

Galford Robert
Form 4
November 24, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 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

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

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

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

C/O FORRESTER RESEARCH, 400
TECHNOLOGY SQUARE

11/23/2010

(Street)

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

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

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

CAMBRIDGE, MA 02139

(City) (State) (Zip)

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)			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 Indirect Beneficial Ownership (Instr. 4)
				Code	V	Amount or Price			
Common Stock	11/23/2010		M			12,500 A \$ 26.3	14,900	D	
Common Stock	11/23/2010		S			12,500 D \$ 35.16	2,400 ⁽¹⁾	I	Trust
Common Stock	11/23/2010		M			12,500 A \$ 18.75	14,900	D	
Common Stock	11/23/2010		S			12,500 D \$ 35.16	2,400 ⁽¹⁾	I	Trust
Common Stock	11/23/2010		M			12,500 A \$ 15.67	14,900	D	

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Common Stock	11/23/2010		S	12,158	D	\$ 35.16	2,742 ⁽²⁾	D	
Common Stock	11/23/2010		S	342	D	\$ 35.12	2,400 ⁽¹⁾	I	Trust
Common Stock	11/23/2010		M	12,500	A	\$ 17.6	14,900 ⁽²⁾	D	
Common Stock	11/23/2010		S	10,525	D	\$ 35.12	4,375 ⁽²⁾	D	
Common Stock	11/23/2010		M	12,500	A	\$ 15.48	16,875 ⁽²⁾	D	

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

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(9-02)

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)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non Qualified Stock Option (Right to Buy)	\$ 26.3	11/23/2010		M	12,500	05/08/2005	05/07/2011	common stock	12,500
Non Qualified Stock Option (Right to Buy)	\$ 18.75	11/23/2010		M	12,500	05/14/2006	05/13/2012	common stock	12,500
Non Qualified Stock Option	\$ 15.67	11/23/2010		M	12,500	05/13/2007	05/12/2013	common stock	12,500

(Right to Buy)

Non Qualified

Stock Option	\$ 17.6	11/23/2010		M	12,500	05/11/2008	05/10/2014	common stock	12,500
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(Right to Buy)

Non Qualified

Stock Option	\$ 15.48	11/23/2010		M	12,500	05/10/2009	05/09/2015	common stock	12,500
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(Right to Buy)

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 Darrah, attorney in fact for Robert Galford	11/24/2010
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__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) 2,400 of these shares are held in trust for Mr. Galford's children, and Mr. Galford disclaims beneficial ownership of such 2,400 shares. The remainder of these shares are held directly by Mr. Galford.

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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