

FORRESTER RESEARCH INC

Form 4

September 05, 2006

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

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

OMB APPROVAL

OMB
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(Print or Type Responses)

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

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)
08/31/2006

____ Director ____ 10% Owner
____X____ Officer (give title ____ Other (specify
below) below)
President, EMEA

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)
____X____ 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 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 Beneficial Ownership (Instr. 4)
			Code	V	Amount (A) or (D)	Price	
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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(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)
				Code	V (A) (D)	Date Exercisable Expiration Date Date	Title Amount or Number of Shares
Stock Option (Right to Buy)	\$ 14.73	08/31/2006		M	3,750	<u>(1)</u> 03/30/2013	Common Stock 3,750
Stock Option (Right to Buy)	\$ 13.94	08/31/2006		M	4,000	10/01/2004 <u>(2)</u> 09/30/2013	Common Stock 4,000
Stock Option (Right to Buy)	\$ 18.42	08/31/2006		M	4,000	<u>(1)</u> 03/30/2014	Common Stock 4,000
Stock Option (Right to Buy)	\$ 14.06	08/31/2006		M	2,500	<u>(3)</u> 03/30/2015	Common Stock 2,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
van Lingen Dennis FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139			President, EMEA	

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 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.