FORRESTER RESEARCH, INC.

Form 4

November 28, 2016

FORM 4

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

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OMB APPROVAL

Form 4 or Form 5 obligations may continue. See Instruction

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

burden hours per response...

Estimated average

1(b).

(City)

(State)

(Zip)

(Print or Type Responses)

1. Name and Address of Reporting Person * WELLES MICHAEL			2. Issuer Name and Ticker or Trading Symbol FORRESTER RESEARCH, INC. [FORR]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
(Last) C/O FORRES INC., 60 ACC			3. Date of Earliest Transaction (Month/Day/Year) 11/25/2016	X Director 10% Owner Officer (give title below) Other (specify below)
	(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
CAMBRIDGE, MA 02140				Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acc	quired, Disposed of, or Beneficially Owned
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	Table 1 Tron Delivative Securities required, Disposed oi, of Deficiently Owned								
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Ad Transaction(A) or Disposed Code (Instr. 3, 4 and (Instr. 8)			5. Amount of Securities Beneficially Owned Following	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	Reported Transaction(s) (Instr. 3 and 4)	(msu. 1)	(insti. 1)
Common Stock	11/25/2016		M	6,048	A	\$ 28.02	24,112	D	
Common Stock	11/25/2016		S	6,048	D	\$ 41.06 (1)	18,064	D	
Common Stock	11/28/2016		M	6,452	A	\$ 28.02	24,516	D	
Common Stock	11/28/2016		S	6,452	D	\$ 41.01	18,064	D	
	11/28/2016		M	778	A		18,842	D	

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Common Stock						\$ 30.95	' ·		
Common Stock	11/28/2016		S	778	D	\$ 41.01	18,064	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)	5. Number on f 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 Amour of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Share
Non-Qualified Stock Option (Right to Buy)	\$ 28.02	11/25/2016		M	6,048	12/28/2011	12/27/2017	common stock	6,04
Non-Qualified Stock Option (Right to Buy)	\$ 28.02	11/28/2016		M	6,452	12/28/2011	12/27/2017	common stock	6,45
Non-Qualified Stock Option (Right to Buy)	\$ 30.95	11/28/2016		M	778	05/13/2012	05/12/2018	common stock	77

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
WELLES MICHAEL C/O FORRESTER RESEARCH, INC. 60 ACORN PARK DRIVE CAMBRIDGE, MA 02140	X						

Reporting Owners 2

Signatures

Ryan Darrah, attorney-in-fact for Michael Welles 11/28/2016

**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).

This transaction was executed in multiple trades at prices ranging from \$41.00 to \$41.35. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected

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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