

Teichgraeber Gretchen
 Form 4
 November 26, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
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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

(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 Ownership (Instr. 4)			
				(A) or (D)	Price					
Common Stock	11/23/2010		M	V	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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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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