

FORRESTER RESEARCH INC

Form 4

May 13, 2008

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 *
HORNIG GEORGE

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

05/12/2008

(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 Ownership (Instr. 4)
				Code	V	Amount or Price			
Common Stock	05/12/2008		M			6,250 A \$ 15.48	0	D	
Common Stock	05/12/2008		S			6,250 D \$ 30.0822	0	D	
Common Stock	05/12/2008		M			5,714 A \$ 17.6	0	D	
Common Stock	05/12/2008		S			5,714 D \$ 30.0822	0	D	
Common Stock	05/12/2008		M			536 A \$ 17.6	0	D	

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Common Stock	05/12/2008	S	536	D	\$ 29.89	0	D
Common Stock	05/12/2008	M	3,125	A	\$ 15.67	0	D
Common Stock	05/12/2008	S	3,125	D	\$ 29.89	0	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)	8. Amount or Number of Shares
Non Qualified Stock Option (Right to Buy)	\$ 15.48	05/12/2008		M	6,250	<u>(1)</u> 05/09/2015	Common Stock	6,250
Non Qualified Stock Option (Right to Buy)	\$ 17.6	05/12/2008		M	5,714	<u>(1)</u> 05/10/2014	Common Stock	5,714
Non Qualified Stock Option (Right to Buy)	\$ 17.6	05/12/2008		M	536	<u>(1)</u> 05/10/2014	Common Stock	536
	\$ 15.67	05/12/2008		M	3,125	<u>(1)</u> 05/12/2013		3,125

Non
 Qualified
 Stock
 Option
 (Right to
 Buy)

Common
 Stock

Reporting Owners

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

Signatures

Ryan Maughn, attorney in fact for George
 Hornig 05/13/2008

**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 Options become exercisable in four equal installments on the first, second, third, and fourth 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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