

Nelson Gregory
Form 3
August 03, 2009

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

OMB APPROVAL

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

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 *

^ Nelson Gregory
(Last) (First) (Middle)

2. Date of Event Requiring Statement

(Month/Day/Year)
08/01/2009

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)
Chief Sales Officer

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., ^ 400 TECHNOLOGY SQUARE

(Street)

CAMBRIDGE, ^ MA ^ 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

Expiration Date

Title

Amount or Number of

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				Shares		or Indirect (1) (Instr. 5)	
Incentive Stock Option (Right to buy)	03/31/2008	03/30/2014	Common Stock	3,000	\$ 18.42	D	Â
Non-Qualified Stock Option (Right to buy)	07/01/2007	06/30/2013	Common Stock	3,000	\$ 16.21	D	Â
Non-Qualified Stock Option (Right to buy)	07/01/2004	06/30/2013	Common Stock	1,000	\$ 15.92	D	Â
Non-Qualified Stock Option (Right to buy)	02/01/2009	01/31/2018	Common Stock	500	\$ 24.14	D	Â
Non-Qualified Stock Option (Right to buy)	04/03/2008	04/03/2016	Common Stock	7,000	\$ 22.19	D	Â
Non-Qualified Stock Option (Right to buy)	Â <u>(1)</u>	04/01/2017	Common Stock	5,000	\$ 28.62	D	Â
Non-Qualified Stock Option (Right to buy)	Â <u>(2)</u>	06/30/2019	Common Stock	3,000	\$ 25.25	D	Â
Incentive Stock Option (Right to buy)	03/31/2007	03/30/2015	Common Stock	2,500	\$ 14.06	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Nelson Gregory C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	Â	Â	Â Chief Sales Officer	Â

Signatures

Maite Garcia, attorney in fact for Gregory
Nelson 08/03/2009

__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 three equal installments on the first, second and third anniversaries of the grant date.

(2) 50% of the Option becomes exercisable on April 1, 2011, an additional 25% of the Option becomes exercisable on April 1, 2012, and the balance of the Option becomes exercisable on April 1, 2013.

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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