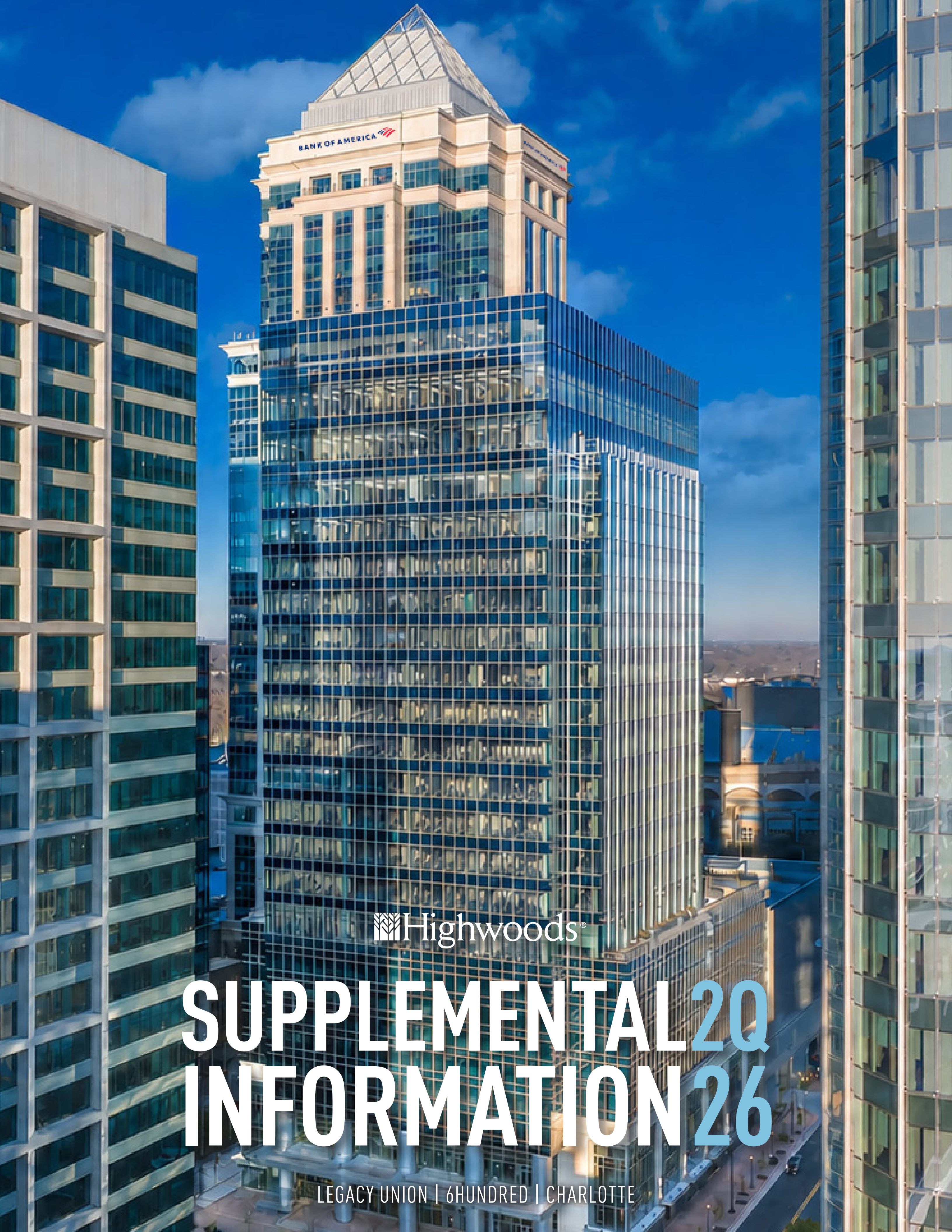

Highwoods®

SUPPLEMENTAL INFORMATION 2Q26

LEGACY UNION | 6HUNDRED | CHARLOTTE

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Except as otherwise noted, all property-level operational information presented herein on pages 7 to 15 includes in-service wholly owned properties and in-service properties owned by consolidated and unconsolidated joint ventures (at our share). Development projects are not considered in-service properties until such projects are completed and stabilized. Stabilization occurs at the earlier of: (1) the projected stabilization date; or (2) the date on which a project's occupancy generally exceeds 93%.

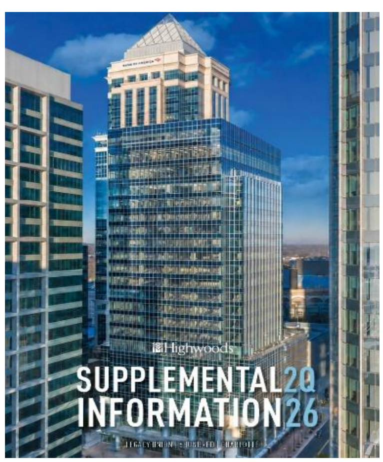
Some of the information in this document may contain forward-looking statements. Such statements include statements about our plans, strategies and prospects such as the following: the expected financial and operational results and the related assumptions underlying our expected results; the planned sales of non-core assets and expected pricing and impact with respect to such sales, including the tax impact of such sales; the anticipated total investment, projected leasing activity, estimated replacement cost and expected net operating income of acquired properties and properties to be developed; and expected future leverage of the Company. You can identify forward-looking statements by our use of forward-looking terminology such as "may," "will," "expect," "anticipate," "estimate," "continue" or other similar words. Although we believe that our plans, intentions and expectations reflected in or suggested by such forward-looking statements are reasonable, we cannot assure you that our plans, intentions or expectations will be achieved.

Factors that could cause our actual results to differ materially from Highwoods' current expectations include, among others, the following: the financial condition of our customers could deteriorate; our assumptions regarding potential losses related to customer financial difficulties could prove incorrect; counterparties under our debt instruments, particularly our revolving credit facility, may attempt to avoid their obligations thereunder, which, if successful, would reduce our available liquidity; we may not be able to lease or re-lease second generation space, defined as previously occupied space that becomes available for lease, quickly or on as favorable terms as old leases; we may not be able to lease newly constructed buildings as quickly or on as favorable terms as originally anticipated; we may not be able to complete development, acquisition, reinvestment, disposition or joint venture projects as quickly or on as favorable terms as anticipated; development activity in our existing markets could result in an excessive supply relative to customer demand; our markets may suffer declines in economic and/or office employment growth; increases in interest rates could increase our debt service costs; increases in operating expenses could negatively impact our operating results; natural disasters and climate change could have an adverse impact on our cash flow and operating results; we may not be able to meet our liquidity requirements or obtain capital on favorable terms to fund our working capital needs and growth initiatives or repay or refinance outstanding debt upon maturity; and the Company could lose key executive officers.

This list of risks and uncertainties, however, is not intended to be exhaustive. You should also review the other cautionary statements we make in "Risk Factors" set forth in our 2025 Annual Report on Form 10-K and subsequent SEC filings. Given these uncertainties, you should not place undue reliance on forward-looking statements. We undertake no obligation to publicly release the results of any revisions to these forward-looking statements to reflect any future events or circumstances or to reflect the occurrence of unanticipated events.

All financial information contained in this document is unaudited. This supplemental includes non-GAAP financial measures, such as funds from operations (FFO), earnings before interest, taxes, depreciation and amortization for real estate (EBITDAre), Adjusted EBITDAre and net operating income (NOI). Definitions of FFO, EBITDAre, Adjusted EBITDAre and NOI and an explanation of management's view of the usefulness and risks of FFO, EBITDAre, Adjusted EBITDAre and NOI can be found in our second quarter earnings release.

COVER
LEGACY UNION | 6HUNDRED | CHARLOTTE



Highwoods®

Summary (amounts in thousands, except percentages, ratios, and per share amounts)

		Three Months Ended	
		6/30/26	6/30/25
Financial:			
Consolidated revenues	$	**216,379**	$ 200,600
In-Service consolidated net operating income (NOI)	$	**146,224**	$ 136,945
In-Service net operating income (@ HIW share) 1/	$	**147,446**	
Same property cash NOI growth		**0.3%**	-2.4%
Funds from operations per share	$	**0.90**	$ 0.89
Weighted average common shares outstanding, diluted		**112,301**	109,976
Per share stock price at period end	$	**30.16**	$ 31.09
Annualized dividend per share	$	**2.00**	$ 2.00
Balance Sheet:			
Leverage (including preferred stock) based on gross book assets 2/		**40.6%**	42.0%
Net debt-to-Adjusted EBITDAre		**6.24x**	6.27x
Net debt plus Preferred Stock-to-Adjusted EBITDAre		**6.29x**	6.32x
Unencumbered NOI % (wholly-owned properties)		**86.2%**	86.0%
Unencumbered NOI % (@ HIW share)		**84.2%**	85.1%
Credit facility availability	$	**749,900**	$ 602,900
Cash and cash equivalents	$	**145,377**	$ 21,193
Restricted cash	$	**20,653**	$ 18,815
Operations:			
Quarter-end occupancy (@ HIW share)		**85.7%**	85.6%
Second generation office square feet leased		**1,070**	923
Second generation office GAAP rent growth 3/		**20.9%**	17.6%
Average cash rental rate per square foot for in-place leases	$	**34.45**	$ 33.57

		Six Months Ended
		6/30/26
Investment Activity:		
Building acquisitions	$	**108,400**
Building dispositions	$	**297,275**
Land acquisitions	$	**-**
Land dispositions	$	**4,000**
Development pipeline (@ HIW share)	$	**230,000**
Pipeline leased % ($ weighted @ HIW share)		**93.0%**

1/ This number represents our in-service consolidated net operating income of $146.2 million from above, plus $5.7 million for our share of unconsolidated joint venture net operating income (see Page 20), less $4.5 million for our partners' share of consolidated joint venture net operating income (see Page 20).

2/ Debt and gross book assets were reduced by our cash and cash equivalents, mortgages receivable from loans to unconsolidated affiliates and loans to third parties as seller financing.

3/ GAAP rent growth is calculated by comparing average cash rent psf over the term (GAAP rent) of the new lease to the average cash rent psf over the term related to the previous lease in the same space. Adjustments are made if and to the extent necessary to illustrate the current and prior deal on a consistent gross lease basis.

Corporate Information

Board of Directors

Chuck Anderson
Carlos Evans, Chair
David Gadis
David Hartzell, Ph.D.
Ted Klinck
Anne Lloyd
Candice Todd

Corporate Officers

Dan Clemmens
Senior Vice President, Chief Accounting Officer
Steve Dixon
Vice President, Portfolio Operations
Ryan Hunt
Vice President, Chief Information Officer
Ted Klinck
President, Chief Executive Officer
Brian Leary
Executive Vice President, Chief Operating Officer
Carman Liuzzo
Senior Vice President, Investments
Brendan Maiorana
Executive Vice President, Chief Financial Officer
Jeff Miller
Executive Vice President, General Counsel and Secretary

Market Leaders

Alex Chambers
Senior Vice President, Nashville
Lauren Coup
Senior Vice President, Tampa
Steve Garrity
Senior Vice President, Orlando
Skip Hill
Senior Vice President, Raleigh
Heather Lamb
Senior Vice President, Atlanta

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Seth Bergey
212-816-2066

Deutsche Bank
Omotayo Okusanya
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Peter Abramowitz
212-250-9504

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Vikram Malhotra
212-282-3827

Morgan Stanley
Ronald Kamdem
212-296-8319

RW Baird
Nicholas Thillman
414-298-5053

Truist Securities
Michael Lewis
212-319-5659

Wells Fargo
Blaine Heck
410-662-2556

Wolfe Research
Ally Yaseen
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Andrew Rosivach
646-582-9250

Corporate Headquarters

Highwoods Properties, Inc.
150 Fayetteville Street, Suite 1400
Raleigh, NC 27601
919-872-4924

Stock Exchange

NYSE: HIW

Investor Relations

Brendan Maiorana
Executive Vice President, Chief Financial Officer
Phone: 919-872-4924
Brendan.Maiorana@highwoods.com
http://www.highwoods.com/

Information Request

To request a Supplemental Package or Annual Report or to be added to our e-mail distribution list, please contact Investor Relations.

The Company

Highwoods Properties, Inc., headquartered in Raleigh, is a publicly-traded (NYSE:HIW), fully-integrated office real estate investment trust (“REIT”) that owns, develops, acquires, leases and manages properties primarily in the best business districts (BBDs) of Atlanta, Charlotte, Dallas, Nashville, Orlando, Raleigh, Richmond and Tampa. Our vision is to be a leader in the evolution of commercial real estate for the benefit of our customers, our communities and those who invest with us. Our mission is to create environments and experiences that inspire our teammates and our customers to achieve more together. We are in the work-placemaking business and believe that by creating exceptional environments and experiences, we can deliver greater value to our customers, their teammates and, in turn, our shareholders. For more information about Highwoods, please visit our website at: www.highwoods.com

Consolidated Statements of Income (amounts in thousands, except per share amounts)

	Six Months Ended		Three Months Ended				
	6/30/26	6/30/25	6/30/26	3/31/26	12/31/25	9/30/25	6/30/25
Rental and other revenues	**$ 430,413**	$ 400,983	**$ 216,379**	$ 214,034	$ 203,356	$ 201,773	$ 200,600
Operating expenses:							
Rental property and other expenses	**141,273**	128,689	**70,155**	71,118	66,761	65,923	63,655
Depreciation and amortization	**156,591**	146,084	**79,054**	77,537	74,972	73,898	74,679
Impairments of real estate assets	**-**	-	**-**	-	-	8,800	-
General and administrative	**23,331**	22,776	**9,897**	13,434	8,536	8,995	10,319
Total operating expenses	**321,195**	297,549	**159,106**	162,089	150,269	157,616	148,653
Interest expense	**83,390**	74,307	**41,694**	41,696	39,651	38,475	37,665
Other income	**5,736**	6,254	**2,568**	3,168	1,580	1,753	4,629
Gains on disposition of property	**95,987**	82,215	**79,024**	16,963	19,260	5,674	-
Loss on disposition of investment in unconsolidated affiliate	**-**	-	**-**	-	(4,700)	-	-
Equity in earnings/(losses) of unconsolidated affiliates	**2,571**	1,625	**(414)**	2,985	146	598	310
Net income	**130,122**	119,221	**96,757**	33,365	29,722	13,707	19,221
Net (income) attributable to noncontrolling interests in the Operating Partnership	**(2,295)**	(2,321)	**(1,716)**	(579)	(535)	(256)	(365)
Net (income)/loss attributable to noncontrolling interests in consolidated affiliates	**(1,842)**	26	**(993)**	(849)	46	2	-
Dividends on Preferred Stock	**(1,148)**	(1,207)	**(574)**	(574)	(576)	(576)	(586)
Net income available for common stockholders	**$ 124,837**	$ 115,719	**$ 93,474**	$ 31,363	$ 28,657	$ 12,877	$ 18,270
Earnings per Common Share - basic:							
Net income available for common stockholders	**$ 1.13**	$ 1.07	**$ 0.85**	$ 0.29	$ 0.26	$ 0.12	$ 0.17
Weighted average Common Shares outstanding - basic	**110,162**	107,754	**110,284**	110,039	109,882	108,403	107,825
Earnings per Common Share - diluted:							
Net income available for common stockholders	**$ 1.13**	$ 1.07	**$ 0.85**	$ 0.29	$ 0.26	$ 0.12	$ 0.17
Weighted average Common Shares outstanding - diluted	**112,182**	109,905	**112,301**	112,062	111,926	110,522	109,976

Funds from Operations and Additional Information (amounts in thousands, except per share amounts)

	Six Months Ended		Three Months Ended				
	6/30/26	6/30/25	6/30/26	3/31/26	12/31/25	9/30/25	6/30/25
Funds from operations:							
Net income	**$ 130,122**	$ 119,221	**$ 96,757**	$ 33,365	$ 29,722	$ 13,707	$ 19,221
Net (income)/loss attributable to noncontrolling interests in consolidated affiliates	**(1,842)**	26	**(993)**	(849)	46	2	-
Depreciation and amortization of real estate assets	**149,349**	144,724	**75,270**	74,079	74,206	73,222	73,997
Impairments of depreciable properties	**-**	-	**-**	-	-	8,800	-
Gains on disposition of depreciable properties	**(92,027)**	(82,337)	**(75,064)**	(16,963)	(12,615)	(5,674)	-
Loss on disposition of investments in unconsolidated affiliate	**-**	-	**-**	-	4,700	-	-
Unconsolidated affiliates:							
Depreciation and amortization of real estate assets	**10,244**	8,944	**5,288**	4,956	5,325	5,318	5,053
Funds from operations	**195,846**	190,578	**101,258**	94,588	101,384	95,375	98,271
Dividends on Preferred Stock	**(1,148)**	(1,207)	**(574)**	(574)	(576)	(576)	(586)
Funds from operations available for common stockholders	**$ 194,698**	$ 189,371	**$ 100,684**	$ 94,014	$ 100,808	$ 94,799	$ 97,685
Funds from operations available for common stockholders per share	**$ 1.74**	$ 1.72	**$ 0.90**	$ 0.84	$ 0.90	$ 0.86	$ 0.89
Weighted average shares outstanding	**112,182**	109,905	**112,301**	112,062	111,926	110,522	109,976
Additional information: 1/							
Non-cash items related to revenue 2/	**$ (18,978)**	$ (4,869)	**$ (10,532)**	$ (8,446)	$ (3,271)	$ (3,034)	$ (2,079)
Share-based compensation expense	**7,400**	6,277	**950**	6,450	763	1,169	1,310
Amortization of debt issuance costs	**3,344**	2,821	**1,692**	1,652	1,533	1,455	1,417
Depreciation of non-real estate assets	**1,611**	1,150	**811**	800	629	568	576
Losses on debt extinguishment	**60**	-	**60**	-	-	144	-
Non-incremental revenue generating capital expenditures incurred: 3/							
Building improvements	**(16,663)**	(16,594)	**(9,161)**	(7,502)	(10,622)	(10,998)	(9,013)
2nd generation tenant improvements	**(63,498)**	(48,412)	**(37,237)**	(26,261)	(32,223)	(34,783)	(26,398)
2nd generation lease commissions	**(20,270)**	(11,884)	**(9,818)**	(10,452)	(7,024)	(10,398)	(6,977)
Common dividends and unit distributions paid	**(112,129)**	(109,889)	**(56,159)**	(55,970)	(55,972)	(55,116)	(54,993)

1/ Increase or (decrease) to cash flows.

2/ This line item includes straight-line rental income, straight-line rental write-offs related to termination fees, amortization of lease incentives, and amortization of above/below market leases.

3/ Excludes (a) capital expenditures (such as tenant improvements and lease commissions) related to first generation leases and leases with respect to vacant space in acquired buildings, (b) building improvements that constitute part of the total investment cost disclosed in connection with an acquisition and (c) building improvements (such as property redevelopments and repositionings) that are expected to result in an increase in rental rates or stabilized net operating income.

Consolidated Balance Sheets (dollars in thousands)

	6/30/26	12/31/25
Assets:		
Real estate assets, at cost:		
Land	**$ 607,720**	$ 609,177
Buildings and tenant improvements	**6,216,948**	6,144,697
Development in-process	**-**	6,248
Land held for development	**197,227**	214,149
	7,021,895	6,974,271
Less-accumulated depreciation	**(1,905,507)**	(1,902,276)
Net real estate assets	**5,116,388**	5,071,995
Real estate and other assets, net, held for sale	**53,900**	23,201
Cash and cash equivalents	**145,377**	27,358
Restricted cash	**20,653**	15,691
Accounts receivable	**31,548**	28,263
Mortgages and notes receivable	**12,228**	12,228
Accrued straight-line rents receivable	**304,951**	318,024
Investments in and advances to unconsolidated affiliates	**446,928**	471,580
Deferred leasing costs, net of accumulated amortization of $174,584 and $169,972, respectively	**278,222**	244,258
Prepaid expenses and other assets, net of accumulated depreciation of $27,411 and $25,144, respectively	**61,456**	61,240
Total Assets	**$ 6,471,651**	$ 6,273,838
Liabilities, Noncontrolling Interests in the Operating Partnership and Equity:		
Mortgages and notes payable, net	**$ 3,515,608**	$ 3,554,178
Accounts payable, accrued expenses and other liabilities	**305,713**	284,006
Total Liabilities	**3,821,321**	3,838,184
Commitments and contingencies		
Noncontrolling interests in the Operating Partnership	**60,840**	52,777
Equity:		
Preferred Stock, $.01 par value, 50,000,000 authorized shares;		
8.625% Series A Cumulative Redeemable Preferred Shares (liquidation preference $1,000 per share), 26,631 and 26,691 shares issued and outstanding, respectively	**26,631**	26,691
Common Stock, $.01 par value, 200,000,000 authorized shares;		
110,306,211 and 109,905,241 shares issued and outstanding, respectively	**1,103**	1,099
Additional paid-in capital	**3,221,689**	3,223,767
Distributions in excess of net income available for common stockholders	**(855,358)**	(870,083)
Accumulated other comprehensive loss	**(2,625)**	(2,494)
Total Stockholders' Equity	**2,391,440**	2,378,980
Noncontrolling interests in consolidated affiliates	**198,050**	3,897
Total Equity	**2,589,490**	2,382,877
Total Liabilities, Noncontrolling Interests in the Operating Partnership and Equity	**$ 6,471,651**	$ 6,273,838

Capitalization, Net Debt-to-Adjusted EBITDAre and Revenue Detail (dollars, shares and units in thousands)

	6/30/26	3/31/26	12/31/25	9/30/25	6/30/25
Mortgages and notes payable, net, at recorded book value (see pages 5 & 6)	**$ 3,515,608**	$ 3,703,498	$ 3,554,178	$ 3,404,707	$ 3,334,385
Preferred Stock, at liquidation value	**$ 26,631**	$ 26,631	$ 26,691	$ 26,691	$ 26,716
Common Stock outstanding	**110,306**	110,273	109,905	109,554	107,887
Common Units outstanding (not owned by the Company)	**2,017**	2,017	2,044	2,044	2,151
Common Stock and Common Units outstanding	**112,323**	112,290	111,949	111,598	110,038
Per share stock price at period end	**$ 30.16**	$ 21.41	$ 25.82	$ 31.82	$ 31.09
Market value of Common Stock and Common Units	**$ 3,387,662**	$ 2,404,129	$ 2,890,523	$ 3,551,048	$ 3,421,081
Total capitalization	**$ 6,929,901**	$ 6,134,258	$ 6,471,392	$ 6,982,446	$ 6,782,182
Net debt-to-Adjusted EBITDAre:					
Net income	**$ 96,757**	$ 33,365	$ 29,722	$ 13,707	$ 19,221
Interest expense, net 1/	**39,640**	40,246	38,186	37,092	36,445
Depreciation and amortization	**79,054**	77,537	74,972	73,898	74,679
(Gains) on disposition of depreciable properties	**(75,064)**	(16,963)	(12,615)	(5,674)	-
Loss on disposition of investments in unconsolidated affiliate	**-**	-	4,700	-	-
Impairments of depreciable properties	**-**	-	-	8,800	-
Adjustments to reflect our share of EBITDAre from consolidated and unconsolidated affiliates	**3,429**	1,988	5,845	5,877	5,175
EBITDAre	**$ 143,816**	$ 136,173	$ 140,810	$ 133,700	$ 135,520
Losses on debt extinguishment	**60**	-	-	144	-
(Gains)/losses on disposition of non-depreciable properties	**(3,960)**	-	(6,645)	-	-
Proforma NOI adjustments for property changes within period	**(2,072)**	(191)	(61)	935	-
Adjusted EBITDAre 2/	**$ 137,844**	$ 135,982	$ 134,104	$ 134,779	$ 135,520
Adjusted EBITDAre (annualized) 2/ 3/	**$ 553,014**	$ 549,298	$ 537,691	$ 536,746	$ 533,410
Mortgages and notes payable, net 4/	**$ 3,609,706**	$ 3,749,474	$ 3,600,157	$ 3,450,911	$ 3,377,159
Less - cash and cash equivalents, preferred investments and other 5/	**(159,468)**	(57,400)	(36,986)	(39,291)	(32,669)
Net debt 6/	**$ 3,450,238**	$ 3,692,074	$ 3,563,171	$ 3,411,620	$ 3,344,490
Preferred Stock	**26,631**	26,631	26,691	26,691	26,716
Net debt plus Preferred Stock	**$ 3,476,869**	$ 3,718,705	$ 3,589,862	$ 3,438,311	$ 3,371,206
Net debt-to-Adjusted EBITDAre 7/	**6.24x**	6.72x	6.63x	6.36x	6.27x
Net debt plus Preferred Stock-to-Adjusted EBITDAre 8/	**6.29x**	6.77x	6.68x	6.41x	6.32x
Rental and other revenues:					
Contractual rents, net	**$ 174,565**	$ 175,122	$ 169,846	$ 168,462	$ 169,046
Straight-line rental income, net	**8,660**	7,710	4,378	3,927	3,101
Cost recoveries billed under lease arrangements, net	**17,705**	16,965	14,599	14,932	15,672
Lease termination fees, net	**469**	183	329	585	1,005
Other miscellaneous operating revenues	**14,980**	14,054	14,204	13,867	11,776
	$ 216,379	$ 214,034	$ 203,356	$ 201,773	$ 200,600

1/ Net of interest income

2/ Adjusted EBITDAre is calculated as EBITDAre adjusted for gains or losses on debt extinguishment and land sales, land impairments, proforma NOI adjustments for property changes within period and our share of the same adjustments for unconsolidated affiliates. "Proforma NOI adjustments for property changes within period" means proforma NOI adjustments assuming any acquisitions, dispositions and developments placed in service within the current period had occurred as of the first day of such period.

3/ Adjusted EBITDAre (annualized) is Adjusted EBITDAre multiplied by four. Certain period specific items are not annualized.

4/ This number as of 6/30/26 represents our consolidated mortgages and notes payable balance from the balance sheet, plus or minus the following adjustments: an increase of $159.3 million for our share of debt owed by our unconsolidated joint ventures to third parties, a decrease of $8.8 million for our joint venture partner's 20% share of the debt at our consolidated Midtown West joint venture, and a decrease of $56.4 million for mortgages and notes receivable from loans to unconsolidated affiliates (after eliminations) and loans to third parties as seller financing.

5/ Includes our share of consolidated and unconsolidated affiliates.

6/ Net debt is calculated as mortgages and notes payable at quarter-end less cash and cash equivalents, preferred investments and 1031 restricted cash at quarter-end.

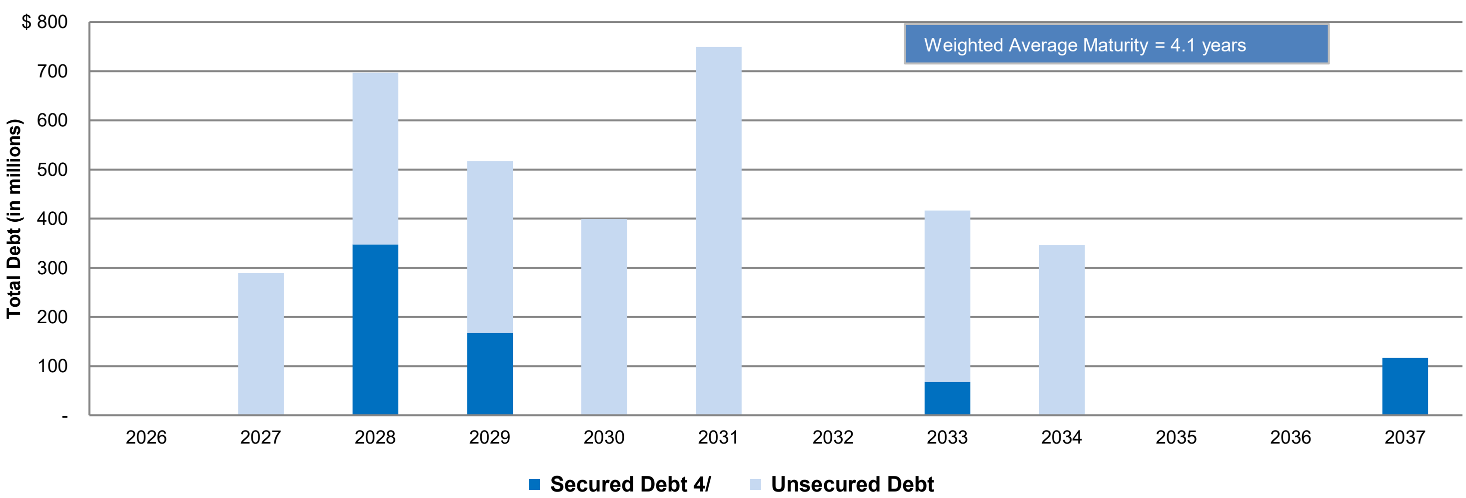
7/ Net debt at quarter-end divided by Adjusted EBITDAre (annualized).

8/ Net debt plus Preferred Stock at quarter-end divided by Adjusted EBITDAre (annualized).

Mortgages and Notes Payable Summary (dollars in thousands)

Balances Outstanding:	6/30/26	3/31/26	12/31/25	9/30/25	6/30/25
Secured:					
Mortgages fixed rate	**$ 699,176**	$ 701,302	$ 703,409	$ 705,498	$ 707,567
Unsecured - Fixed:					
Fixed rate bonds and notes	**2,481,736**	2,492,210	2,491,745	2,143,031	2,142,626
Unsecured - Floating:					
Bank Term Loan 1/	**200,000**	200,000	200,000	200,000	200,000
Bank Term Loan 2/	**150,000**	150,000	150,000	150,000	150,000
Credit facility 3/	**-**	175,000	25,000	220,000	147,000
Unsecured - floating total	**350,000**	525,000	375,000	570,000	497,000
Unsecured total	**2,831,736**	3,017,210	2,866,745	2,713,031	2,639,626
Total	**$ 3,530,912**	$ 3,718,512	$ 3,570,154	$ 3,418,529	$ 3,347,193
Total Net of Debt Issuance Costs	**$ 3,515,608**	$ 3,703,498	$ 3,554,178	$ 3,404,707	$ 3,334,385
End of Period Weighted Average Interest Rates:					
Secured:					
Mortgages fixed rate	**4.44%**	4.44%	4.44%	4.44%	4.44%
Unsecured - Fixed:					
Fixed rate bonds and notes	**4.43%**	4.43%	4.43%	4.27%	4.27%
Unsecured - Floating:					
Bank Term Loan 1/	**4.55%**	4.56%	4.59%	5.05%	5.32%
Bank Term Loan 2/	**4.50%**	4.66%	4.69%	5.15%	5.32%
Credit facility 3/	**-**	4.56%	4.59%	5.05%	5.22%
Unsecured - floating total	**4.52%**	4.58%	4.63%	5.07%	5.29%
Unsecured total	**4.45%**	4.46%	4.46%	4.44%	4.46%
Weighted Average	**4.45%**	4.46%	4.45%	4.44%	4.46%

Maturity Schedule



1/ The $200M bank term loan has a maturity date of January 2031 including two twelve-month extension options.
2/ The $150M bank term loan has a maturity date of June 2031 including two twelve-month extension options.
3/ The $750M credit facility has a maturity date of January 2029 including two six-month extension options.
4/ Excludes annual principal amortization.

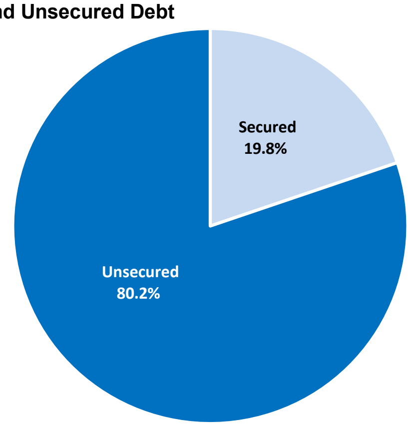
Mortgages and Notes Payable Detail (dollars in thousands)

Secured Loans			Loan	Undepreciated Book Value of
Mortgage Lender	**Effective Rate**	**Maturity Date**	**Balance 6/30/26**	**Real Estate & Related Assets Secured**
LGIM	5.69%	Apr-28	$ 200,000	$ 410,224
New York Life Insurance Company	3.73%	Jan-37	116,305	211,310
New York Life Insurance Company	3.61%	Aug-28	103,191	188,891
Allianz Life Insurance Company	4.00%	May-29	83,730	159,988
John Hancock Life Insurance Company	3.19%	Aug-29	83,595	141,551
New York Life Insurance Company	3.50%	Apr-33	68,054	115,175
New York Life Insurance Company 1/	7.29%	Nov-28	44,301	60,956
	4.44%		699,176	$ 1,288,095
Unsecured Notes				
$400M 3.050% Notes due 2030 2/	3.24%	Feb-30	399,645	
$400M 2.600% Notes due 2031	2.65%	Feb-31	399,283	
$350M 4.200% Notes due 2029 3/	4.38%	Apr-29	349,730	
$350M 4.125% Notes due 2028 4/	4.06%	Mar-28	349,311	
$350M 5.350% Notes due 2033	5.43%	Jan-33	348,428	
$350M 7.650% Notes due 2034 5/	7.85%	Feb-34	346,546	
$300M 3.875% Notes due 2027 6/	3.78%	Mar-27	288,793	
	4.43%		2,481,736	
Unsecured Loans				
Bank term loan 7/ 8/	4.55%	Jan-31	200,000	
Bank term loan 7/ 9/	4.50%	Jun-31	150,000	
Credit facility 7/ 10/	-	Jan-29	-	
	4.52%		350,000	
Total Debt	4.45%		$ 3,530,912	
Total Net of Debt Issuance Costs			$ 3,515,608	

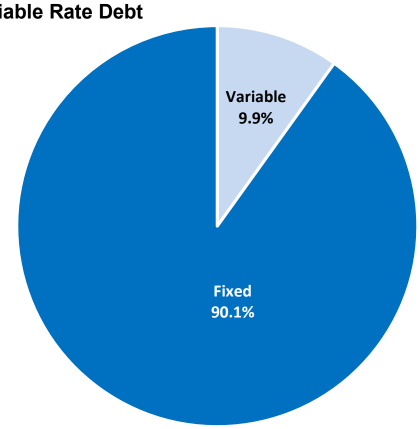
Bond Covenants as of June 30, 2026	
Overall indebtedness (<60%)	45.1%
Secured indebtedness (<40%)	9.0%
Income available for debt service (>1.5x)	3.30
Total unencumbered assets to unsecured debt (>150%)	213.8%

Agency	Rating	Outlook	Affirmed
S&P	BBB-	Stable	5/26/26
Moody's	Baa2	Stable	11/26/25

Secured and Unsecured Debt



Fixed and Variable Rate Debt

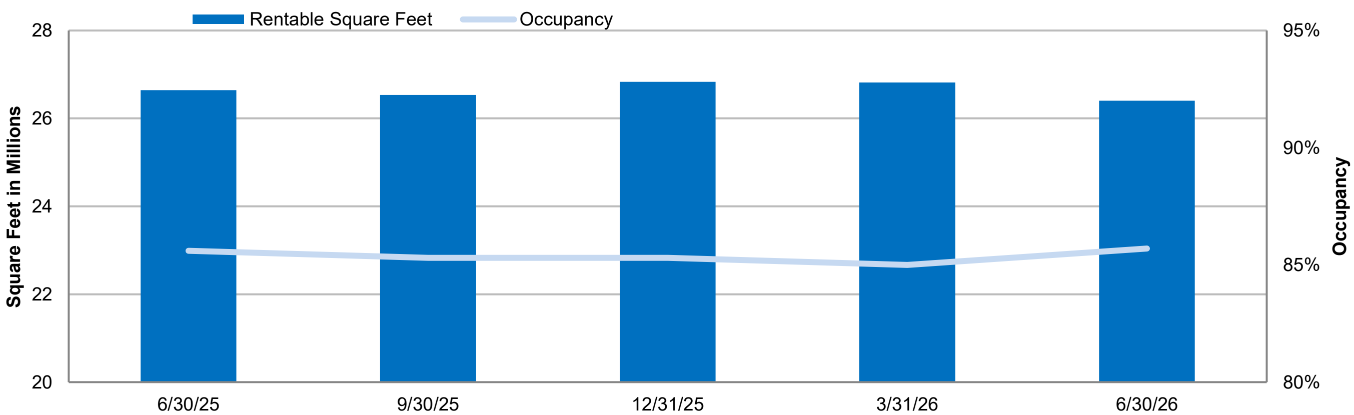


1/ Secured asset relates to a consolidated joint venture in which we own an 80% interest.
2/ Effective rate includes the impact of the swaps that were settled for ($6.6) million upon issuance but excludes the impact of underwriting fees and expenses.
3/ Effective rate includes the impact of the swaps that were settled for ($5.1) million upon issuance but excludes the impact of underwriting fees and expenses.
4/ Effective rate includes the impact of the swaps that were settled for $7.2 million upon issuance but excludes the impact of underwriting fees and expenses.
5/ Effective rate includes the impact of the swaps that were settled for ($0.5) million upon issuance but excludes the impact of underwriting fees and expenses.
6/ Effective rate includes the impact of the swaps that were settled for $7.3 million upon issuance but excludes the impact of underwriting fees and expenses.
7/ Floating rate loans based on SOFR.
8/ The $200 million bank term loan has a maturity date of January 2031 including two twelve-month extension options.
9/ The $150M bank term loan has a maturity date of June 2031 including two twelve-month extension options.
10/ The $750 million credit facility has a maturity date of January 2029 including two six-month extension options.

Portfolio Summary

	6/30/26	3/31/26	12/31/25	9/30/25	6/30/25
In-Service:					
Rentable Square Feet (HIW share)	**26,400,000**	26,818,000	26,830,000	26,536,000	26,640,000
Occupancy (HIW share)	**85.7%**	85.0%	85.3%	85.3%	85.6%
Same Property:					
Rentable Square Feet (HIW share)	**24,863,000**	24,863,000	24,863,000	24,863,000	24,863,000
Occupancy (HIW share)	**86.1%**	85.3%	85.3%	84.6%	85.0%

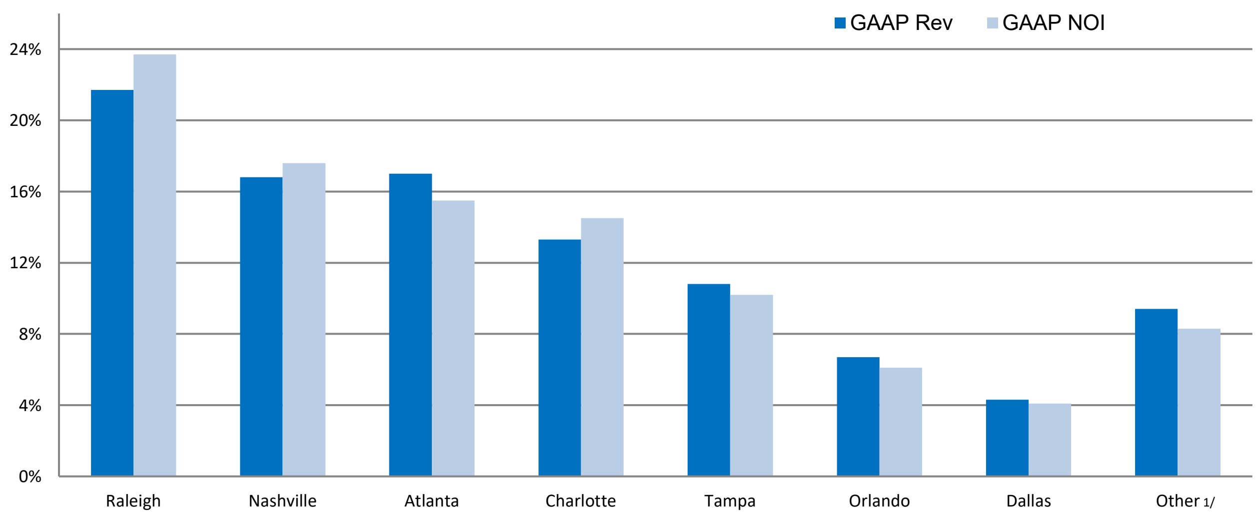
Rentable Square Feet and Occupancy Trend: ***Total In-Service*** **as Presented Above**



Portfolio Summary (dollars in thousands)

				HIW Share		
				Three Months Ended 6/30/26		
Market		**Rentable Square Feet**	**Occupancy**	**Percentage of Rental and Other Revenues (GAAP)**	**Percentage of Net Operating Income (GAAP)**	**Net Operating Income (GAAP)**
Raleigh		6,106,000	88.9%	21.7%	23.7%	$ 35,055
Nashville		4,586,000	85.3%	16.8%	17.6%	26,006
Atlanta		4,597,000	85.6%	17.0%	15.5%	22,796
Charlotte		2,418,000	90.4%	13.3%	14.5%	21,354
Tampa		2,594,000	87.7%	10.8%	10.2%	15,016
Orlando		1,789,000	87.2%	6.7%	6.1%	8,991
Dallas		621,000	80.3%	4.3%	4.1%	6,050
Other	1/	3,689,000	76.5%	9.4%	8.3%	12,178
Total		26,400,000	85.7%	100.0%	100.0%	$ 147,446

Second Quarter 2026 Percentage of GAAP Revenue and NOI (HIW share) by Market



1/ Consists of assets in non-core markets.

Occupancy Trends

Market	Measurement	6/30/26	3/31/26	12/31/25	9/30/25	6/30/25
Atlanta	Rentable Square Feet	**4,597,000**	4,595,000	4,690,000	4,716,000	4,716,000
	Occupancy	**85.6%**	85.2%	86.4%	86.2%	86.7%
	Current Properties 1/	**85.6%**	85.2%	86.3%	86.0%	86.5%
Charlotte	Rentable Square Feet	**2,418,000**	2,402,000	2,402,000	1,991,000	1,991,000
	Occupancy	**90.4%**	90.6%	87.1%	95.8%	96.6%
	Current Properties 1/	**96.0%**	96.3%	96.0%	95.8%	96.6%
Dallas	Rentable Square Feet	**621,000**	619,000			
	Occupancy	**80.3%**	72.9%			
	Current Properties 1/	**86.7%**	79.8%			
Nashville	Rentable Square Feet	**4,586,000**	5,104,000	5,105,000	5,103,000	5,102,000
	Occupancy	**85.3%**	82.6%	81.8%	81.4%	82.4%
	Current Properties 1/	**85.3%**	80.7%	79.8%	79.3%	80.4%
Orlando	Rentable Square Feet	**1,789,000**	1,789,000	1,789,000	1,789,000	1,789,000
	Occupancy	**87.2%**	86.5%	87.6%	86.3%	87.7%
	Current Properties 1/	**87.2%**	86.5%	87.6%	86.3%	87.7%
Raleigh	Rentable Square Feet	**6,106,000**	6,097,000	5,827,000	5,863,000	5,863,000
	Occupancy	**88.9%**	88.1%	89.3%	89.0%	88.6%
	Current Properties 1/	**89.1%**	89.0%	89.3%	89.1%	88.7%
Tampa	Rentable Square Feet	**2,594,000**	2,523,000	2,523,000	2,580,000	2,580,000
	Occupancy	**87.7%**	91.5%	88.8%	85.2%	86.1%
	Current Properties 1/	**89.1%**	91.5%	88.8%	86.0%	87.1%
Other 2/	Rentable Square Feet	**3,689,000**	3,689,000	4,223,000	4,222,000	4,328,000
	Occupancy	**76.5%**	76.3%	78.1%	77.7%	77.2%
	Current Properties 1/	**76.5%**	76.3%	75.9%	75.3%	74.7%
Total	Rentable Square Feet	**26,400,000**	26,818,000	26,830,000	26,536,000	26,640,000
	Occupancy	**85.7%**	85.0%	85.3%	85.3%	85.6%
	Leased Percent	**89.6%**	89.7%			
	Current Properties Occupancy 1/	**86.3%**	85.5%	85.5%	84.9%	85.3%

1/ Only includes properties that were owned and in-service for all periods shown.

2/ Consists of assets in non-core markets.

Leasing Statistics

	Three Months Ended					Five Quarter
	6/30/26	3/31/26	12/31/25	9/30/25	6/30/25	Average
Leasing Activity:						
Square footage of Renewal Deals	**744,030**	651,431	305,284	722,895	552,362	**595,200**
Square footage of New Deals (Relets)	**326,457**	306,971	221,078	326,416	370,734	**310,331**
Rentable square footage leased (Total)	**1,070,487**	958,402	526,362	1,049,311	923,096	**905,531**
Rentable square footage leased (HIW share)	**1,026,262**	923,604	512,929	1,048,933	919,675	**886,280**
Renewed square footage (% of total)	**69.5%**	68.0%	58.0%	68.9%	59.8%	**65.7%**
New Leases square footage (% of total)	**30.5%**	32.0%	42.0%	31.1%	40.2%	**34.3%**
Number of lease transactions (signed leases)	**123**	101	88	103	102	**103**
Weighted average per rentable square foot over the lease term:	HIW Share					
Base rent	**$ 42.66**	$ 41.44	$ 36.85	$ 42.21	$ 34.96	**$ 40.03**
Rent concessions	**(1.69)**	(1.99)	(1.83)	(2.08)	(1.33)	**(1.79)**
GAAP rent	**40.97**	39.45	35.02	40.13	33.63	**38.24**
Tenant improvements	**(4.43)**	(5.01)	(3.80)	(3.87)	(3.76)	**(4.20)**
Leasing commissions 1/	**(1.37)**	(1.56)	(1.22)	(1.26)	(0.83)	**(1.25)**
Effective rent after capex	**35.17**	32.88	30.00	35.00	29.04	**32.79**
Expense stop	**(12.59)**	(11.35)	(10.66)	(12.28)	(9.74)	**(11.44)**
Effective rent after capex and opex	**$ 22.58**	$ 21.53	$ 19.34	$ 22.72	$ 19.30	**$ 21.35**
Square feet weighted average term in years	**6.0**	7.4	5.3	6.6	5.8	**6.3**
Dollar weighted average term in years	**6.4**	7.5	5.6	6.7	6.4	**6.6**
Capital Expenditures Related to Above Leasing Activity:						
Tenant Improvements:						
Total dollars committed under signed leases	**$ 35,061,364**	$ 41,498,210	$ 13,466,981	$ 34,093,698	$ 28,427,811	**$ 30,509,613**
Rentable square feet	**1,026,262**	923,604	512,929	1,048,933	919,675	**886,280**
Per rentable square foot	**$ 34.16**	$ 44.93	$ 26.26	$ 32.50	$ 30.91	**$ 34.42**
Leasing Commissions:						
Total dollars committed under signed leases 1/	**$ 10,784,544**	$ 11,355,810	$ 3,935,499	$ 10,470,238	$ 5,452,836	**$ 8,399,785**
Rentable square feet	**1,026,262**	923,604	512,929	1,048,933	919,675	**886,280**
Per rentable square foot	**$ 10.51**	$ 12.30	$ 7.67	$ 9.98	$ 5.93	**$ 9.48**
Total:						
Total dollars committed under signed leases	**$ 45,845,908**	$ 52,854,020	$ 17,402,480	$ 44,563,936	$ 33,880,647	**$ 38,909,398**
Rentable square feet	**1,026,262**	923,604	512,929	1,048,933	919,675	**886,280**
Per rentable square foot	**$ 44.67**	$ 57.23	$ 33.93	$ 42.49	$ 36.84	**$ 43.90**

1/ Excludes capitalized internal leasing costs.

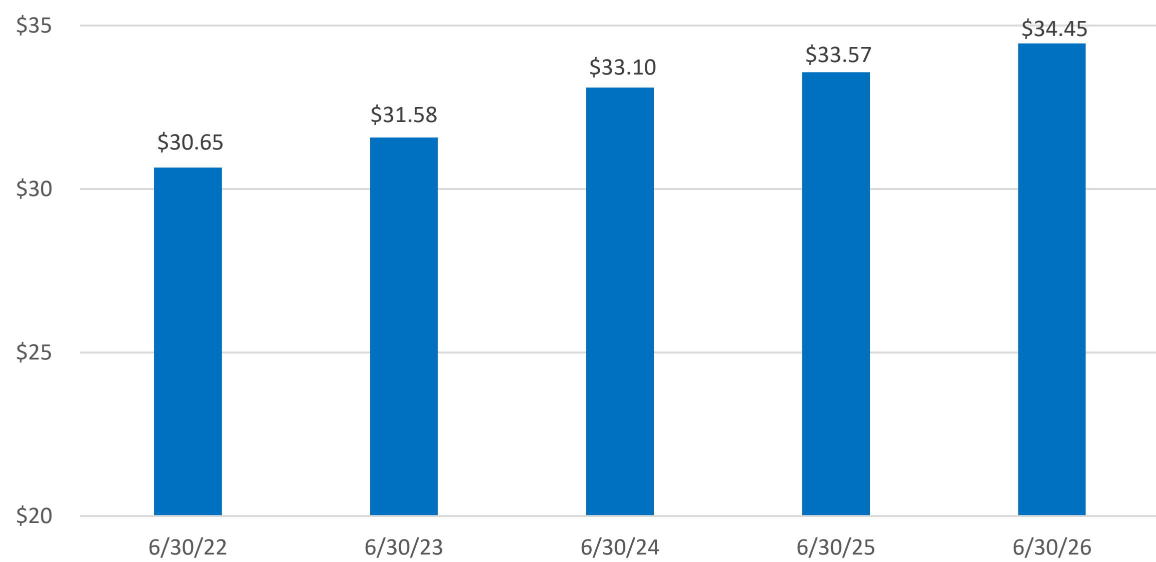
Leasing Statistics and Rental Rate Comparisons by Market

HIW Share

For Three Months Ended 6/30/26

Leasing Statistics		Rentable Square Feet Leased	Dollar Weighted Average Term	TI's Per SF	Lease Commissions Per SF	Rental Rate	Previous Rent	Percentage Change
Nashville		241,114	5.2	$ 31.77	$ 4.76	$ 34.34	$ 29.38	16.9%
Atlanta		182,881	8.1	48.74	14.74	42.29	33.38	26.7%
Raleigh		181,712	4.9	32.25	5.48	37.60	32.81	14.6%
Orlando		120,727	4.4	16.52	5.27	37.31	32.50	14.8%
Tampa		89,111	4.0	7.68	4.86	42.83	37.74	13.5%
Charlotte		88,645	8.7	64.46	25.72	52.30	40.61	28.8%
Dallas		40,869	9.1	48.08	41.35	90.15	64.58	39.6%
Other		81,202	7.5	27.96	11.15	31.47	24.90	26.4%
GAAP Rent Growth	1/	**1,026,262**	**6.4**	**$ 34.16**	**$ 10.51**	**$ 40.97**	**$ 33.89**	**20.9%**
Cash Rent Growth	2/	**1,026,262**	**6.4**	**$ 34.16**	**$ 10.51**	**$ 39.75**	**$ 38.52**	**3.2%**

Average Cash Rental Rates for All In-Place Leases as of:



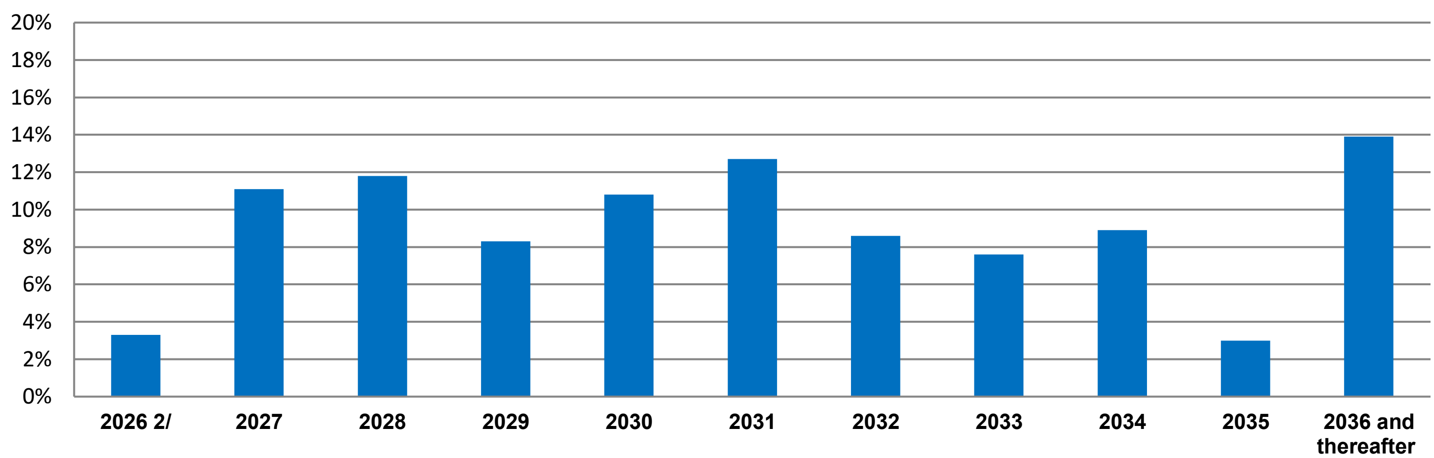
1/ GAAP rent growth is calculated by comparing average cash rent psf over the term (GAAP rent) of the new lease to the average cash rent psf over the term related to the previous lease in the same space. Adjustments are made if necessary to put both the current and prior deal on a consistent gross lease basis.

2/ Cash rent growth is calculated by comparing beginning annualized cash rent psf (after rent concessions burn off) under the new lease to ending annualized cash rent psf (including recovery income and rent escalations) related to the previous lease in the same space. Adjustments are made if necessary to put both the current and prior deal on a consistent gross lease basis.

Lease Expirations (dollars in thousands)

Year	Total Occupied Rentable Square Feet Expiring	HIW Share: Occupied Rentable Square Feet Expiring	Percent of Occupied Rentable Square Feet	Annualized Cash Revenue 1/	Average Rental Rate	Percent of Annualized Cash Revenue 1/
2026 2/	797,145	780,561	3.5%	$ 25,750	$ 32.99	3.3%
2027	2,505,970	2,438,744	10.8%	86,564	35.50	11.1%
2028	2,589,468	2,529,874	11.2%	91,720	36.25	11.8%
2029	2,054,108	1,957,320	8.7%	64,850	33.13	8.3%
2030	2,526,379	2,491,567	11.0%	84,133	33.77	10.8%
2031	3,022,530	2,997,537	13.3%	99,302	33.13	12.7%
2032	1,865,535	1,712,231	7.6%	66,976	39.12	8.6%
2033	1,911,276	1,677,876	7.4%	59,314	35.35	7.6%
2034	1,683,582	1,658,488	7.3%	69,139	41.69	8.9%
2035	836,177	700,649	3.1%	23,724	33.86	3.0%
2036 and thereafter	3,899,142	3,672,241	16.1%	107,662	29.32	13.9%
	23,691,312	**22,617,088**	**100.0%**	**$ 779,134**	**$ 34.45**	**100.0%**

Percent of Total Annualized Cash Revenue (HIW share) Expiring by Year



1/ Annualized Cash Revenue is June 2026 cash rental revenue (base rent plus operating expense pass through revenue excluding straight-line rental income) multiplied by 12.

2/ Includes 91,000 square feet of leases that are on a month to month basis, which constitute 0.3% of total annualized revenue.

Note: 2026 and beyond expirations that have been renewed are reflected above based on the renewal expiration date. Expirations include leases related to completed not stabilized development properties and exclude leases related to developments in-process.

Lease Expirations by Market by Year (dollars in thousands)

		HIW Share				
		2026 1/	2027	2028	2029	Thereafter
Atlanta	RSF	209,362	634,401	429,997	316,240	2,344,800
	% of Total RSF	1.0%	2.9%	2.0%	1.4%	10.3%
	Annualized Cash Revenue 2/	$ 7,409	$ 20,927	$ 16,674	$ 9,627	$ 80,715
	% of Total Annualized Cash Rev	1.0%	2.6%	2.2%	1.3%	10.4%
Charlotte	RSF	55,015	51,411	72,214	69,006	1,937,407
	% of Total RSF	0.2%	0.2%	0.3%	0.3%	8.6%
	Annualized Cash Revenue 2/	$ 2,389	$ 2,106	$ 3,387	$ 3,462	$ 84,435
	% of Total Annualized Cash Rev	0.3%	0.3%	0.4%	0.4%	10.8%
Dallas	RSF	16,584	30,236	29,359	54,584	367,904
	% of Total RSF	0.1%	0.1%	0.1%	0.2%	1.6%
	Annualized Cash Revenue 2/	$ 495	$ 2,184	$ 1,882	$ 3,864	$ 20,493
	% of Total Annualized Cash Rev	0.1%	0.3%	0.2%	0.5%	2.6%
Nashville	RSF	140,224	370,282	563,950	456,974	2,380,417
	% of Total RSF	0.7%	1.6%	2.5%	2.0%	10.4%
	Annualized Cash Revenue 2/	$ 3,482	$ 13,723	$ 19,215	$ 15,194	$ 81,452
	% of Total Annualized Cash Rev	0.4%	1.7%	2.6%	2.0%	10.5%
Orlando	RSF	93,641	157,944	253,288	131,680	923,032
	% of Total RSF	0.4%	0.7%	1.1%	0.6%	4.1%
	Annualized Cash Revenue 2/	$ 2,947	$ 6,076	$ 8,607	$ 4,214	$ 28,976
	% of Total Annualized Cash Rev	0.4%	0.8%	1.1%	0.5%	3.7%
Raleigh	RSF	146,391	661,238	421,900	471,881	3,729,144
	% of Total RSF	0.6%	2.9%	1.9%	2.1%	16.5%
	Annualized Cash Revenue 2/	$ 4,894	$ 23,107	$ 14,984	$ 15,770	$ 119,041
	% of Total Annualized Cash Rev	0.6%	3.0%	1.9%	2.0%	15.3%
Tampa	RSF	76,849	329,647	341,373	196,446	1,331,804
	% of Total RSF	0.3%	1.5%	1.5%	0.9%	5.9%
	Annualized Cash Revenue 2/	$ 2,646	$ 12,117	$ 14,262	$ 6,463	$ 42,562
	% of Total Annualized Cash Rev	0.3%	1.6%	1.8%	0.8%	5.5%
Other 3/	RSF	42,495	203,585	417,793	260,508	1,896,082
	% of Total RSF	0.2%	0.9%	1.8%	1.2%	8.4%
	Annualized Cash Revenue 2/	$ 1,488	$ 6,324	$ 12,709	$ 6,256	$ 52,576
	% of Total Annualized Cash Rev	0.2%	0.8%	1.6%	0.8%	6.7%
Total	**RSF**	**780,561**	**2,438,744**	**2,529,874**	**1,957,320**	**14,910,589**
	% of Total RSF	**3.5%**	**10.8%**	**11.2%**	**8.7%**	**65.8%**
	Annualized Cash Revenue 2/	**$ 25,750**	**$ 86,564**	**$ 91,720**	**$ 64,850**	**$ 510,250**
	% of Total Annualized Cash Rev	**3.3%**	**11.1%**	**11.8%**	**8.3%**	**65.5%**

1/ Includes 91,000 square feet of leases that are on a month to month basis, which constitute 0.3% of total annualized revenue.

2/ Annualized Cash Revenue is June 2026 cash rental revenue (base rent plus operating expense pass through revenue excluding straight-line rental income) from consolidated in-service properties multiplied by 12.

3/ Consists of assets in non-core markets.

Customer Diversification (dollars in thousands)

	HIW Share				
Top 20 Customers	Rentable Square Feet	Annualized Cash Revenue 1/	Annualized GAAP Revenue 2/	Percent of Annualized GAAP Revenue 2/	Average Remaining Lease Term in Years
Bank of America	620,790	$ 33,670	$ 34,416	4.18%	8.3
Asurion	543,794	25,747	27,385	3.33%	10.3
Federal Government	661,317	20,166	22,245	2.70%	3.3
Metropolitan Life Insurance	667,228	21,557	20,647	2.51%	4.7
PPG Industries	370,927	12,212	11,599	1.41%	5.0
Advance Auto Parts	218,043	9,316	9,879	1.20%	6.3
Mars Petcare	223,700	10,035	9,743	1.18%	4.9
Vanderbilt University	294,389	9,506	9,350	1.14%	3.3
J.P. Morgan Chase & Co.	183,864	7,506	6,665	0.81%	1.9
CapFinancial Group	135,631	5,669	6,423	0.78%	10.1
Albemarle Corporation	139,242	5,971	6,254	0.76%	9.8
Holland & Knight	149,723	1,931	6,232	0.76%	10.4
Lifepoint Corporate Services	202,991	6,704	6,013	0.73%	2.8
Robinson Bradshaw & Hinson PA	101,502	-	5,712	0.69%	13.9
Regus	169,833	5,795	5,696	0.69%	4.7
Delta Community Credit Union	128,589	5,950	5,580	0.68%	6.4
Global Payments	168,051	5,616	5,136	0.62%	6.7
PNC Bank	146,394	5,310	4,730	0.58%	2.4
Deloitte	122,264	4,557	4,708	0.57%	6.0
Martin Marietta	125,432	4,401	4,552	0.55%	9.8
	5,373,704	$ 201,619	$ 212,965	25.87%	6.7

Percent of Annualized GAAP Revenue (HIW share) by Industry

Category	Percent of Annualized GAAP Revenue 2/
Finance and Banking	18.5%
Legal and Accounting Services	17.2%
Insurance	10.5%
Health Care and Social Assistance	7.1%
Technology, Information, Media & Telecom	6.7%
Real Estate Rental and Leasing	6.3%
Architectural, Engineering, and Related Services	5.6%
Manufacturing	4.5%
Government/Public Administration	3.6%
Retail Trade	3.4%
Other Professional Services	3.0%
Other Non-Professional Services	2.5%
Biotech, Pharmaceutical & Clinical Research	2.2%
Hospitality and Food Services	2.2%
Administrative and Support Services	2.1%
Educational Services	1.9%
Energy	1.0%
Transportation and Warehousing	0.9%
Wholesale Trade	0.8%
	100.0%

1/ Annualized Cash Revenue is June 2026 cash rental revenue (base rent plus operating expense pass through revenue excluding straight-line rental income) multiplied by 12.

2/ Annualized GAAP Revenue is June 2026 GAAP rental revenue multiplied by 12.

Same Property Performance (dollars in thousands)

	HIW Share			
	Three Months Ended		Dollar	Percentage
	6/30/26	6/30/25	Change B/(W)	Change B/(W)
Rental revenues 1/	$ 194,050	$ 189,958	$ 4,092	2.2%
Operating expenses	(67,039)	(63,317)	(3,722)	(5.9%)
Cash NOI	**127,011**	**126,641**	**370**	**0.3%**
Straight-line rent and other non-cash adjustments 2/	4,684	3,009	1,675	55.7%
GAAP NOI without Term Fees	**131,695**	**129,650**	**2,045**	**1.6%**
Lease termination fees 3/	469	1,006	(537)	(53.4%)
GAAP NOI	**$ 132,164**	**$ 130,656**	**$ 1,508**	**1.2%**
Average occupancy	85.6%	84.9%		0.7%
Rentable square feet	24,863,000	24,863,000		

	Six Months Ended		Dollar	Percentage
	6/30/26	6/30/25	Change B/(W)	Change B/(W)
Rental revenues 1/	$ 385,965	$ 379,046	$ 6,919	1.8%
Operating expenses	(134,829)	(127,413)	(7,416)	(5.8%)
Cash NOI	**251,136**	**251,633**	**(497)**	**(0.2%)**
Straight-line rent and other non-cash adjustments 2/	8,879	7,126	1,753	24.6%
GAAP NOI without Term Fees	**260,015**	**258,759**	**1,256**	**0.5%**
Lease termination fees 3/	2,977	2,844	133	4.7%
GAAP NOI	**$ 262,992**	**$ 261,603**	**$ 1,389**	**0.5%**
Average occupancy	85.5%	85.2%		0.3%
Rentable square feet	24,863,000	24,863,000		

	Year to Date: 2026 vs 2025	
	GAAP NOI Percentage	Occupancy Percentage
Market	**Change**	**Change**
Atlanta	0.5%	(0.8%)
Charlotte	0.0%	(0.4%)
Nashville	(1.3%)	0.4%
Orlando	5.3%	(0.7%)
Raleigh	(1.9%)	0.4%
Tampa	11.5%	3.3%
Other 4/	(2.3%)	(0.3%)
	0.5%	0.3%

1/ Excludes straight-line rents, lease termination fees, adjustments related to amortization of acquired above and below market leases and amortization of lease incentives.

2/ Includes adjustments related to amortization of acquired above and below market leases, amortization of lease incentives and temporary rent deferrals.

3/ Straight-line rent credit losses related to lease terminations are reflected here as a reduction of lease termination fees.

4/ Consists of assets in non-core markets and our McKinney and Olive building in Dallas.

Acquisition Activity (dollars In thousands)

Total Building Acquisitions:		Six Months Ended 6/30/26	Total Land Acquisitions		Six Months Ended 6/30/26
Occupancy at Acquisition		95.5%	Office Development potential (SF)		-
Square feet		665,000	Mixed Use Development potential (SF)		-
Gross total investment (HIW Share)	$	108,400	Gross total investment	$	-

Bloc83		
Market		Raleigh
Property type		Office
Date acquired		January 9, 2026
Square feet		492,000
Gross total investment (HIW Share)	$	21,000
Occupancy at Acquisition		94.6%
The Terraces		
Market		Dallas
Property type		Office
Date acquired		January 9, 2026
Square feet		173,000
Gross total investment (HIW Share) 1/	$	87,400
Occupancy at Acquisition		98.1%

1/ In addition to the $87.4 million gross total investment (at HIW Share) shown above, Highwoods also contributed to the joint venture $12.9 million (net of the Company's 80% interest) of preferred equity.

Disposition Activity (dollars In thousands)

Total Building Dispositions:		Six Months Ended 6/30/26
Occupancy at disposition		96.0%
Square feet		870,000
Gross sales price	$	297,275

Stony Point I, II and III		
Market		Richmond
Date sold		February 6, 2026
Occupancy 1/		90.2%
Square feet		357,000
Gross sales price	$	42,275

Bridgestone		
Market		Nashville
Date sold		May 12, 2026
Occupancy 1/		100.0%
Square feet		513,000
Gross sales price	$	255,000

Total Land Dispositions:		Six Months Ended 6/30/26
Gross sales price	$	4,000

Sadler Road 50% Interest		
Market		Richmond
Date sold		June 25, 2026
Gross sales price	$	4,000

1/ As of last reported quarter-end occupancy prior to date of disposition.

Development Activity (dollars in thousands)

				Individual Project Details Shown at 100%						
Completed Not Stabilized	**Market**	**Own %**	**Consolidated (Y/N)**	**Rentable Square Feet**	**Anticipated Total Investment 1/**	**Investment As Of 6/30/26**	**Pre-Leased %**	**Occupancy As Of 6/30/26**	**Estimated Completion Date**	**Estimated Stabilization Date**
23Springs	Dallas	50%	N	642,000	$ 460,000	$ 404,435	93.0%	65.3%	1Q 25	2Q 27
Total Completed Not Stabilized (@ 100%)				**642,000**	**$ 460,000**	**$ 404,435**	**93.0%**	**65.3%**		
Total Completed Not Stabilized ($ Weighted @ HIW share)					**$ 230,000**	**$ 202,218**	**93.0%**	**65.3%**		
Total Pipeline (@ 100%)				**642,000**	**$ 460,000**	**$ 404,435**	**93.0%**			
Total Pipeline ($ Weighted @ HIW share)					**$ 230,000**	**$ 202,218**	**93.0%**			

Placed in Service								
Midtown East	Tampa	50%	N	143,000	$ 83,000	$ 70,096	94.9%	39.5%
Total (@ 100%)				**143,000**	**$ 83,000**	**$ 70,096**	**94.9%**	**39.5%**
Total ($ Weighted @ HIW share)					**$ 41,500**	**$ 35,048**	**94.9%**	**39.5%**

1/ Includes estimated lease up costs for tenant improvements and lease commissions until the property has reached stabilization.

Market	Office SF	Mixed Use SF 1/	Total SF
Nashville	2,210,000	2,708,000	4,918,000
Raleigh	685,000	-	685,000
Charlotte	300,000	280,000	580,000
Tampa	300,000	-	300,000
Total	**3,495,000**	**2,988,000**	**6,483,000**
Estimated Build Out	$2.0 Billion	$1.3 Billion	$3.3 Billion

The land inventory in the table above has a market value of approximately $245 million to $265 million.
Additionally, Highwoods owns land held for development or redevelopment in non-core locations with an estimated market value of approximately $60 million to $70 million, which includes two buildings encompassing 0.4 million rentable square feet that were taken out of service during 2025 and five single-story, out-of-service buildings in Atlanta.

1/ Based upon an average of 1,000 SF per residential unit.

In-Service Joint Ventures[1/] (dollars in thousands)

Joint Venture Summary by Market:

Market	Rentable Square Feet (HIW Share)	Occupancy	Percentage of Joint Venture Annualized Cash Revenue 2/ 3/
Dallas 4/	621,000	80.3%	62.0%
Tampa 4/	193,000	77.5%	17.5%
Kansas City	146,000	88.8%	10.1%
Atlanta	68,000	93.7%	5.9%
Raleigh 4/	49,000	95.9%	4.5%
Total	1,077,000	82.5%	100.0%

Total Unconsolidated Joint Venture Information:

Income statement information:

	Three Months Ended June 30, 2026		Six Months Ended June 30, 2026	
	Revenue	GAAP NOI	Revenue	GAAP NOI
Joint Venture (at 100%)	$ 18,762	$ 11,356	$ 41,301	$ 26,415
HIW Share	$ 9,381	$ 5,678	$ 20,651	$ 13,208

Balance sheet information as of 6/30/26:

	Total Assets	Debt 5/	Net Other Assets/(Liabilities) 6/
Joint Venture (at 100%)	$ 747,347	$ 127,808	$ 20,365
HIW Share	$ 373,673	$ 63,904	$ 10,183

Total Consolidated Joint Venture Information:

Income statement information:

	Three Months Ended June 30, 2026		Six Months Ended June 30, 2026	
	Revenue	GAAP NOI	Revenue	GAAP NOI
Joint Venture (at 100%)	$ 11,031	$ 7,696	$ 20,918	$ 14,666
Joint Venture Partners' Share	$ 6,131	$ 4,456	$ 11,736	$ 8,419
HIW Share	$ 4,900	$ 3,240	$ 9,182	$ 6,247

Balance sheet information as of 6/30/26:

	Total Assets	Debt	Net Other Assets/(Liabilities) 6/
Joint Venture (at 100%)	$ 391,663	$ 43,912	$ 8,773
Joint Venture Partners' Share	$ 229,706	$ 8,782	$ 6,342
HIW Share	$ 161,957	$ 35,130	$ 2,431

1/ The information on this page does not include development projects that have not yet been placed in service. Development projects are not considered in-service properties until such projects are completed and stabilized. Stabilization occurs at the earlier of: (1) the projected stabilization date, or (2) the date on which a project's occupancy generally exceeds 93%.

2/ Annualized Cash Revenue is June 2026 cash rental revenue (base rent plus operating expense pass through revenue excluding straight-line rental income) multiplied by 12.

3/ Annualized Cash Revenue is based on HIW share only.

4/ Includes our consolidated joint ventures: Midtown West in Tampa, The Terraces in Dallas and Bloc83 in Raleigh.

5/ The debt presented on this page does not include the $191.5 million outstanding debt balance at our 23Springs joint venture ($95.7 million at our share) because this development project has not yet been placed in service. The debt presented on this page also does not include any debt balances for joint ventures where Highwoods has provided the loan to the joint venture.

6/ Includes non income producing tangible assets and liabilities other than debt.