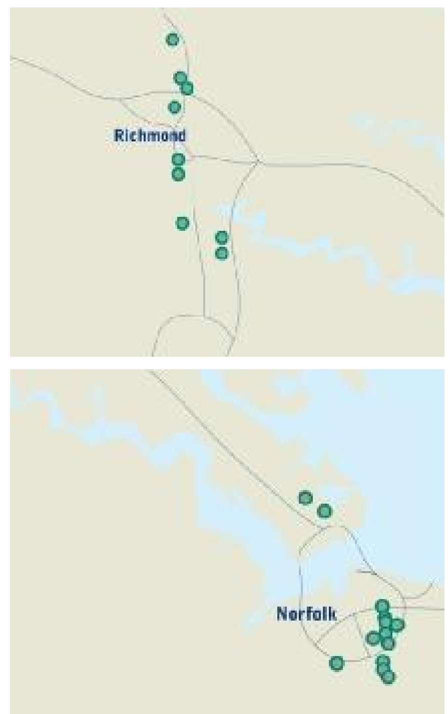
Property Locations



Maryland



Northern Virginia



Southern Virginia

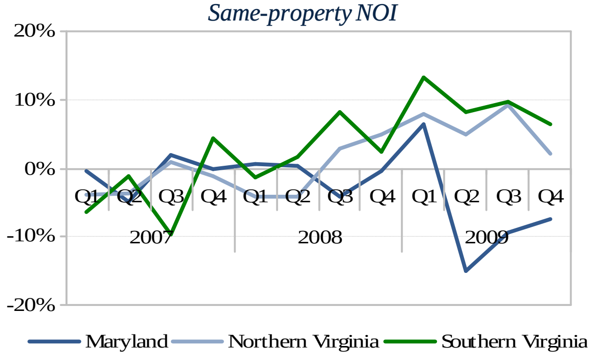
Matters other than historical facts set forth within this Quarterly Supplemental Financial Report are forward-looking statements within the meaning of the federal securities laws. You should exercise caution in interpreting and relying on forward-looking statements because they involve known and unknown risks, uncertainties and other factors that could materially affect actual results, performance or achievements. These factors include, without limitation, the ability to enter into new leases or renew leases on favorable terms, the financial condition of tenants, the uncertainties of acquisition activity, the cost and availability of financing, the effects of general and local economic and market conditions, regulatory changes and other risks and uncertainties detailed in the Company's Annual Report on Form 10-K. The Company assumes no obligation to update or supplement forward-looking statements that become untrue because of subsequent events. Note that certain figures are rounded to the nearest thousands throughout the document, which may impact footing and/or crossfooting of totals and subtotals.

Highlights

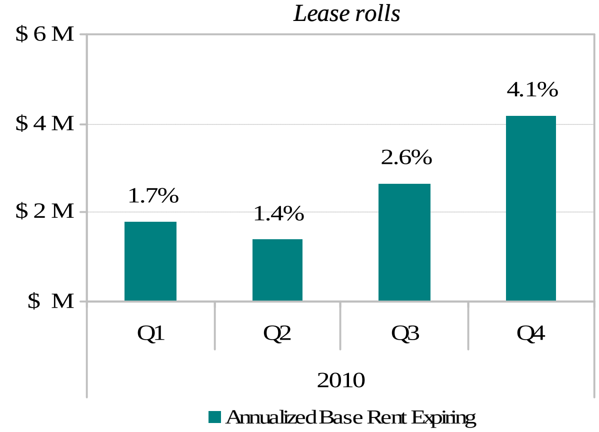
(unaudited, amounts in thousands, except per share data)

Performance Metrics	Q4-2009	Q3-2009	Q2-2009	Q1-2009	Q4-2008
Net (loss) income, attributable to FPO	$ (3,280)	$ 608	$ 1,607	$ 4,997	$ 3,504
Reported FFO	7,250	10,698	11,624	14,825	11,797
Core FFO(1)	10,968	10,114	10,262	10,486	10,429
Reported FFO per share	$ 0.24	$ 0.37	$ 0.42	$ 0.53	$ 0.43
Core FFO per share	$ 0.36	$ 0.35	$ 0.37	$ 0.38	$ 0.38
Operating Metrics					
Change in Same-Property NOI					
Cash basis	2.2%	3.3%	0.1%	5.9%	0.4%
Accrual basis	0.4%	3.3%	-0.9%	4.7%	2.1%
Capitalization					
Debt to Gross asset value(2)	56.3%	53.6%	55.3%	54.3%	55.3%
Debt Balances					
Unhedged variable rate debt	$ 134,900	$ 114,400	$ 114,400	$ 100,500	$ 90,500
Hedged variable rate debt	94,856	94,856	94,856	94,856	113,000
Fixed rate debt	415,325	405,376	415,124	432,931	450,281
Total	**$ 645,081**	**$ 614,632**	**$ 624,380**	**$ 628,287**	**$ 653,781**
Coverage Ratio					
Interest Coverage Ratio	2.25x	2.28x	2.27x	2.30x	2.15x
Leasing Metrics					
Net Absorption (Square Feet)	(33,760)	5,741	9,054	(61,506)	104,067
Tenant retention rate	79%	90%	88%	80%	81%
Leased %	86.3%	86.9%	87.0%	87.5%	88.4%
Occupancy %	85.1%	86.6%	86.5%	86.1%	86.8%

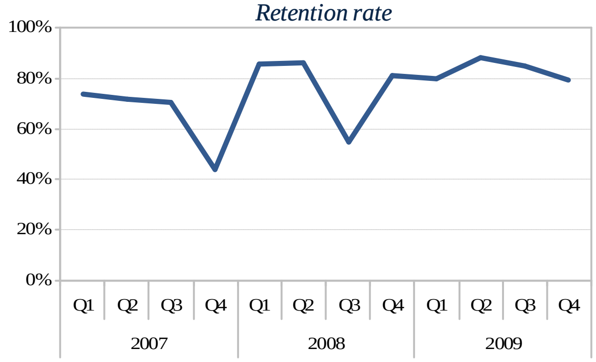
Same-property NOI



Lease rolls



Retention rate



Portfolio concentration

Market	% of Annualized Base Rent	% Leased at December 31, 2009
Greater Washington D.C.(3)	60.4%	86.7%
Baltimore	4.6%	71.5%
Richmond	11.3%	91.2%
Norfolk	23.7%	88.1%

(1)See page 31 for the definition of Core FFO.
(2)Debt does not include accrued liabilities. Gross asset value calculation as defined in the unsecured revolving credit facility agreement.
(3)Includes properties in Suburban Maryland and Northern Virginia.

Financial Results

(unaudited, amounts in thousands)
(percentages are representative of total revenues)

	Three Months Ended								Twelve Months Ended	
	December 31, 2009		September 30, 2009		June 30, 2009		March 31, 2009		December 31, 2009	
OPERATING REVENUES										
Rental	$ 27,962	80.2%	$ 27,149	82.6%	$ 26,709	82.1%	$ 27,027	80.4%	$ 108,847	81.3%
Tenant reimbursements and other	6,896	19.8%	5,725	17.4%	5,810	17.9%	6,599	19.6%	25,030	18.7%
	34,858	100.0%	32,874	100.0%	32,519	100.0%	33,626	100.0%	133,877	100.0%
PROPERTY EXPENSES										
Property operating	8,742	25.1%	8,149	24.8%	8,052	24.8%	8,317	24.7%	33,260	24.8%
Real estate taxes and insurance	3,334	9.6%	3,183	9.7%	3,213	9.8%	3,313	9.9%	13,043	9.7%
NET OPERATING INCOME	22,782	65.3%	21,542	65.5%	21,254	65.4%	21,996	65.4%	87,574	65.5%
OTHER INCOME (EXPENSE)										
General and administrative	(4,807)	13.8%	(3,609)	11.0%	(2,922)	9.1%	(2,956)	8.9%	(14,295)	10.7%
Interest and other income	124	0.4%	150	0.5%	118	0.4%	139	0.4%	530	0.4%
Equity in losses of affiliate	(3)	0.0%	(38)	0.1%	(47)	0.1%	(7)	0.0%	(95)	-0.1%
EBITDA	18,096	51.9%	18,045	54.9%	18,403	56.6%	19,172	56.9%	73,714	55.3%
Depreciation and amortization	(10,690)		(10,132)		(10,005)		(10,046)		(40,872)	
Interest expense	(8,043)		(7,929)		(8,113)		(8,327)		(32,412)	
Impairment of real estate asset	(2,541)		-		-		-		(2,541)	
(Losses) gains on early retirement of debt	(180)		640		1,367		4,339		6,167	
NET (LOSS) INCOME	(3,358)		624		1,652		5,138		4,056	
Less: Net loss (income) attributable to noncontrolling interests in the Operating Partnership	78		(16)		(45)		(141)		(124)	
NET (LOSS) INCOME ATTRIBUTABLE TO COMMON SHAREHOLDERS	$ (3,280)		$ 608		$ 1,607		$ 4,997		$ 3,932	

Supplemental Financial Results items:

The following items were included in the determination of net income:

	Three Months Ended				Twelve Months Ended
	December 31, 2009	September 30, 2009	June 30, 2009	March 31, 2009	December 31, 2009
Impairment of real estate asset	$ (2,541)	$ -	$ -	$ -	$ (2,541)
(Losses) gains on early retirement of debt	(180)	640	1,367	4,339	6,167
Termination fees	313	5	18	82	418
Capitalized interest	66	69	79	145	359
Acquisition costs	(997)	(56)	(5)	-	(1,058)
Snow and ice removal costs (excluding reimbursements)	(1,001)	(4)	(60)	(728)	(1,793)
Reserves for bad debt expense	(522)	(374)	(983)	(423)	(2,302)

Financial Measures

(unaudited, amounts in thousands, except per share data)

FUNDS FROM OPERATIONS ("FFO")	Three Months Ended December 31, 2009	September 30, 2009	June 30, 2009	March 31, 2009	Twelve Months Ended December 31, 2009
Net (loss) income attributable to common shareholders	$ (3,280)	$ 608	$ 1,607	$ 4,997	$ 3,932
Add back:					
Depreciation and amortization:					
Real estate assets[(1)]	10,540	9,983	9,876	9,673	40,071
Unconsolidated joint venture	68	91	96	14	270
Net (loss) income attributable to noncontrolling interests	(78)	16	45	141	124
FFO	$ 7,250	$ 10,698	$ 11,624	$ 14,825	$ 44,397
Acquisition costs	997	56	5	-	1,058
Losses (gains) on early retirement of debt	180	(640)	(1,367)	(4,339)	(6,167)
Impairment of real estate asset	2,541	-	-	-	2,541
Core FFO	$ 10,968	$ 10,114	$ 10,262	$ 10,486	$ 41,829
ADJUSTED FUNDS FROM OPERATIONS ("AFFO")					
FFO	$ 7,250	$ 10,698	$ 11,624	$ 14,825	$ 44,397
Non-cash share-based compensation expense	887	934	728	563	3,112
Impairment of real estate asset	2,541	-	-	-	2,541
Loss (gain) on early retirement of debt	180	(640)	(1,367)	(4,339)	(6,167)
Rental payments treated as basis reduction[(2)]	239	113	99	99	550
Straight-line rent, net[(3)]	(31)	(377)	157	(90)	(341)
Deferred market rent	(465)	(247)	(388)	(473)	(1,573)
Non-real estate depreciation and amortization[(4)]	219	213	211	220	863
Debt fair value amortization	(528)	(532)	(541)	(568)	(2,169)
Amortization of finance costs	373	338	370	389	1,470
Amortization of discounts	232	261	298	355	1,146
Tenant improvements[(5)]	(416)	(995)	(4,413)	(2,611)	(8,435)
Leasing commissions[(5)]	(965)	(605)	(1,221)	(752)	(3,543)
Capital expenditures[(5)]	(1,468)	(936)	(298)	(269)	(2,971)
AFFO	$ 8,048	$ 8,225	$ 5,259	$ 7,349	$ 28,880
Total weighted average shares and OP units:					
Basic	30,236	28,894	27,930	27,772	28,715
Diluted	30,388	28,991	28,002	27,801	28,804
FFO per share:					
FFO per share and unit - basic	$ 0.24	$ 0.37	$ 0.42	$ 0.53	$ 1.55
FFO per share and unit - diluted	$ 0.24	$ 0.37	$ 0.42	$ 0.53	$ 1.54
Core FFO per share and unit - diluted	$ 0.36	$ 0.35	$ 0.37	$ 0.38	$ 1.45
AFFO per share:					
AFFO per share and unit - basic	$ 0.27	$ 0.28	$ 0.19	$ 0.26	$ 1.01
AFFO per share and unit - diluted	$ 0.26	$ 0.28	$ 0.19	$ 0.26	$ 1.00

(1) For the three months ended December 31, September 30, June 30 and March 31, 2009, depreciation and amortization expense of $150 thousand, $149 thousand, $129 thousand and $373 thousand, respectively, related to a third party's portion of a consolidated joint venture was not added back when calculating the Company's FFO.
(2) Represents cash received from space leased to a former owner of a property the Company acquired in September 2008. All cash received from these leases is treated as a reduction in the basis of the property acquired.
(3) Straight-line rent, less uncollectable amounts and rent abatements.
(4) Most non-real estate depreciation is classified in general and administrative expense.
(5) Does not include first generation costs, which the Company defines as tenant improvement, leasing commissions and capital expenditure costs that were taken into consideration when underwriting the purchase of a property or incurred to bring the property to operating standard for its intended use.

	December 31, 2009	September 30, 2009	June 30, 2009	March 31, 2009	December 31, 2009
First-generation costs					
Tenant improvements	$ 1,420	$ 1,092	$ 2,835	$ 2,100	$ 7,447
Leasing commissions	117	83	466	271	937
Capital expenditures	803	568	923	604	2,898
Total first-generation costs	2,340	1,743	4,224	2,975	11,282
Development	35	53	108	77	273
Redevelopment	7	43	127	501	678
	$ 2,382	$ 1,839	$ 4,459	$ 3,553	$ 12,233

Net Operating Income (NOI) Same-Property Analysis

(unaudited, amounts in thousands)

Same-Property NOI[(1)(2)]	Three Months Ended December 31, 2009	Three Months Ended December 31, 2008	Twelve Months Ended December 31, 2009	Twelve Months Ended December 31, 2008
Total base rent	$ 26,896	$ 25,883	$ 104,783	$ 100,955
Tenant reimbursements and other	6,153	5,453	23,181	20,718
Property operating expenses	(8,183)	(6,738)	(30,429)	(25,902)
Real estate taxes and insurance	(3,243)	(3,060)	(12,678)	(12,193)
Same-property NOI - accrual basis	21,623	21,538	84,857	83,578
Straight-line expense (revenue), net	21	(486)	(274)	(871)
Deferred market rental revenue, net	(457)	(318)	(1,505)	(1,684)
Same-property NOI - cash basis	$ 21,187	$ 20,734	$ 83,078	$ 81,023
Weighted average occupancy	86.4%	86.4%	86.6%	86.2%
Change in same-property NOI - accrual basis	0.4%		1.5%	
Change in same-property NOI - cash basis	2.2%		2.5%	
Change in Same-Property NOI - accrual basis				
Rental revenue increase	$ 1,013		$ 3,828	
Tenant reimbursement and other increase	700		2,463	
Expense increase	(1,628)		(5,012)	
	$ 85		$ 1,279	
Same-property percentage of total portfolio (sf)	97.1%		95.1%	

Reconciliation of Consolidated NOI to Same-Property NOI	Three Months Ended December 31, 2009	Three Months Ended December 31, 2008	Twelve Months Ended December 31, 2009	Twelve Months Ended December 31, 2008
Total revenues	$ 34,858	$ 32,673	$ 133,877	$ 124,293
Property operating expenses	(8,742)	(7,154)	(33,260)	(27,245)
Real estate taxes and insurance	(3,334)	(3,110)	(13,043)	(12,232)
NOI	22,782	22,409	87,574	84,816
Less: Non-same property NOI[(3)]	(1,159)	(871)	(2,717)	(1,238)
Same-property NOI - accrual basis	21,623	21,538	84,857	83,578
Straight-line expense (revenue), net	21	(486)	(274)	(871)
Deferred market rental revenue	(457)	(318)	(1,505)	(1,684)
Same-property NOI - cash basis	$ 21,187	$ 20,734	$ 83,078	$ 81,023

	Three Months Ended December 31, 2009	Percentage of Base Rent	Twelve Months Ended December 31, 2009	Percentage of Base Rent
Change in Same-Property NOI by Region				
Maryland	-7.5%	34%	-10.4%	32%
Northern Virginia	2.1%	30%	6.0%	31%
Southern Virginia	6.3%	36%	9.2%	37%
Change in Same-Property NOI by Property Type[(4)]				
Business Park	-1.2%	69%	-0.4%	69%
Industrial	4.0%	27%	5.9%	27%
Office	4.9%	4%	4.3%	4%

(1) Same property comparisons are based upon those properties owned for the entirety of the periods presented. Same property results exclude the results of the following non same-properties: Alexandria Corporate Park, RiversPark II, Cloverleaf Center and Ashburn Center. Also, same property results for the twelve months ended December 31, 2009 and 2008 exclude Triangle Business Center and RiversPark I.
(2) Excludes a 76,000 square foot redevelopment building at Ammendale Commerce Center, which was placed in service during the fourth quarter of 2008.
(3) Non-same property NOI has been adjusted to reflect a normalized management fee percentage in lieu of an administrative overhead allocation for comparative purposes.
(4) Does not include one retail property.

FIRST POTOMAC REALTY TRUST

Consolidated Balance Sheets

(unaudited, amounts in thousands, except per share amounts)

	December 31, 2009 (unaudited)	December 31, 2008
Assets		
Rental property	$ 1,128,956	$ 1,106,571
Less: Accumulated depreciation	(141,481)	(111,658)
Rental property, net	987,475	994,913
Cash and cash equivalents	9,320	16,352
Escrows and reserves	9,978	8,808
Investment in affiliate	1,819	-
Other assets	65,900	60,176
Total assets	$ 1,074,492	$ 1,080,249
Liabilities		
Mortgage loans	$ 301,463	$ 322,846
Unsecured notes	123,718	155,435
Bank debt	219,900	175,500
Accounts payable and accrued interest	18,491	20,513
Other liabilities	23,576	30,035
Total liabilities	687,148	704,329
Noncontrolling interests (redemption value $9,207 and $7,186, respectively)	9,585	10,627
Shareholders' equity:		
Common shares, $0.001 par value, 100,000 common shares authorized; 30,589 and 27,353 shares issued and outstanding, respectively	31	27
Additional paid-in capital	517,940	484,825
Accumulated other comprehensive loss	(1,879)	(3,823)
Dividends in excess of accumulated earnings	(138,333)	(115,736)
Total shareholders' equity	377,759	365,293
Total liabilities, noncontrolling interests and shareholders' equity	$ 1,074,492	$ 1,080,249

Total Market Capitalization and Selected Ratios

(unaudited, amounts in thousands)

MARKET CAPITALIZATION

		Percent of Total Market Capitalization
Total common shares outstanding	30,589	
Operating Partnership ("OP") units held by third parties	732	
Total common shares and OP units	31,321	
Market price at December 31, 2009	$ 12.57	
Total equity capitalization	$ 393,705	37.9%
Debt capitalization		
Fixed-rate debt	$ 415,325	40.0%
Floating-rate debt [1]	229,756	22.1%
Total debt capitalization	$ 645,081	62.1%
Total market capitalization	$ 1,038,786	100.0%

SELECTED RATIOS

	Three Months Ended				Twelve Months Ended
	December 31, 2009	September 30, 2009	June 30, 2009	March 31, 2009	December 31, 2009
COVERAGE RATIO					
Interest Coverage Ratio					
EBITDA	$ 18,096	$ 18,045	$ 18,403	$ 19,172	$ 73,714
Interest expense	8,043	7,929	8,113	8,327	32,413
	2.25x	**2.28x**	**2.27x**	**2.30x**	**2.27x**
OVERHEAD RATIO					
G&A to Real Estate Revenues[2]					
General and administrative expense	$ 4,807	$ 3,609	$ 2,922	$ 2,956	$ 14,295
Total revenues	34,858	32,874	32,519	33,626	133,877
	13.8%	**11.0%**	**9.0%**	**8.8%**	**10.7%**
LEVERAGE RATIO					
Debt/Undepreciated Book Value					
Total debt	$ 645,081	$ 614,632	$ 624,380	$ 628,287	
Undepreciated book value	1,128,956	1,095,008	1,091,709	1,086,264	
	57.1%	**56.1%**	**57.2%**	**57.8%**	

[1] As of December 31, 2009, the Company had entered into interest rate swap agreements that fixed interest rates on $94.9 million of its variable rate debt, therefore, $134.9 million, or 20.9%, of the Company's debt is exposed to variable interest rate fluctuations.

[2] General and administrative expense increased $1.0 million and $0.1 million for the three months ended December 31, 2009 and September 30, 2009, respectively, due to the adoption of a new accounting standard in 2009 that does not allow for the capitalization of acquisition costs.

Outstanding Debt

(unaudited, amounts in thousands)

Fixed Rate Debt	Effective Interest Rate	Principal Balance at December 31, 2009	Annualized Debt Service	Maturity Date	Balance at Maturity
Encumbered Properties					
4212 Tech Court	8.53%	$ 1,665	$ 169	6/1/2010	$ 1,654
Park Central II[2]	5.66%	5,591	638	11/1/2010	5,289
Enterprise Center[1][2]	5.20%	17,393	1,647	12/1/2010	16,712
Indian Creek Court[1][2]	5.90%	12,413	1,162	1/1/2011	11,982
403/405 Glenn Drive[2]	5.50%	8,252	746	7/1/2011	7,807
4612 Navistar Drive[1][2]	5.20%	12,672	1,131	7/11/2011	11,921
Campus at Metro Park[1][2]	5.25%	23,376	2,028	2/11/2012	21,581
1434 Crossways Boulevard Building II[2]	5.38%	9,852	826	8/5/2012	8,866
Crossways Commerce Center	6.70%	24,607	2,087	10/1/2012	23,313
Newington Business Park Center	6.70%	15,522	1,316	10/1/2012	14,706
Prosperity Business Center[2]	5.75%	3,627	332	1/1/2013	3,242
Aquia Commerce Center I	7.28%	486	165	2/1/2013	42
1434 Crossways Boulevard Building I[2]	5.38%	8,493	665	3/5/2013	7,597
Linden Business Center[2]	5.58%	7,224	559	10/1/2013	6,596
Owings Mills Business Center[2]	5.75%	5,552	425	3/1/2014	5,066
Annapolis Commerce Park East[2]	6.25%	8,613	665	6/1/2014	8,010
Cloverleaf Center	6.75%	17,490	1,464	10/8/2014	15,953
Plaza 500 Van Buren Business Park Rumsey Center Snowden Center Greenbrier Technology Center II Norfolk Business Center Northridge I & II 15395 John Marshall Highway	5.19%	99,625	5,171	8/1/2015	91,588
Hanover Business Center					
Hanover Building D[2]	6.63%	756	161	8/1/2015	13
Hanover Building C[2]	6.63%	1,154	186	12/1/2017	13
Chesterfield Business Center					
Chesterfield Buildings C, D, G and H[2]	6.63%	1,972	414	8/1/2015	34
Chesterfield Buildings A, B, E and F[2]	6.63%	2,540	318	6/1/2021	26
Gateway Centre Building I[2]	5.88%	1,340	239	11/1/2016	-
Airpark Business Center[2]	6.63%	1,392	173	6/1/2021	14
	5.68%[3]	$ 291,607	$ 22,687		$ 262,025
Convertible Debt					
Exchangeable Senior Notes[4]	5.84%	$ 48,718	$ 2,020	12/15/2011	$ 50,500
Senior Unsecured Debt					
Series A Notes	6.41%	$ 37,500	$ 2,404	6/15/2013	$ 37,500
Series B Notes	6.55%	37,500	2,456	6/15/2016	37,500
	6.48%[3]	$ 75,000	$ 4,860		$ 75,000
Total Fixed Rate Debt	5.84%[3]	$ 415,325	$ 29,567		$ 387,525

FIRST POTOMAC REALTY TRUST

Outstanding Debt Continued

(unaudited, amounts in thousands)

	Effective Interest Rate	Principal Balance at December 31, 2009	Annualized Debt Service	Maturity Date	Balance at Maturity
Total Fixed Rate Debt	5.84%[(3)]	$ 415,325	$ 29,567		$ 387,525
Variable Rate Debt					
RiversPark I[(5)]	LIBOR + 2.50%	$ 9,856	$ 588	9/26/2011	$ 9,856
Secured Term Loan I[(6)]					
Term Loan A	LIBOR + 2.50%	10,000	273	1/15/2011	10,000
Term Loan B	LIBOR + 2.50%	10,000	273	1/15/2012	10,000
Term Loan C	LIBOR + 2.50%	10,000	273	1/15/2013	10,000
Term Loan D	LIBOR + 2.50%	10,000	273	1/15/2014	10,000
Secured Term Loan II[(7)]	LIBOR + 2.50%	20,000	546	8/11/2011	20,000
Unsecured Revolving Credit Facility[(8)(9)]	LIBOR + 3.25%	159,900	6,796	1/15/2014	159,900
Total Variable Rate Debt	4.65%[(3)(10)]	$ 229,756	$ 9,022		$ 229,756
Total at December 31, 2009	**5.42%[(3)(10)]**	**$ 645,081**	**$ 38,589** [(11)]		**$ 617,281**

[(1)]The maturity date on these loans represents the anticipated repayment date of the loans, after which the interest rates on the loans increase.

[(2)]The balance includes the fair value impacts recorded at acquisition upon assumption of the mortgages encumbering these properties. The fair value impacts at December 31, 2009 and contractual interest rates are:

Property	**Fair Value Impact**	**Contractual Interest Rate**
Park Central II	$ 127	8.32%
Enterprise Center	431	8.03%
Indian Creek Court	225	7.80%
403/405 Glenn Drive	241	7.60%
4612 Navistar Drive	412	7.48%
Campus at Metro Park	854	7.11%
1434 Crossways Boulevard Building II	511	7.05%
Prosperity Business Center	39	6.25%
1434 Crossways Boulevard Building I	351	6.25%
Linden Business Center	103	6.01%
Owings Mills Business Center	20	5.85%
Annapolis Commerce Park East	(167)	5.74%
Hanover Business Center Building D	43	8.88%
Hanover Business Center Building C	50	7.88%
Chesterfield Buildings C, D, G and H	95	8.50%
Chesterfield Buildings A, B, E and F	101	7.45%
Gateway Centre Building I	58	7.35%
Airpark Business Center	55	7.45%
Total fair value increase	$ 3,549	

[(3)]Represents he weighted average interest rate.

[(4)]During 2009, the Company retired $34.5 million of its Exchangeable Senior Notes.

[(5)]The mortgage loan matures in September 2011 and has two one-year renewal options. Borrowing on the loan bear interest at LIBOR plus 250 basic points. The Company entered into an interest rate swap agreement that fixed the interest rate on the loan at 5.97% for its initial three-year term. On December 12, 2008, the Company entered into a joint venture with an affiliate of AEW Capital Management, L.P. ("AEW") to own RiversPark I. The joint venture is owned 25% by the Company and 75% by AEW.

[(6)]On December 29, 2009, the Company repaid $10 million of Secured Term Loan I and restructured its remaining balance. The remaining balance was divided into four $10 million loans, with their maturities staggered in one-year intervals beginning January 15, 2011 and ending on January 15, 2014. Interest on the loan is LIBOR plus 250 basis points, which increases by 100 basis points each year beginning on January 1, 2011, to a maximum of 550 basis points.

[(7)] On August 11, 2008, the Company entered into a $35 million secured term loan with KeyBank, N.A., which was subsequently expanded to $50 million. On December 29, 2009, the Company repaid $30 million of the outstanding balance of the secured term loan. The loan, which matures in August 2010, has a one-year extension at the Company's option, which it intends to exercise.

[(8)]On December 29, 2009, the Company replaced its $125 million unsecured revolving credit facility, which was scheduled to mature in April 2010, with a new $175 million facility, which matures in January 2013 with a one-year extension at the Company's option, which it intends to exercise. Due to the restructuring, the variable interest rate on the facility increased from LIBOR plus 80 to 135 basis points to LIBOR plus 275 to 375 basis points, depending on the Company's overall leverage, and includes a LIBOR floor of 1.0% (LIBOR was 0.23% at December 31, 2009) for any amounts that are not hedged.

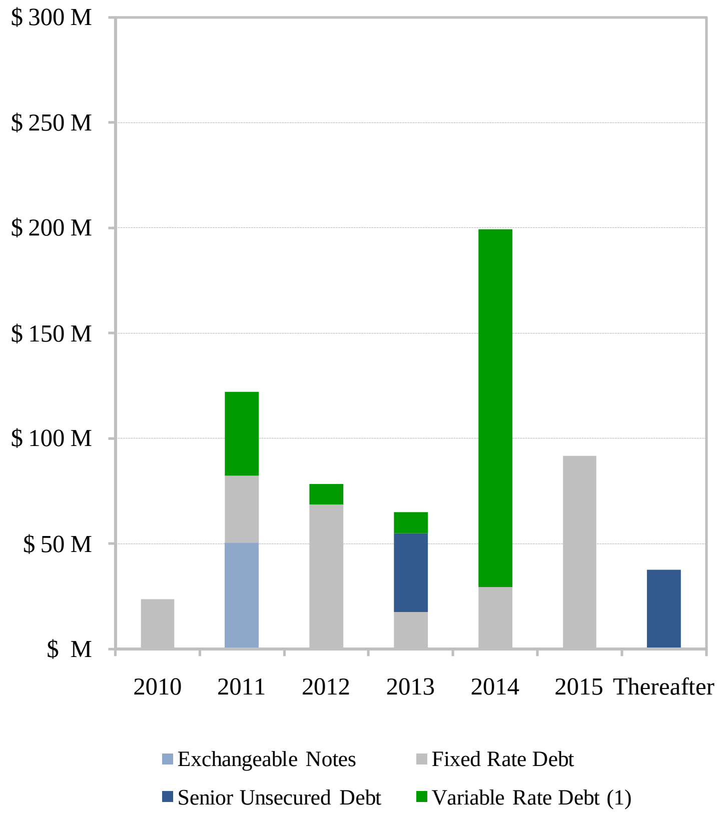
[(9)]As of December 31, 2009, the borrowing base for the Company's unsecured revolving credit facility included the following properties: 13129 Airpark Road, Virginia Center, Aquia Commerce Center II, Airpark Place, Gateway West II, Crossways II, Reston Business Campus, Cavalier Industrial Park, Gateway Centre (Building II), Enterprise Parkway, Diamond Hill Distribution Center, Linden Business Center (Building I), 1000 Lucas Way, River's Bend Center, Crossways I, Sterling Park Business Center, Sterling Park Land, 1408 Stephanie Way, Davis Drive, Gateway 270, Gateway II, Greenbrier Circle Corporate Center, Greenbrier Technology Center I, Pine Glen, Ammendale Commerce Center, River's Bend Center II, Park Central (Building V), Hanover AB, Herndon Corporate Center, Deer Park, 6900 English Muffin Way, Gateway West, 4451 Georgia Pacific, 20270 Goldenrod Lane, 7561 Lindbergh Drive, Old Courthouse Square, Patrick Center, West Park, Woodlands Business Center, 15 Worman's Mill Court, Girard Business Center, Girard Place, Owings Mills Commerce Center, 4200 Tech Court, Park Central I and Triangle Business Center.

[(10)]In January 2008, the Company entered into an interest rate swap agreement to fix the applicable LIBOR interest rate on $50 million of its variable rate debt to 2.71%. In August 2008, the Company entered into an interest rate swap agreement to fix the appilcable LIBOR interest rate on $35 million of its variable rate debt to 3.33%. The effective interest rate reflects the impact of the swap agreements on $85 million of the Company's variable rate debt.

[(11)]During 2009, the Company paid approximately $4.3 million in principal payments, which excludes $14.3 million related to mortgage debt that was repaid in 2009.

Debt Maturity Schedule

(unaudited, amounts in thousands)



NOI of Pledged Properties and Supported Indebtedness

Year of Maturity	Type	Annualized NOI	Total Maturing Indebtedness	Total Supported Indebtedness	Debt Yield
2010	Secured Property Debt	3,430	23,655	23,655	14.5%
2011	Secured Property Debt	4,848	41,566	41,566	11.7%
2011	Exchangeable Notes	41,230	50,500	285,400[(2)]	14.4%
2011	Secured Term Loan II	3,482	20,000	20,000	17.4%
2011- 2014	Secured Term Loan I	36,471	40,000[(3)]	264,576	13.8%
2012	Secured Property Debt	11,133	68,466	68,466	16.3%
2013	Secured Property Debt	3,059	17,477	17,477	17.5%
2014	Secured Property Debt	5,036	29,029	29,029	17.3%
2014	Unsecured Debt	41,230	159,900	285,400[(2)]	14.4%
2015	Secured Property Debt	14,695	91,635	91,635	16.0%

(1) $94.4 million of $234.9 million of variable rate debt is hedged.
(2) The Exchangeable Notes and Unsecured Debt also include Senior Debt of $37.5 million maturing in 2013 and $37.5 million maturing in 2016.
(3) Secured Term Loan I is mezzanine debt. Total supported indebtedness includes underlying first mortgage financing that matures from 2010 through 2021. The term loan is comprised of four $10 million dollar notes with staggered yearly maturities, with the first $10 million dollar note maturing in 2011.

Debt Covenants

(unaudited, amounts in thousands)

	Credit Facility / Secured Term Loan I		Secured Term Loan II		Senior Notes	
	Quarter Ending December 31, 2009	Covenant	Quarter Ending December 31, 2009	Covenant	Quarter Ending December 31, 2009	Covenant
Unencumbered Pool Leverage[1]	57.5%	≤ 65%	N/A	N/A	55.8%	≤ 65%
Unencumbered Pool Debt Service Coverage Ratio[1],[2]	4.53x	≥ 1.75x	N/A	N/A	N/A	N/A
Maximum Consolidated Total Indebtedness	57.7%	≤ 65%	54.6%	≤ 60%	56.1%	≤ 65%
Minimum Tangible Net Worth	$ 484,437	≥ $379,104	$ 550,785	≥ $379,104	$ 516,606	≥ $379,104
Fixed Charge Coverage Ratio	1.96x	≥ 1.50x	1.96x	≥ 1.50x	1.96x	≥ 1.50x
Maximum Dividend Payout Ratio	52.0%	≤ 95%	52.0%	≤ 95%	52.0%	≤ 95%
Restricted Investments [2] :						
Joint Ventures[2]	0.8%	≤ 20%	0.8%	≤ 20%	N/A	N/A
Construction in Progress[2]	1.2%	≤ 10%	1.2%	≤ 10%	N/A	N/A
Undeveloped Land[2]	1.6%	≤ 5%	1.5%	≤ 5%	N/A	N/A
Mortgage Notes[2]	0.0%	≤ 5%	0.0%	≤ 5%	N/A	N/A
Total Restricted Investments [2]	3.7%	≤ 25%	3.5%	≤ 25%	N/A	N/A
Restricted Indebtedness :						
Unhedged Variable Rate Debt[2]	11.8%	≤ 25%	11.1%	≤ 25%	N/A	N/A
Maximum Secured Debt	31.3%	≤ 45%	29.6%	≤ 55%	30.4%	≤ 40%
Maximum Secured Recourse Debt[2]	6.2%	≤ 15%	5.8%	≤ 10%	N/A	N/A

(1)Covenant does not apply to Secured Term Loans covenants.
(2)Covenant does not apply to Senior Notes covenants.

FIRST POTOMAC REALTY TRUST

Portfolio Summary

(unaudited)

	Square Feet
Portfolio In Service	
Maryland	3,742,389
Northern Virginia	2,936,567
Southern Virginia	5,146,624
Total Portfolio In Service	**11,825,580**
Assets in Development /Redevelopment	
Redevelopment	135,096
Development	104,915
Total Assets in Development / Redevelopment	**240,011**
Total Portfolio	**12,065,591**
Unconsolidated Joint Venture	
RiversPark II	146,197

Occupancy Summary

(unaudited)

CURRENT OCCUPANCY

Property Type	**Occupied Square Feet**	**% of Occupied Square Feet**	**% Occupied at December 31, 2009(1)**	**Annualized Base Rent(2) - Cash Basis**	**% of Annualized Base Rent**
Business Park	5,627,558	55.9%	80.0%	$ 64,029,025	63.8%
Industrial	3,889,744	38.6%	93.0%	28,886,993	28.8%
Office	364,136	3.6%	89.1%	6,178,849	6.2%
Retail	186,879	1.9%	92.9%	1,205,340	1.2%
Total	**10,068,317**	**100.0%**	**85.1%**	**$ 100,300,207**	**100.0%**

(1) Does not include space in development or redevelopment.
(2) Triple-net equivalent.

FIRST POTOMAC REALTY TRUST

Net Asset Value Analysis

(unaudited, in thousands)

Income Statement Items[1]	Three Months Ended December 31, 2009	Annualized
Total Portfolio In-Place Cash NOI		
Total GAAP Revenue	$ 34,858	$ 139,432
Straight-line and Deferred Market Rents	(946)	(3,784)
Management Fee Adjustment	531	2,124
Property Operating Costs	(11,795)	(47,180)
Total Portfolio In-Place Cash NOI	$ 22,648	$ 90,592
Total Portfolio Cash NOI @ 90% Occupancy		
Total Revenue	$ 37,344	$ 149,376
Straight-line and Deferred Market Rents	(992)	(3,968)
Property Operating Costs	(11,940)	(47,760)
Total Portfolio Cash NOI	$ 24,412	$ 97,648

Balance Sheet Items[1]	
Land for Future Development & CIP	
Original Cost Basis of Land held for Future Development	$ 18,395
Original Cost Basis of Development Assets	2,010
Original Cost Basis of Redevelopment Assets[2]	3,869
Construction In Progress	9,832
Total Land for Future Development & CIP	$ 34,106
Investments in Affiliate	$ 1,819
Total Investments in Affiliate	$ 1,819
Current Quarter Acquisitions	$ 39,500
Total Current Quarter Acquisitions	$ 39,500
Select Balance Sheet Items	
Cash and cash equivalents, escrows and reserves	$ 9,320
Accounts and other receivables, net of allowance	7,049
Prepaid expenses and other assets	6,625
Accounts payable and other liabilities	(16,419)
Accrued interest	(2,072)
Rents received in advance	(7,267)
Tenant security deposits	(5,236)
Mortgage and Senior Debt, cash principal balances	641,532

(1)Consolidated figures include RiversPark I, but do not include RiversPark II.
(2)Represents portion of original purchase under redevelopment.

Investment in Joint Venture

(unaudited, amounts in thousands)

Unconsolidated Joint Venture

	FPO Ownership	FPO Investment at December 31, 2009	Property Type	Location	Square Feet	Leased at December 31, 2009	Occupied at December 31, 2009
RiversPark II[(1)]	25%	$ 1,819	BP	Columbia, MD	146,197	100.0%	100.0%

Outstanding Debt	Effective Interest Rate	Principal Balance at December 31, 2009	Annualized Debt Service	Maturity Date	Balance at Maturity
Hedged Floating Rate Debt[(1)]	5.97%	$ 18,144	$ 1,083	9/26/2011	$ 18,144

Consolidated Joint Venture

	FPO Ownership	Property Type	Location	Square Feet	Leased at December 31, 2009	Occupied at December 31, 2009
RiversPark I[(2)]	25%	BP	Columbia, MD	160,664	100.0%	64.2%

Outstanding Debt	Effective Interest Rate	Principal Balance at December 31, 2009	Annualized Debt Service	Maturity Date	Balance at Maturity
Hedged Floating Rate Debt[(1)]	5.97%	$ 9,856	$ 588	9/26/2011	$ 9,856

[(1)]The mortgage loan matures in September 2011 and has two one-year renewal options. Borrowing on the loan bear interest at LIBOR plus 250 basis points. The Company has entered into an interest rate swap agreement that fixed the interest rate on the loan at 5.97% for its initial three-year term.

[(2)]On January 1, 2010, in accordance with new accounting standards, the Company deconsolidated the assets, liabilities and operating results of RiversPark I from its consolidated financial statements

Top Thirty Tenants

(unaudited)

Ranking	Tenant	Number of Leases	Total Leased Square Feet	Total Annualized Rental Revenue[1]	Percentage of Total Annualized Rental Revenue - Cash Basis	Weighted Average Remaining Lease Years
1	U.S. Government	29	567,157	$ 6,747,467	6.6%	4.4
2	Engineering Solutions	1	236,082	3,175,303	3.1%	7.3
3	HP Corporation	2	220,501	2,692,453	2.6%	1.4
4	FKI Industries, Inc	1	215,085	1,890,048	1.9%	6.8
5	Sentara Healthcare	7	183,767	1,846,781	1.8%	5.6
6	Lockheed Martin Corporation	9	148,520	1,833,472	1.8%	2.3
7	Verizon Virginia, Inc.	6	92,829	1,383,070	1.4%	4.9
8	State of Maryland - AOC	12	91,464	1,369,731	1.3%	10.0
9	Montgomery County	2	57,825	1,348,449	1.3%	5.6
10	First Data Corporation	1	117,336	1,329,417	1.3%	3.9
11	Iron Mountain	2	188,911	1,266,071	1.2%	8.7
12	Stock Building Supply, Inc	1	124,501	1,177,086	1.2%	7.2
13	Capital One Financial Corp	1	158,400	1,111,104	1.1%	1.6
14	Vangent, Inc	1	123,200	1,039,968	1.0%	4.0
15	Siemens Real Estate	1	76,292	991,796	1.0%	6.3
16	Telogy Networks, Inc.	1	52,145	956,339	0.9%	3.4
17	First American Registry	1	55,851	955,052	0.9%	4.6
18	General Dynamics Information Technology, Inc	5	140,037	943,614	0.9%	2.8
19	D.D. Jones	4	272,624	940,318	0.9%	0.1
20	Lyttle Corp	1	54,530	905,266	0.9%	3.1
21	Harris Connect	2	64,486	812,400	0.8%	6.8
22	Allstate Insurance Company	2	48,785	791,737	0.8%	2.1
23	Eska Graphic Board USA BV	2	152,600	752,318	0.7%	4.2
24	General Dynamics Advanced Information Systems, Inc	4	57,480	732,870	0.7%	5.7
25	Harris Corporation	2	35,045	729,981	0.7%	5.1
26	Measurement Specialties, Inc.	1	120,000	716,992	0.7%	11.6
27	Baxter Healthcare Corp., Amvax, Inc.	2	36,740	700,772	0.7%	4.0
28	Home Depot	4	129,988	659,443	0.6%	1.3
29	ServiceSource, Inc.	4	64,683	658,214	0.6%	4.8
30	Immediate Response Technologies, Inc	1	118,273	654,050	0.6%	5.3
	Subtotal Top 30 Tenants	112	4,005,137	41,111,582	40.0%	4.8
	All Remaining Tenants	689	6,196,901	60,501,936	60.0%	3.8
	Total / Weighted Average	**801**	**10,202,038**	**$ 101,613,518**	**100.0%**	**4.2**

[1] Annualized rental revenue is based on triple-net equivalent cash basis rental revenue as of December 31, 2009.

FIRST POTOMAC REALTY TRUST

Portfolio Analysis

(unaudited)

PORTFOLIO BY MARKET

	Number of Buildings	Square Feet[1]	Percent Leased[1]	Percent Occupied[1]	Annualized Base Rent[2] - Cash Basis	Percentage of Annualized Base Rent
Maryland	**76**	**3,742,389**	**83.4%**	**81.4%**	**$ 35,923,514**	**35.3%**
Baltimore	18	575,904	71.5%	70.5%	4,692,837	4.6%
Suburban MD	58	3,166,485	85.5%	83.3%	31,230,677	30.7%
Northern VA	**51**	**2,936,567**	**84.8%**	**84.0%**	**29,777,135**	**29.3%**
Southern VA	**54**	**5,146,624**	**89.2%**	**88.6%**	**35,912,869**	**35.4%**
Richmond	27	1,762,720	91.2%	91.2%	11,564,027	11.4%
Norfolk	27	3,383,904	88.1%	87.2%	24,348,842	24.0%
Total	181	11,825,580	86.3%	85.1%	$ 101,613,518	100.0%

PORTFOLIO BY PROPERTY TYPE

	Number of Buildings	Square Feet[1]	Percent Leased[1]	Percent Occupied[1]	Annualized Base Rent[2] - Cash Basis	Percentage of Annualized Base Rent
Business Park	138	7,034,342	81.4%	80.0%	$ 65,149,265	64.1%
Industrial	33	4,181,252	93.6%	93.0%	29,003,713	28.5%
Office	9	408,768	92.1%	89.1%	6,255,200	6.2%
Retail	1	201,218	92.9%	92.9%	1,205,340	1.2%
Total	181	11,825,580	86.3%	85.1%	$ 101,613,518	100.0%

PORTFOLIO BY LEASE TYPE

	Number of Leases	Square Feet[3]	Percentage of Leased Portfolio
Triple net	553	7,493,563	73.5%
Industrial gross	48	514,976	5.0%
Full service	200	2,193,499	21.5%
Total	801	10,202,038	100.0%

[1]Does not include space under redevelopment or completed construction yet to be placed into service.
[2]Triple-net equivalent; reflects leased, not yet occupied spaces.
[3]Does not include vacant and core factor space.

FIRST POTOMAC REALTY TRUST

Market Concentration

(unaudited)

Market Concentration by Square Footage

	Maryland			Northern VA	Southern VA			
	Baltimore	Suburban MD	Subtotal		Richmond	Norfolk	Subtotal	**Total**
Industrial	-	8.3%	8.3%	11.1%	9.0%	10.0%	19.0%	**38.4%**
Business Park	4.0%	12.7%	16.7%	13.3%	6.9%	19.2%	26.1%	**56.1%**
Office	-	3.7%	3.7%	-	-	-	-	**3.7%**
Retail	-	1.8%	1.8%	-	-	-	-	**1.8%**
Total	4.0%	26.5%	**30.5%**	**24.4%**	15.9%	29.2%	**45.1%**	**100.0%**

Market Concentration by Annualized Rent

	Maryland			Northern VA	Southern VA			
	Baltimore	Suburban MD	Subtotal		Richmond	Norfolk	Subtotal	**Total**
Industrial	-	6.1%	6.1%	12.8%	5.2%	4.5%	9.7%	**28.6%**
Business Park	4.6%	17.3%	21.9%	16.5%	6.2%	19.4%	25.6%	**64.0%**
Office	-	6.2%	6.2%	-	-	-	-	**6.2%**
Retail	-	1.2%	1.2%	-	-	-	-	**1.2%**
Total	4.6%	30.8%	**35.4%**	**29.3%**	11.4%	23.9%	**35.3%**	**100.0%**

Leasing Analysis

(unaudited)

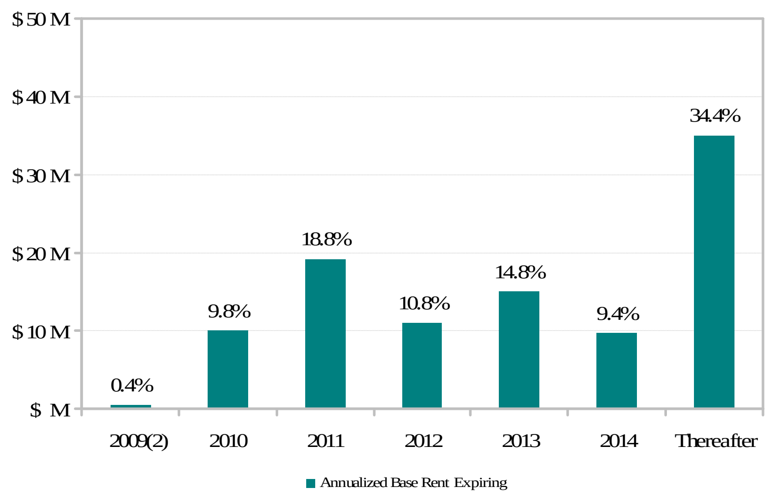
Leasing Production[1]		Three Months Ended December 31, 2009		Twelve Months Ended December 31, 2009
New and Renewal Leases				
Square footage of new and renewal leases		708,533		2,189,703
Number of new and renewal leases commencing		60		207
Expired/Early Renewal/Terminated leases				
Square footage of expired/early renewal leases		(645,368)		(2,026,937)
Square footage of terminated leases		(73,274)		(354,091)
Total - expired/early renewal/terminated leases		(718,642)		(2,381,028)
Signed in advance of existing tenant's lease expiration		(14,368)		(40,012)
Pre-Leasing		(16,124)		(55,976)
Recognition of previous advance leases and pre-leasing		6,841		206,842
Net Absorption		(33,760)		(80,471)
New Leases				
New square footage		258,576		590,111
Number of new leases commencing		27		72
Rental Change - Cash[2]				
New base rent	$	11.28	$	10.50
Percentage change in base rent		10.1%		9.8%
Rental Change - GAAP[2]				
New base rent	$	12.25	$	11.74
Percentage change in base rent		18.7%		20.5%
Average capital cost per square foot[3]	$	13.35	$	14.92
Average downtime between leases (months)		18.7		15.5
Average lease term (months)		56.4		60.8
Renewal Leases				
Square footage of renewal leases[4]		449,957		1,620,834
Number of renewal leases commencing		33		138
Retention rate		70%		79%
Maryland		88%		84%
Northern VA		76%		71%
Southern VA		55%		81%
Rental Change - Cash				
New base rent	$	10.41	$	10.61
Expiring base rent	$	9.58	$	10.25
Percentage change in base rent		8.7%		3.5%
Rental Change - GAAP				
New base rent	$	10.76	$	11.14
Expiring base rent	$	9.74	$	10.10
Percentage change in base rent		10.6%		10.3%
Average capital cost per square foot	$	2.76	$	3.57
Average lease term (months)		46.1		47.9

(1) Includes 148,719 square feet of leases and associated costs for leases signed in the fourth quarter for subsequent periods. Of the total, 103,104 square feet will commence in Q1 2010, 28,293 square feet will commence in Q2 2010 and 17,322 square feet in Q3 2010.
(2) Quarter lease comparison based on nine leases totaling 44,799 square feet. Twelve months-ended figures excludes 44,900 square feet lease at below market rent that was signed in an effort to mitigate the loss associated with a tenant who vacated their space during their lease term.
(3) Includes first and second generation TI costs. Second generation capital costs averaged $7.08 per square foot.
(4) Twelve months-ended figures includes 21,242 square feet of lease extensions from restructured leases. Average lease term consisted of 44.8 months. Changes in cash and GAAP rents were 0.3% and 7.6%, respectively.

Lease Expirations

(unaudited)

		Gross Leased Area		Annualized Cash Rental Revenue		
Year of Lease Expiration	Number of Leases Expiring	Square Footage	Percent of Total	Amount	Percent of Total	Average Base Rent per Sq. Ft.[1]
MTM	22	376,965	3.7%	$ 1,583,427	1.6%	$ 4.20
2009[2]	7	45,821	0.4%	447,923	0.4%	9.78
2010	143	1,008,437	9.9%	9,967,086	9.8%	9.88
2011	164	2,059,355	20.2%	19,109,414	18.8%	9.28
2012	111	961,049	9.4%	10,929,805	10.8%	11.37
2013	109	1,360,946	13.3%	15,020,493	14.8%	11.04
2014	90	1,026,280	10.1%	9,595,063	9.4%	9.35
Thereafter	155	3,363,185	33.0%	34,960,307	34.4%	10.39
Total	**801**	**10,202,038**	**100.0%**	**$ 101,613,518**	**100.0%**	**$ 9.96**

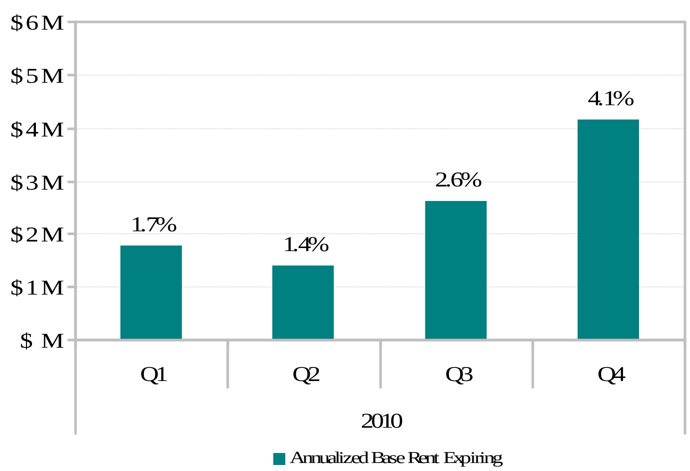


(1) Triple-net equivalent
(2) The Company treats leases that expired on the last day of the quarter as leased square footage since the tenant is contractually entitled to the space.
Of the 45,821 square feet of leases that expired on December 31, 2009, 33,508 square feet were moved out, 6,018 square feet were renewed and 6,295 square feet were held over.

Lease Expirations – Current and Next Four Quarters

(unaudited)

Quarter of Lease Expiration	Number of Leases Expiring	Gross Leased Area: Square Footage	Gross Leased Area: Percent of Total	Annualized Cash Rental Revenue: Amount	Annualized Cash Rental Revenue: Percent of Total Portfolio	Average Base Rent per Sq. Ft.[1]
2009 - Q4[2]	7	45,821	4.3%	$ 447,923	0.4%	$ 9.78
2010 - Q1	34	206,109	19.6%	1,774,151	1.7%	8.61
2010 - Q2	23	110,485	10.5%	1,408,541	1.4%	12.75
2010 - Q3	35	195,298	18.5%	2,626,352	2.6%	13.45
2010 - Q4	51	496,545	47.1%	4,158,042	4.1%	8.37
Total	**150**	**1,054,258**	**100.0%**	**$ 10,415,009**	**10.2%**	**$ 9.88**



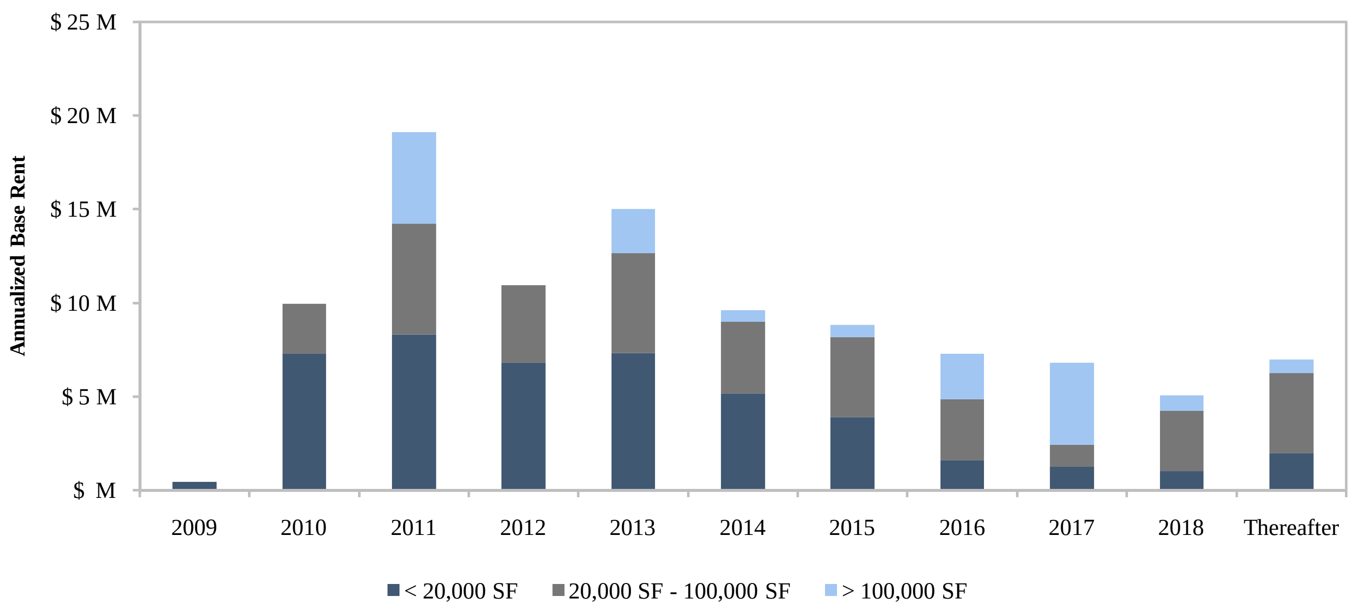
[1] Triple-net equivalent
[2] The Company treats leases that expired on the last day of the quarter as leased square footage since the tenant is contractually entitled to the space.
Of the 45,821 square feet of leases that expired on December 31, 2009, 33,508 square feet were moved out, 6,018 square feet were renewed and 6,295 square feet were held over.

FIRST POTOMAC REALTY TRUST

Portfolio by Size

(unaudited)

Square Feet Under Lease	Number of Leases	Leased Square Feet	% of Total Square Feet	Annualized Base Rent[1]	% of Annualized Rent	Revenue per SF
0-4,999	367	894,712	8.8%	$ 10,932,220	10.8%	$ 12.22
5,000-9,999	172	1,217,282	11.9%	14,413,898	14.2%	11.84
10,000-14,999	93	1,111,799	10.9%	12,837,892	12.6%	11.55
15,000-19,999	40	679,893	6.7%	7,590,230	7.5%	11.16
20,000-24,999	33	750,452	7.4%	7,353,503	7.2%	9.80
25,000-29,999	20	538,242	5.3%	6,282,175	6.2%	11.67
30,000-34,999	17	549,662	5.4%	5,259,335	5.2%	9.57
35,000-39,999	10	366,893	3.6%	2,837,849	2.8%	7.73
40,000-44,999	7	294,670	2.9%	2,471,340	2.4%	8.39
45,000-49,999	10	467,263	4.6%	4,484,903	4.4%	9.60
50,000-54,999	4	211,513	2.1%	2,951,808	2.9%	13.96
55,000-59,999	2	114,805	1.1%	1,720,501	1.7%	14.99
60,000-64,999	2	121,992	1.2%	1,001,898	1.0%	8.21
65,000-69,999	2	135,321	1.3%	615,164	0.6%	4.55
70,000-74,999	2	141,652	1.4%	770,128	0.8%	5.44
75,000-79,999	3	228,092	2.2%	2,115,543	2.1%	9.27
85,000-89,999	1	87,120	0.9%	370,260	0.4%	4.25
100,000-104,999	1	104,218	1.0%	1,274,586	1.3%	12.23
115,000-119,999	4	466,892	4.6%	3,877,285	3.8%	8.30
120,000-124,999	5	608,301	6.0%	4,350,604	4.3%	7.15
125,000-129,999	1	127,108	1.2%	603,763	0.6%	4.75
130,000-134,999	1	134,589	1.3%	560,232	0.6%	4.16
155,000-159,999	1	158,400	1.6%	1,111,104	1.0%	7.01
215,000-219,999	1	215,085	2.0%	1,890,048	1.8%	8.79
235,000-239,999	2	476,082	4.6%	3,937,249	3.8%	8.27
Total	**801**	**10,202,038**	**100.0%**	**$ 101,613,518**	**100.0%**	**$ 9.96**



FIRST POTOMAC REALTY TRUST

Land and Properties Available for Development or Redevelopment

(unaudited, amounts in thousands)

DEVELOPMENT / REDEVELOPMENT	Region	Square Feet Under Development /Redevelopment	Projected Cost	Cost to Date	Estimated Date In Service	Estimated Stabilization Date	Expected Return
Development							
Sterling Park Business Center - Lot 7	Northern VA	56,915	$ 7,300	$ 4,748	TBD	TBD	9%
Greenbrier	Southern VA	48,000	8,100	426	TBD	TBD	10%
		104,915	15,400	5,174			
Redevelopment[1]							
Gateway 270 West	Maryland	41,710	1,400	860	Q1-2010	Q2-2011	10%
Interstate Plaza	Northern VA	22,553	100	91	Q3-2010	Q1-2011	7%
Enterprise Parkway	Southern VA	70,833	1,650	972	Q4-2010	Q2-2011	10%
		135,096	3,150	1,923			
Total Development / Redevelopment		**240,011**	**$ 18,550**	**$ 7,097**			

ADDITIONAL DEVELOPABLE LAND		Developable Square Feet
Glenn Dale Business Center	Maryland	100,000
4612 Navistar Drive	Maryland	50,000
Sterling Park Business Center	Northern VA	335,545
Plaza 500	Northern VA	200,000
Linden Business Center	Northern VA	32,400
River's Bend Center II	Southern VA	600,000
Chesterfield	Southern VA	35,700
Norfolk Commerce Park II	Southern VA	17,500
		1,371,145

[1] Redevelopment of existing structures.

FIRST POTOMAC REALTY TRUST

Maryland Region

(unaudited)

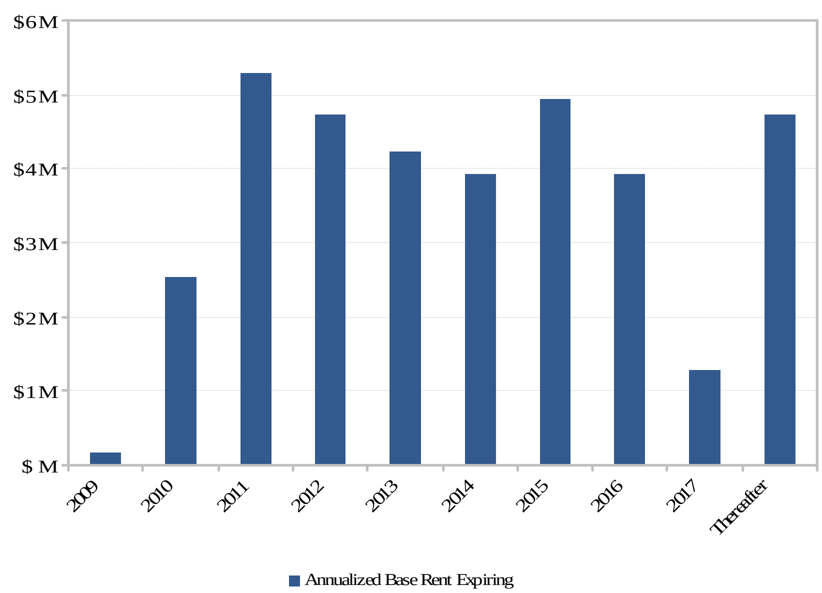
Property	Buildings	Property Type[(1),(2)]	Location	Square Footage	Percent Office Buildout	Annualized Cash Basis Rent[(3)]	Leased at December 31, 2009[(4)]	Occupied at December 31, 2009[(4)]
SUBURBAN MD								
Frederick								
15 Worman's Mill Court	1	BP	Frederick	39,966	100.0%	$ 380,042	100.0%	100.0%
Frederick Industrial Park[(5)]	3	I	Frederick	550,418	27.1%	3,997,957	93.7%	93.7%
Patrick Center	1	Office	Frederick	66,260	100.0%	1,066,924	72.1%	72.1%
West Park	1	Office	Frederick	28,933	100.0%	394,534	100.0%	100.0%
I-270 Corridor								
20270 Goldenrod Lane	1	BP	Germantown	24,468	100.0%	110,452	46.0%	46.0%
7561 Lindbergh Drive	1	I	Gaithersburg	36,000	20.0%	338,040	100.0%	100.0%
Airpark Place	3	BP	Gaithersburg	82,290	69.2%	557,580	49.2%	49.2%
Campus at Metro Park North	4	BP	Rockville	190,912	100.0%	3,077,519	85.1%	85.1%
Cloverleaf Center	4	Office	Germantown	173,655	100.0%	2,838,963	97.0%	97.0%
Gateway 270 West	6	BP	Clarksburg	213,341	75.2%	2,724,236	90.9%	90.9%
Gateway Center	2	BP	Gaithersburg	44,150	100.0%	618,982	96.4%	96.4%
Girard Business Park[(6)]	7	BP	Gaithersburg	299,878	68.3%	2,567,480	76.4%	76.4%
Beltsville								
Ammendale Business Park[(7)]	7	BP	Beltsville	313,890	50.2%	2,442,451	61.1%	61.1%
Columbia								
Rumsey Center	4	BP	Columbia	134,321	75.0%	1,321,494	83.8%	83.8%
Snowden Center	5	BP	Columbia	144,807	78.6%	1,691,329	76.0%	76.0%
RiversPark I[(8)]	3	BP	Columbia	160,664	90.3%	2,113,304	100.0%	64.2%
Other								
Annapolis Commerce Park	2	Office	Annapolis	101,464	72.6%	1,490,692	98.8%	86.4%
Glenn Dale Business Center	1	I	Glenn Dale	321,394	25.0%	1,829,270	93.0%	93.0%
Old Courthouse Square	1	Retail	Martinsburg, WV	201,218	0.0%	1,205,340	92.9%	92.9%
Woodlands Business Center	1	Office	Largo	38,456	100.0%	464,088	81.4%	81.4%
Total	58			3,166,485	58.6%	31,230,677	85.5%	83.3%
BALTIMORE								
Owings Mills								
Owings Mills Business Park[(9)]	6	BP	Owings Mills	219,430	83.9%	2,681,270	92.8%	92.8%
Other								
Deer Park	4	BP	Randallstown	171,125	50.9%	985,022	69.1%	69.1%
Gateway West	4	BP	Westminster	111,165	88.8%	553,089	41.1%	41.1%
Triangle Business Center	4	BP	Baltimore	74,184	71.7%	473,456	60.0%	52.1%
Total	18			575,904	73.5%	4,692,837	71.5%	70.5%
Grand Total	**76**			**3,742,389**	60.9%	**$ 35,923,514**	**83.4%**	**81.4%**

(1) I = Industrial
(2) BP = Business Park
(3) Triple-net equivalent
(4) Does not include space in development or redevelopment.
(5) Frederick Industrial Park consists of the following properties: 4451 Georgia Pacific Boulevard, 4612 Navistar Drive and 6900 English Muffin Way.
(6) Girard Business Park consists of the following properties: Girard Business Center and Girard Place.
(7) Ammendale Business Park consists of the following properties: Ammendale Commerce Center and Indian Creek Court.
(8) Occupancy includes seller lease-back. Effective March 17, 2009, RiversPark II was no longer consolidated in the Company's portfolio.
(9) Owings Mills Business Park consists of the following properties: Owings Mills Business Center and Owings Mills Commerce Center.

Maryland Region - Lease Expirations

(unaudited)

Year of Lease Expiration	SF of Expiring Leases	% of Total SF	Annual Base Rent[(1)]	% of Annual Base Rent[(1)]	Base Rent[(1)] per SF
Vacant	621,739	16.6%	$ -	-	$ -
MTM	10,170	0.3%	153,867	0.4%	15.13
2009	17,168	0.5%	165,660	0.5%	9.65
2010	243,946	6.5%	2,542,152	7.1%	10.42
2011	552,488	14.8%	5,285,294	14.7%	9.57
2012	379,538	10.1%	4,738,410	13.2%	12.48
2013	304,410	8.1%	4,226,974	11.8%	13.89
2014	292,213	7.8%	3,931,439	10.9%	13.45
2015	415,844	11.1%	4,937,735	13.7%	11.87
2016	384,402	10.3%	3,932,599	10.9%	10.23
2017	96,056	2.6%	1,279,450	3.6%	13.32
Thereafter	424,415	11.3%	4,729,934	13.2%	11.14
Total	**3,742,389**	**100.0%**	**$ 35,923,514**	**100.0%**	**$ 11.51**



(1) Triple-net equivalent

FIRST POTOMAC REALTY TRUST

Northern Virginia Region

(unaudited)

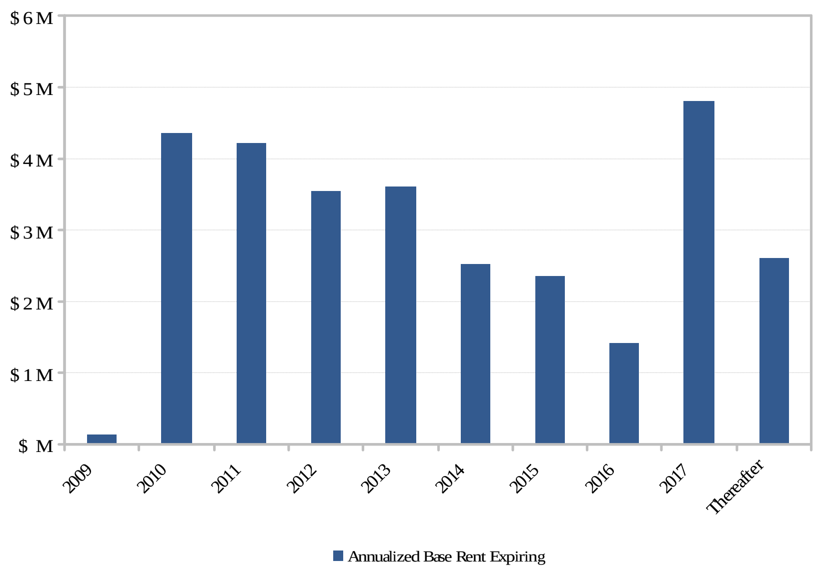
Property	Buildings	Property Type[(1)(2)]	Location	Square Footage	Percent Office Buildout	Annualized Cash Basis Rent[(3)]	Leased at December 31, 2009[(4)]	Occupied at December 31, 2009[(4)]
Alexandria								
Interstate Plaza	1	I	Alexandria	86,476	30.0%	$ 947,001	98.6%	98.6%
Plaza 500	2	I	Alexandria	504,089	30.0%	5,609,456	91.7%	91.7%
Manassas								
Gateway Centre	3	BP	Manassas	101,530	55.9%	962,826	83.7%	61.0%
Linden Business Center	3	BP	Manassas	109,882	69.1%	967,149	71.6%	71.6%
Windsor at Battlefield	2	BP	Manassas	154,989	89.5%	1,935,850	100.0%	100.0%
Reston/Herndon								
Herndon Corporate Center	4	BP	Herndon	127,443	100.0%	1,492,714	74.7%	74.7%
Van Buren Business Park	5	BP	Herndon	108,060	100.0%	1,528,442	92.5%	92.5%
Reston Business Campus	4	BP	Reston	82,648	100.0%	1,103,562	93.8%	93.8%
Sterling								
Sterling Park Business Center[(5)]	6	BP	Sterling	437,195	47.7%	3,830,552	80.6%	80.6%
Chantilly								
Lafayette Business Park[(6)]	6	BP	Chantilly	254,060	90.0%	3,032,498	74.7%	73.6%
Other								
13129 Airpark Road	1	I	Culpeper	149,888	15.0%	671,148	75.9%	75.9%
15395 John Marshall Highway	1	I	Haymarket	236,082	15.0%	3,175,303	100.0%	100.0%
Ashburn Center	3	BP	Ashburn	194,183	9.8%	218,007	45.2%	45.2%
Newington Business Park Center	7	I	Lorton	254,242	16.5%	2,570,897	93.2%	93.2%
Prosperity Business Center	1	BP	Merrifield	71,312	15.0%	861,074	100.0%	100.0%
Aquia Commerce Center I & II	2	BP	Stafford	64,488	97.4%	870,656	100.0%	100.0%
Total	**51**			**2,936,567**	**47.6%**	**$ 29,777,135**	**84.8%**	**84.0%**

(1) I = Industrial
(2) BP = Business Park
(3) Triple-net equivalent
(4) Does not include space in development or redevelopment.
(5) Sterling Park Business Center consists of the following properties: 403/405 Glenn Drive, Davis Drive and Sterling Park Business Center.
(6) Lafayette Business Park consists of the following properties: Enterprise Center and Tech Court.

Northern Virginia Region - Lease Expirations

(unaudited)

Year of Lease Expiration	SF of Expiring Leases	% of Total SF	Annual Base Rent[1]	% of Annual Base Rent[1]	Base Rent[1] per SF
Vacant	445,187	15.2%	$ -	-	$ -
MTM	18,026	0.6%	204,512	0.7%	11.35
2009	14,674	0.5%	137,894	0.5%	9.40
2010	331,273	11.3%	4,359,628	14.6%	13.16
2011	350,955	12.0%	4,220,658	14.2%	12.03
2012	308,869	10.5%	3,545,942	11.9%	11.48
2013	267,032	9.1%	3,608,204	12.1%	13.51
2014	236,733	8.1%	2,534,418	8.5%	10.71
2015	174,198	5.9%	2,356,036	7.9%	13.53
2016	76,225	2.6%	1,403,839	4.7%	18.42
2017	408,078	13.9%	4,801,427	16.1%	11.77
Thereafter	305,317	10.3%	2,604,577	8.8%	8.53
Total	**2,936,567**	**100.0%**	**$ 29,777,135**	**100.0%**	**$ 11.95**



[1] Triple-net equivalent

FIRST POTOMAC REALTY TRUST

Southern Virginia Region

(unaudited)

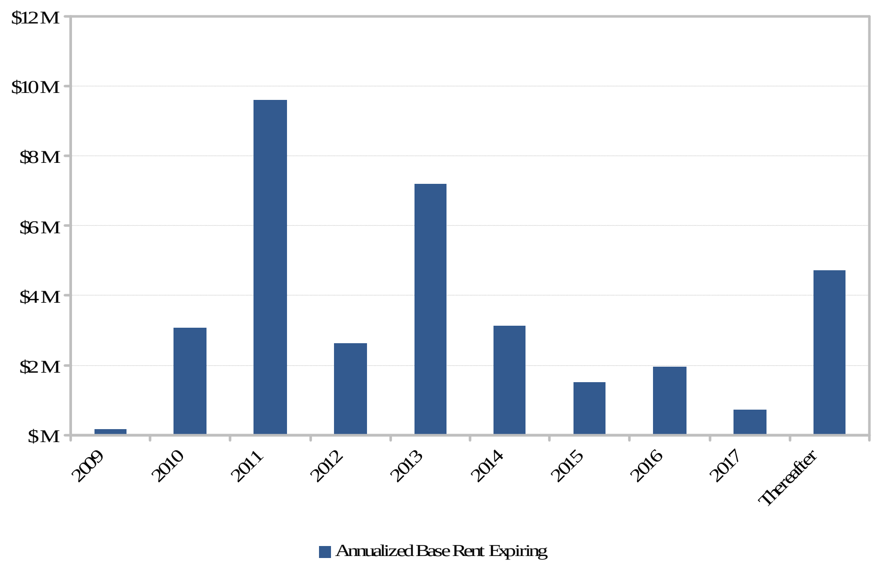
Property	Buildings	Property Type[(1),(2)]	Location	Square Footage	Percent Office Buildout	Annualized Cash Basis Rent[(3)]	Leased at December 31, 2009[(4)]	Occupied at December 31, 2009[(4)]
RICHMOND								
North								
Virginia Center	1	BP	Glen Allen	119,921	80.0%	$ 1,222,374	87.4%	87.4%
Northridge I, II	2	I	Ashland	140,424	32.5%	699,821	77.1%	77.1%
Hanover Business Center	4	BP	Ashland	182,983	46.9%	1,001,767	91.0%	91.0%
Park Central	3	BP	Richmond	204,280	74.5%	2,383,913	90.9%	90.9%
South								
River's Bend Center[(5)]	6	I	Chester	795,037	48.7%	4,564,859	100.0%	100.0%
Chesterfield Business Center[(6)]	11	BP	Richmond	320,075	38.7%	1,691,293	77.3%	77.3%
Total	27			1,762,720	50.5%	11,564,027	91.2%	91.2%
NORFOLK								
Crossways								
Crossways Commerce Center[(7)]	9	BP	Chesapeake	1,089,786	70.0%	10,349,821	88.5%	87.7%
Greenbrier								
Greenbrier Business Center[(8)]	4	BP	Chesapeake	410,613	85.0%	3,984,673	86.9%	86.9%
Chesapeake Other								
1400 Cavalier Boulevard	4	I	Chesapeake	394,308	20.0%	1,660,711	100.0%	94.0%
Diamond Hill Distribution Center	4	I	Chesapeake	712,894	5.0%	2,939,250	88.5%	88.5%
Hampton								
1000 Lucas Way	2	BP	Hampton	182,323	50.6%	1,361,507	96.3%	96.3%
Enterprise Parkway	1	BP	Hampton	332,536	65.0%	1,591,691	65.2%	65.2%
Norfolk								
Norfolk Commerce Park[(9)]	3	BP	Norfolk	261,444	79.4%	2,461,189	93.2%	93.2%
Total	27			3,383,904	51.5%	24,348,842	88.1%	87.2%
Grand Total	**54**			**5,146,624**	**51.2%**	**$ 35,912,869**	**89.2%**	**88.6%**

(1) I = Industrial
(2) BP = Business Park
(3) Triple-net equivalent
(4) Does not include space in development or redevelopment.
(5) River's Bend Center consists of the following properties: River's Bend Center and River's Bend Center II.
(6) Chesterfield Business Center consists of the following properties: Airpark Business Center, Chesterfield Business Center and Pine Glen.
(7) Crossways Commerce Center consists of the following properties: Coast Guard Building, Crossways Commerce Center I, Crossways Commerce Center II, Crossways I, Crossways II, 1434 Crossways Boulevard and 1408 Stephanie Way.
(8) Greenbrier Business Center consists of the following properties: Greenbrier Technology Center I, Greenbrier Technology Center II and Greenbrier Circle Corporate Center.
(9) Norfolk Commerce Park consists of the following properties: Norfolk Business Center, Norfolk Commerce Park II and Gateway II.

Southern Virginia Region - Lease Expirations

(unaudited)

Year of Lease Expiration	SF of Expiring Leases	% of Total SF	Annual Base Rent[(1)]	% of Annual Base Rent[(1)]	Base Rent[(1)] per SF
Vacant	556,616	10.8%	$ -	-	$ -
MTM	348,769	6.8%	1,225,048	3.4%	3.51
2009	13,979	0.3%	144,368	0.4%	10.33
2010	433,218	8.4%	3,065,307	8.5%	7.08
2011	1,155,912	22.5%	9,603,462	26.7%	8.31
2012	272,642	5.3%	2,645,453	7.4%	9.70
2013	789,504	15.3%	7,185,315	20.0%	9.10
2014	497,334	9.7%	3,129,206	8.7%	6.29
2015	174,171	3.4%	1,534,710	4.3%	8.81
2016	255,222	5.0%	1,956,031	5.4%	7.66
2017	155,850	3.0%	714,989	2.0%	4.59
Thereafter	493,407	9.5%	4,708,980	13.2%	9.54
Total	**5,146,624**	**100.0%**	**$ 35,912,869**	**100.0%**	**$ 7.82**



[(1)]Triple-net equivalent

Management Statements on Non-GAAP Supplemental Measures

Investors and analysts following the real estate industry utilize funds from operations ("FFO"), net operating income ("NOI"), earnings before interest, taxes, depreciation and amortization ("EBITDA") and adjusted funds from operations ("AFFO"), variously defined, as supplemental performance measures.

The Company believes FFO, NOI, EBITDA and AFFO are appropriate measures given their wide use by and relevance to investors and analysts. FFO, reflecting the assumption that real estate asset values rise or fall with market conditions, principally adjusts for the effects of GAAP depreciation/amortization of real estate assets. NOI provides a measure of rental operations and does not factor in depreciation/amortization and non-property specific expenses such as general and administrative expenses. EBITDA provides a further tool to evaluate the ability to incur and service debt and to fund dividends and other cash needs. AFFO provides a further tool to evaluate the ability to fund dividends. In addition, FFO, NOI, EBITDA and AFFO are commonly used in various ratios, pricing multiples/yields and returns and valuation calculations used to measure financial position, performance and value.

NOI

Management believes that NOI is a useful measure of the Company's property operating performance. The Company defines NOI as operating revenues (rental, tenant reimbursements and other income) less property and related expenses (property expenses, real estate taxes and insurance). Other real estate investment trust ("REITs") may use different methodologies for calculating NOI, and accordingly, the Company's NOI may not be comparable to other REITs.

Because NOI excludes general and administrative expenses, interest expense, depreciation and amortization, gains and losses from property dispositions, discontinued operations and extraordinary items, it provides a performance measure that, when compared year over year, reflects the revenues and expenses directly associated with owning and operating commercial real estate properties and the impact to operations from trends in occupancy rates, rental rates and operating costs, providing perspective not immediately apparent from net income. The Company uses NOI to evaluate its operating performance since NOI allows the Company to evaluate the impact that factors such as occupancy levels, lease structure, lease rates and tenant base have on the Company's results, margins and returns. In addition, management believes that NOI provides useful information to the investment community about the Company's property and operating performance when compared to other REITs since NOI is generally recognized as a standard measure of property performance in the real estate industry.

However, NOI should not be viewed as a measure of the Company's overall financial performance since it does not reflect general and administrative expenses, interest expense, depreciation and amortization costs, the level of capital expenditures and leasing costs necessary to maintain the operating performance of the Company's properties.

SAME-PROPERTY NOI

The Company defines same-property NOI as NOI for the Company’s properties wholly owned during the entirety of the periods reported. Other REITs may use different methodologies for calculating same-property NOI and, accordingly, the Company's same-property NOI may not be comparable to other REITs.

EBITDA

Management believes that EBITDA is a useful measure of the Company's operating performance. EBITDA is defined as earnings before interest, taxes, depreciation and amortization.

Management considers EBITDA to be an appropriate supplemental performance measure since it represents earnings prior to the impact of depreciation, amortization, gain (loss) from property dispositions and loss on early retirement of debt. This calculation facilitates the review of income from operations without considering the effect of non-cash depreciation and amortization or the cost of debt.

FFO

Management believes that FFO is a useful measure of the Company's operating performance. The Company computes FFO as defined by the National Association of Real Estate Investment Trusts, or NAREIT, which states FFO should represent net income (loss) before minority interest (computed in accordance with GAAP) plus real estate related depreciation and amortization (excluding amortization of deferred financing costs) and after adjustments for unconsolidated partnerships and joint ventures and excluding gains on the sale of property. Further, other REITs may use different methodologies for calculating FFO and, accordingly, the Company's FFO may not be comparable to other REITs. The Company presents FFO per diluted share calculations that are based on the outstanding dilutive common shares plus the outstanding Operating Partnership units for the periods presented.

Management considers FFO a useful additional measure of performance for an equity REIT because it facilitates an understanding of the operating performance of its properties without giving effect to real estate depreciation and amortization, which assumes that the value of real estate assets diminishes predictably over time. Since real estate values have historically risen or fallen with market conditions, we believe that FFO provides a more meaningful and accurate indication of our performance. In addition, management believes that FFO provides useful information to the investment community about the Company's financial performance when compared to other REITs since FFO is generally recognized as the industry standard for reporting the operations of REITs.

CORE FFO

Management believes that the computation of FFO in accordance with NAREIT’s definition includes certain items that are not indicative of the results provided by the Company’s operating portfolio and affect the comparability of the Company’s period-over-period performance. These items include, but are not limited to, gains and losses on the retirement of debt, acquisition costs, which due to changes in accounting pronouncements are now recorded in general and administrative expenses, and impairments to real estate assets.

AFFO

Management believes that AFFO is a useful measure of the Company's liquidity. The Company computes AFFO by adding to FFO equity based compensation expense and the non-cash amortization of deferred financing costs and non-real estate depreciation, and then subtracting cash paid for any recurring tenant improvements, leasing commissions, and recurring capital expenditures, and eliminating the net effect of straight-line rents, deferred market rent and debt fair value amortization.

First generation costs include tenant improvements, leasing commissions and capital expenditures that were taken into consideration when underwriting the purchase of a property or incurred to bring the property to operating standard for its intended use. The Company also excludes development and redevelopment related expenditures. AFFO provides an additional perspective on the Company's ability to fund cash needs and make distributions to shareholders by adjusting for the effect of these non-cash items included in FFO, as well as recurring capital expenditures and leasing costs. However, other REITs may use different methodologies for calculating AFFO and, accordingly, the Company's AFFO may not be comparable to other REITs.