FORRESTER RESEARCH INC

Form 4

August 19, 2008

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

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

See Instruction 1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person * **Rutstein Charles**

2. Issuer Name and Ticker or Trading

Symbol

(Month/Day/Year)

Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to

Issuer

FORRESTER RESEARCH INC [FORR]

3. Date of Earliest Transaction

Director 10% Owner

_X__ Officer (give title Other (specify below) Chief Operating Officer

(Check all applicable)

C/O FORRESTER RESEARCH, 400 08/18/2008 **TECHNOLOGY SQUARE**

(First)

(Middle)

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

Applicable Line)

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

(Street)

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. Transactio Code (Instr. 8)	Fransaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	08/18/2008		M	2,000	A	\$ 23.5	2,760	D	
Common Stock	08/18/2008		S	2,000	D	\$ 34.5	760	D	
Common Stock	08/18/2008		M	1,250	A	\$ 18.8	2,010	D	
Common Stock	08/18/2008		S	1,250	D	\$ 34.5	760	D	
Common Stock	08/18/2008		M	2,021	A	\$ 28.47	2,781	D	

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Common Stock S 2,021 D \$ 34.5 760 D

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

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SEC 1474

(9-02)

D

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. Transactic 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
Incentive Stock Option (Right to Buy)	\$ 23.5	08/18/2008		M	2,000	<u>(1)</u>	01/18/2009	Common Stock	2,000
Non Qualified Stock Option (Right to Buy)	\$ 18.8	08/18/2008		M	1,250	<u>(2)</u>	01/29/2012	Common Stock	1,250
Non Qualified Stock Option (Right to Buy)	\$ 28.47	08/18/2008		M	2,021	<u>(1)</u>	01/16/2010	Common Stock	2,021

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Chief Operating Officer

Reporting Owners 2

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Rutstein Charles C/O FORRESTER RESEARCH 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139

Signatures

Ryan Maughn, attorney in fact for Charles Rutstein

08/19/2008

**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 three equal installments on the first, second and third anniversaries of the grant date.
- (2) 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. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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