

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)

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

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.

(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)
				(A) or (D)	Price		
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

\$ 33.03

05/21/2013

M

1,750

04/01/2013

06/30/2021

common stock

1,750

Option

(Right to

Buy)

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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