

FORRESTER RESEARCH INC
Form 4
March 12, 2008

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Galford Robert

(Last) (First) (Middle)

C/O FORRESTER RESEARCH, 400
TECHNOLOGY SQUARE

(Street)

CAMBRIDGE, MA 02139

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
FORRESTER RESEARCH INC
[FORR]

3. Date of Earliest Transaction
(Month/Day/Year)
03/11/2008

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price (A) or (D)		
Common Stock	03/11/2008		M		300 A \$ 19.19	2,700 ⁽¹⁾	D
Common Stock	03/11/2008		S		300 D \$ 26.69	2,400 ⁽¹⁾	D
Common Stock	03/11/2008		M		350 A \$ 19.19	2,750 ⁽¹⁾	D
Common Stock	03/11/2008		S		350 D \$ 26.64	2,400 ⁽¹⁾	D
Common Stock	03/11/2008		M		100 A \$ 19.19	2,500 ⁽¹⁾	D

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Common Stock	03/11/2008	S	100	D	\$ 26.63	2,400 ⁽¹⁾	D
Common Stock	03/11/2008	M	200	A	\$ 19.19	2,600 ⁽¹⁾	D
Common Stock	03/11/2008	S	200	D	\$ 26.54	2,400 ⁽¹⁾	D
Common Stock	03/11/2008	M	1,000	A	\$ 19.19	3,400 ⁽¹⁾	D
Common Stock	03/11/2008	S	1,000	D	\$ 26.56	2,400 ⁽¹⁾	D
Common Stock	03/11/2008	M	1,550	A	\$ 19.19	3,950 ⁽¹⁾	D
Common Stock	03/11/2008	S	1,550	D	\$ 26.57	2,400 ⁽¹⁾	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Non Qualified Employee Stock Option (Right to Buy)	\$ 19.19	03/11/2008		M	300	⁽²⁾ 05/12/2008	Common Stock	300
Non Qualified Employee	\$ 19.19	03/11/2008		M	350	⁽²⁾ 05/12/2008	Common Stock	350

Stock Option (Right to Buy)									
Non Qualified Employee Stock Option (Right to Buy)									
\$ 19.19	03/11/2008	M	100	(2)	05/12/2008	Common Stock	100		
Non Qualified Employee Stock Option (Right to Buy)									
\$ 19.19	03/11/2008	M	200	(2)	05/12/2008	Common Stock	200		
Non Qualified Employee Stock Option (Right to Buy)									
\$ 19.19	03/11/2008	M	1,000	(2)	05/12/2008	Common Stock	1,000		
Non Qualified Employee Stock Option (Right to Buy)									
\$ 19.19	03/11/2008	M	1,550	(2)	05/12/2008	Common Stock	1,550		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Galford Robert C/O FORRESTER RESEARCH 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	X			

Signatures

Ryan Maughn, attorney in fact for Robert Galford	03/12/2008
**Signature of Reporting Person	Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) The 2,400 shares are held in a trust for Mr. Galford's children, and Mr. Galford disclaims beneficial ownership of these shares.

(2) The Options become exercisable in three equal installments on the first, second and third anniversaries of the grant date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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