FORRESTER RESEARCH INC

Form 4

September 05, 2006

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

Estimated average burden hours per

OMB APPROVAL

response...

subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

if no longer

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * van Lingen Dennis

2. Issuer Name and Ticker or Trading

Symbol

5. Relationship of Reporting Person(s) to

Issuer

FORRESTER RESEARCH INC [FORR]

(Check all applicable)

President, EMEA

08/31/2006

(Last) (First) (Middle)

(Street)

(State)

(Zip)

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

X_ Officer (give title below)

Director

10% Owner Other (specify

FORRESTER RESEARCH. INC., 400 TECHNOLOGY

SQUARE

(City)

4. If Amendment, Date Original

Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

CAMBRIDGE, MA 02139

(City)	(State)	Table	e I - Non-D	Derivative	Secur	ities Acqu	ired, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	cution Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)		d of (D)	5. Amount of Securities Beneficially Owned Following	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common Stock	08/31/2006		M	3,750	A	\$ 14.73	0	D	
Common Stock	08/31/2006		S	3,750	D	\$ 29.304	0	D	
Common Stock	08/31/2006		M	4,000	A	\$ 13.94	0	D	
Common Stock	08/31/2006		S	4,000	D	\$ 29.304	0	D	
	08/31/2006		M	4,000	A	\$ 18.42	0	D	

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Common Stock							
Common Stock	08/31/2006	S	4,000	D	\$ 29.304	0	D
Common Stock	08/31/2006	M	2,500	A	\$ 14.06	0	D
Common Stock	08/31/2006	S	2,500	D	\$ 29.304	0	D

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

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SEC 1474

(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. Transactic Code (Instr. 8)	Securities		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
Stock Option (Right to Buy)	\$ 14.73	08/31/2006		M	3	3,750	(1)	03/30/2013	Common Stock	3,750
Stock Option (Right to Buy)	\$ 13.94	08/31/2006		M	2	4,000	10/01/2004(2)	09/30/2013	Common Stock	4,000
Stock Option (Right to Buy)	\$ 18.42	08/31/2006		M	۷	4,000	(1)	03/30/2014	Common Stock	4,000
Stock Option (Right to Buy)	\$ 14.06	08/31/2006		M	2	2,500	(3)	03/30/2015	Common Stock	2,500

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Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

van Lingen Dennis

FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE

President, EMEA

CAMBRIDGE, MA 02139

Signatures

Gail Mann, attorney in fact for Dennis van Lingen

09/05/2006

**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).
- (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 on the first anniversary of the grant date.
 - The options were subject to forfeiture in the event Forrester did not achieve earnings per share ("EPS") targets established by the
- (3) Compensation and Nominating Committee of the Board of Directors for fiscal 2005. Since the EPS target was met and exceeded, the options vest in annual increments over two years from the date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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