

Lemons Elizabeth A
 Form 4
 November 19, 2010

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 *
 Lemons Elizabeth A

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)
 11/17/2010

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
 Chief People Officer

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)
			Code	V	Amount	(A) or (D)	Price
Common Stock	11/17/2010		M		4,000	A	\$ 26.45
Common Stock	11/17/2010		S		4,000	D	\$ 35.33
Common Stock	11/17/2010		M		4,000	A	\$ 28.62
Common Stock	11/17/2010		S		3,300	D	\$ 34.99
	11/17/2010		S		700	D	

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Common Stock					\$ 35.03		
Common Stock	11/17/2010		M	12,000	A	\$ 27.11	13,052 D
Common Stock	11/17/2010		S	2,100	D	\$ 35.33	10,952 D
Common Stock	11/17/2010		S	100	D	\$ 35.35	10,852 D
Common Stock	11/17/2010		S	9,800	D	\$ 34.99	1,052 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	Title	Amount or Number of Shares
Non Qualified Stock Option (Right to Buy)	\$ 26.45	11/17/2010		M	4,000	06/26/2010	06/25/2016	common stock	4,000
Non Qualified Stock Option (Right to Buy)	\$ 28.62	11/17/2010		M	4,000	04/02/2009	04/01/2017	common stock	4,000
Non Qualified Stock Option	\$ 27.11	11/17/2010		M	12,000	04/01/2010	03/31/2018	common stock	12,000

(Right to Buy)

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Lemons Elizabeth A C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139			Chief People Officer	

Signatures

Maite Garcia, attorney in fact for Elizabeth Lemons	11/19/2010
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__Signature of Reporting Person	Date
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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. 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.