

Teichgraeber Gretchen
Form 4
November 26, 2010

FORM 4

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

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**STATEMENT OF CHANGES IN 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

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(Print or Type Responses)

1. Name and Address of Reporting Person *
Teichgraeber Gretchen

2. Issuer Name **and** Ticker or Trading
Symbol
FORRESTER RESEARCH INC
[FORR]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
(Month/Day/Year)
11/23/2010

☒ Director ☐ 10% Owner
☐ Officer (give title below) ☐ Other (specify below)

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

(Street)

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

6. Individual or Joint/Group Filing(Check
Applicable Line)
☒ Form filed by One Reporting Person
☐ Form filed by More than One Reporting
Person

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. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)				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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/23/2010		M		6,000	A	\$ 19.45	6,000	D	
Common Stock	11/23/2010		M		12,500	A	\$ 26.4	18,500	D	
Common Stock	11/23/2010		M		6,250	A	\$ 28.02	24,750	D	
Common Stock	11/23/2010		M		3,125	A	\$ 30.95	27,875	D	
	11/23/2010		M		3,125	A		31,000	D	

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Common Stock \$ 23.41

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

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(9-02)

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. Transaction 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
Non Qualified Stock Option (Right to Buy)	\$ 19.45	11/23/2010		M	6,000	12/15/2008	12/14/2015	common stock	6,000
Non Qualified Stock Option (Right to Buy)	\$ 26.4	11/23/2010		M	12,500	05/09/2010	05/08/2016	common stock	12,500
Non Qualified Stock Option (Right to Buy)	\$ 28.02	11/23/2010		M	6,250	12/28/2009	12/27/2017	common stock	6,250
Non Qualified Stock Option (Right to Buy)	\$ 30.95	11/23/2010		M	3,125	05/13/2009	05/12/2018	common stock	3,125
	\$ 23.41	11/23/2010		M	3,125	05/12/2010	05/11/2019		3,125

Non
Qualified
Stock
Option
(Right to
Buy)

common
stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Teichgraeber Gretchen C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	X			

Signatures

Ryan Darrah, attorney-in-fact for Gretchen
Teichgraeber

11/26/2010

__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).

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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