

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 Meringer Julie H
 (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, IT

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

Expiration Date

Title

Amount or Number of

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				Shares		or Indirect (1) (Instr. 5)	
Incentive Stock Option (Right to Buy)	Â (1)	03/30/2013	Common Stock	1,000	\$ 14.73	D	Â
Incentive Stock Option (Right to Buy)	Â (1)	03/30/2014	Common Stock	3,375	\$ 18.42	D	Â
Non-Qualified Stock Option (Right to Buy)	Â (1)	03/30/2014	Common Stock	1,125	\$ 18.42	D	Â
Incentive Stock Option (Right to Buy)	03/16/2007	03/17/2007	Common Stock	100	\$ 25.16	D	Â
Incentive Stock Option (Right to Buy)	Â (1)	03/15/2011	Common Stock	6,000	\$ 25.16	D	Â
Incentive Stock Option (Right to Buy)	Â (2)	03/31/2009	Common Stock	8,068	\$ 17	D	Â
Incentive Stock Option (Right to Buy)	Â (1)	10/31/2011	Common Stock	7,379	\$ 15.96	D	Â
Non-Qualified Stock Option (Right to Buy)	Â (1)	03/15/2011	Common Stock	2,000	\$ 25.16	D	Â
Non-Qualified Stock Option (Right to Buy)	Â (2)	03/31/2009	Common Stock	1,932	\$ 17	D	Â
Non-Qualified Stock Option (Right to Buy)	Â (2)	04/02/2016	Common Stock	15,000	\$ 22.19	D	Â
Incentive Stock Option (Right to Buy)	Â (3)	03/30/2015	Common Stock	4,240	\$ 14.06	D	Â
Non-Qualified Stock Option (Right to Buy)	Â (3)	03/30/2015	Common Stock	3,088	\$ 14.06	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Meringer Julie H C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	Â	Â	Â Managing Director, IT	Â

Signatures

Ryan Maughn, attorney in fact for Julie Meringer

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.

(3) The Options become exercisable in two equal installments on the first and second 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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