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

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

OMB APPROVAL

OMB Number: 3235-0104 Expires: January 31, 2005 Estimated average burden hours per response... 0.5

(Print or Type Responses)

1. Name and Address of Reporting Person <u>*</u> Griesman Dwight			2. Date of Event Requiring Statement (Month/Day/Year)	3. Issuer Name and Ticker or Trading Symbol FORRESTER RESEARCH INC [FORR]				
(Last)	(First)	(Middle)	08/01/2008	4. Relationship of Reporting Person(s) to Issuer			5. If Amendment, Date Original Filed(Month/Day/Year)	
C/O FORRESTER RESEARCH, INC., 400 TECHNOLOGY SQUARE (Street)				(Check all applicable) Director 10% Owner X Officer Other (give title below) (specify below) Chief Marketing Officer			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person	
CAMBRIDGE, MA 02139						Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Table I - N	Table I - Non-Derivative Securities Beneficially Owned				
1.Title of Secur (Instr. 4)	ity		2. Amount o Beneficially (Instr. 4)		3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nat Owne (Instr.	*	
Common Sto	ock		119		D	Â		
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.					SEC 1473 (7-02)		
	inform requir	nation conta red to respo	oond to the collection of ained in this form are not nd unless the form displ MB control number.	t				

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

1. Title of Derivative Security	2. Date Exercisable and	3. Title and Amount of	4.	5.	6. Nature of Indirect
(Instr. 4)	Expiration Date	Securities Underlying	Conversion	Ownership	Beneficial
	(Month/Day/Year)	Derivative Security	or Exercise	Form of	Ownership
		(Instr. 4)	Price of	Derivative	(Instr. 5)
			Derivative	Security:	

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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Incentive Stock Option (Right to Buy)	(1)	04/24/2015	Common Stock	2,250	\$ 14.62	D	Â
Non-Qualified Stock Option (Right to Buy)	04/03/2008	04/02/2016	Common Stock	7,500	\$ 22.19	D	Â
Non-Qualified Stock Option (Right to Buy)	(2)	04/01/2017	Common Stock	5,000	\$ 28.62	D	Â
Non-Qualified Stock Option (Right to Buy)	(1)	03/31/2018	Common Stock	2,000	\$ 27.11	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships					
1	Director	10% Owner	Officer	Other		
Griesman Dwight C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	Â	Â	Chief Marketing Officer	Â		
Signatures						
Ryan Maughn, attorney in fact for Dwight Griesman		08/	/01/2008			
**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. 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.