

FORRESTER RESEARCH INC
Form 3
January 04, 2007

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *

Â Nemeç Mark R

(Last) (First) (Middle)

2. Date of Event Requiring Statement

(Month/Day/Year)

01/01/2007

3. Issuer Name and Ticker or Trading Symbol

FORRESTER RESEARCH INC [FORR]

4. Relationship of Reporting Person(s) to Issuer

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

(Check all applicable)

Director 10% Owner

Officer Other

(give title below) (specify below)

Managing Director, Tech. Ind.

6. Individual or Joint/Group

Filing(Check Applicable Line)

Form filed by One Reporting Person

Form filed by More than One Reporting Person

C/O FORRESTER RESEARCH, INC.,Â 400 TECHNOLOGY SQUARE

(Street)

CAMBRIDGE,Â MAÂ 02139

(City) (State) (Zip)

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)

2. Amount of Securities Beneficially Owned (Instr. 4)

3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)

4. Nature of Indirect Beneficial Ownership (Instr. 5)

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

SEC 1473 (7-02)

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

1. Title of Derivative Security (Instr. 4)

2. Date Exercisable and Expiration Date (Month/Day/Year)

3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)

4. Conversion or Exercise Price of Derivative Security

5. Ownership Form of Derivative Security: Direct (D)

6. Nature of Indirect Beneficial Ownership (Instr. 5)

Date Exercisable Date Expiration Date

Title Amount or Number of

				Shares		or Indirect (I) (Instr. 5)	
Incentive Stock Option (Right to Buy)	Â (1)	09/05/2015	Common Stock	2,250	\$ 21.01	D	Â
Non-Qualified Stock Option (Right to Buy)	Â (2)	04/02/2016	Common Stock	15,000	\$ 22.19	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Nemec Mark R C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	Â	Â	Â Managing Director, Tech. Ind.	Â

Signatures

Ryan Maughn, attorney in fact for Mark
Nemec

01/04/2007

__Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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.
- (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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