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KARDON Form 4									
April 04, 20	ЛЛ								PPROVAL
	UNITED	STATES		RITIES A			COMMISSIO	N OMB Number:	3235-0287
Check if no lo subject	MENT OF	CHANGES IN BENEFICIAL OWNERSHIP OF					Expires:	January 31, 2005	
Section Form 4	16. or		SECURITIES					Estimated burden hou response	urs per
Form 5 obligati may co <i>See</i> Ins 1(b).	ions Section 17	(a) of the P	Public U	Itility Hol	ding Cor		nge Act of 1934, of 1935 or Secti 940		
(Print or Type	e Responses)								
1. Name and KARDON		2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer				
		FORRESTER RESEARCH INC [FORR]				(Check all applicable)			
(Last)		3. Date of Earliest Transaction (Month/Day/Year)			Director10% Owner Officer (give titleOther (specify				
	RESTER RESEAI LOGY SQUARE	RCH, 400	04/02/2	2007			below) Chief	below) f Marketing Offi	cer
(Street) 4. If Amendment, Da Filed(Month/Day/Year				 Applicable Line) _X_ Form filed by 			y One Reporting P	oint/Group Filing(Check	
CAMBRII	DGE, MA 02139						Form filed by Person	More than One R	eporting
(City)	(State)	(Zip)	Tab	ole I - Non-J	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	Code (Instr. 8)		(A) or of (D) 4 and 5) (A) or	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)
Reminder: R	eport on a separate lin	e for each cla	iss of sec		Amount	(D) Price			
Actimider. Re	port on a separate fin				Perso inforn requir	ns who rest nation cont ed to resp sys a curre	spond to the collection tained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amour
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	iorDerivative	Expiration Date	Underlying Securit

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Security (Instr. 3)	or Exercise Price of Derivative Security		any (Month/Day/Year)	Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		`` `	(Month/Day/Year)		(Instr. 3 and 4)	
				Code V	(A) (I	D) Date Exercisable	Expiration Date	Title	Amo or Num of Sh	
Non-Qualified Employee Stock Option (Right to Buy)	\$ 28.88	04/02/2007		А	10,000	<u>(1)</u>	04/01/2017	Common Stock	10,(

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
KARDON BRIAN C/O FORRESTER RESEARCH 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139			Chief Marketing Officer				
Signatures							
Brittany Roberts, attorney in fact	for Brian						
Kardon			04/04/2007				
<u>**</u> Signature of Reporting Person	n		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).

The options are subject to forfeiture in the event Forrester does not achieve pro forma operating margin targets established by the Compensation and Nominating Committee of the Board of Directors for fiscal 2007. If the pro forma operating margin target is met, the

(1) options vest in annual increments over either two or three years from the date of grant, depending on the level of pro forma operating margin achieved.

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.