Edgar Filing: FORRESTER RESEARCH INC - Form 4

Form 4	RRESEARCH	INC										
August 23, 2006									OMB APPROVAL			
FORM	4 UNITED	NITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549									3235-0287	
Check th if no lon subject to Section Form 4 c Form 5	ger 5 16. 5 Filed pu	STATEMENT OF CHANG S Filed pursuant to Section 16(a					ICIA			Expires: January 3 20 Estimated average burden hours per response 0		
obligatio may con <i>See</i> Instr 1(b).	tinue. Section 17			•		•	-	y Act of ct of 1940	1935 or Section	I		
(Print or Type	Responses)											
RILEY TIMOTHY Symbol				ESTER RESEARCH INC					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) 3. Date o				of Earliest Transaction Day/Year) 2006					Director 10% Owner X Officer (give title Other (specify below) below) Chief People Officer			
				nth/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
CAMBRID	GE, MA 02139								Form filed by M Person	ore than One Rej	porting	
(City)	(State)	(Zip)	Tab	le I - No	on-E	Derivative	Secu	rities Acqu	iired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)		Fransaction Date 2A. Deemed onth/Day/Year) Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or Code V Amount (D) Price				5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6.7. Nature ofOwnershipIndirectForm: DirectBeneficial(D) orOwnershipIndirect (I)(Instr. 4)(Instr. 4)		
Common Stock	08/21/2006			M	v	7,000	(D) A	Price \$ 11.69	0	D		
Common Stock	08/21/2006			S		7,000	D	\$ 28.754	0	D		
Common Stock	08/22/2006			М		5,677	А	\$ 11.69	0	D		
Common Stock	08/22/2006			S		5,677	D	\$ 28.75	0	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. Transactio Code (Instr. 8)	5. Number on f 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
Stock Option (Right to Buy)	\$ 11.69	08/21/2006		М	7,000	07/09/2002 <u>(1)</u>	07/08/2009	Common Stock	7,000
Stock Option (Right to Buy)	\$ 11.69	08/22/2006		М	5,677	07/09/2002 <u>(1)</u>	07/08/2009	Common Stock	5,677

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
RILEY TIMOTHY C/O FORRESTER RESEARCH 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139			Chief People Officer					
Signatures								
Brittany Roberts, attorney in fact Riley	for Timo	thy	08/23/2006					
**Signature of Reporting Perso	on		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.

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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.