

FORRESTER RESEARCH INC
Form 4
September 05, 2006

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

OMB APPROVAL

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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 *
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
 Officer (give title below) ___ Other (specify 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)
 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 Beneficial Ownership (Instr. 4)
				(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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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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
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 ⁽²⁾ 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

