

Daley Ellen
Form 4
May 23, 2013

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

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
Daley Ellen

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)
05/21/2013

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
Managing Director, Tech. Ind.

C/O FORRESTER RESEARCH, INC., 60 ACORN PARK DRIVE

(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 02140

(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 Ownership (Instr. 4)
			Code	V	Amount or Price (A) or (D)		
Common Stock	05/21/2013		M		2,167 A \$ 28.62	2,823	D
Common Stock	05/21/2013		M		450 A \$ 22.47	3,273	D
Common Stock	05/21/2013		M		1,375 A \$ 25.25	4,648	D
Common Stock	05/21/2013		M		2,062 A \$ 29.86	6,710	D
Common Stock	05/21/2013		M		1,750 A \$ 33.03	8,460	D

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Common Stock	05/21/2013	S	6,504	D	\$ 36.34	1,956	D
Common Stock	05/21/2013	S	1,300	D	\$ 36.25	656	D

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)	8. Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non Qualified Stock Option (Right to Buy)	\$ 28.62	05/21/2013		M	2,167	04/02/2010 04/01/2017		common stock	2,167
Non Qualified Stock Option (Right to Buy)	\$ 22.47	05/21/2013		M	450	01/03/2010 01/02/2016		common stock	450
Non Qualified Stock Option (Right to Buy)	\$ 25.25	05/21/2013		M	1,375	04/01/2013 06/30/2019		common stock	1,375
Non Qualified Stock Option	\$ 29.86	05/21/2013		M	2,062	04/01/2013 03/31/2020		common stock	2,062

(Right to Buy)

Non Qualified

Stock Option (Right to Buy) \$ 33.03 05/21/2013 M 1,750 04/01/2013 06/30/2021 common stock 1,750

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Daley Ellen C/O FORRESTER RESEARCH, INC. 60 ACORN PARK DRIVE CAMBRIDGE, MA 02140			Managing Director, Tech. Ind.	

Signatures

Maite Garcia, attorney-in-fact for Ellen Daley 05/23/2013

__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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