

Nelson Gregory
Form 3
August 03, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Nelson Gregory		(Month/Day/Year)	FORRESTER RESEARCH INC [FORR]	
(Last)	(First)	(Middle)	08/01/2009	
C/O FORRESTER RESEARCH, INC., Â 400 TECHNOLOGY SQUARE			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
CAMBRIDGE, Â MA Â 02139			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer	<input type="checkbox"/> Other
			(give title below)	(specify below)
			Chief Sales Officer	
			6. Individual or Joint/Group Filing(Check Applicable Line)	
			<input checked="" type="checkbox"/> Form filed by One Reporting Person	
			<input type="checkbox"/> Form filed by More than One Reporting Person	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of	

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				Shares		or Indirect (1) (Instr. 5)	
Incentive Stock Option (Right to buy)	03/31/2008	03/30/2014	Common Stock	3,000	\$ 18.42	D	Â
Non-Qualified Stock Option (Right to buy)	07/01/2007	06/30/2013	Common Stock	3,000	\$ 16.21	D	Â
Non-Qualified Stock Option (Right to buy)	07/01/2004	06/30/2013	Common Stock	1,000	\$ 15.92	D	Â
Non-Qualified Stock Option (Right to buy)	02/01/2009	01/31/2018	Common Stock	500	\$ 24.14	D	Â
Non-Qualified Stock Option (Right to buy)	04/03/2008	04/03/2016	Common Stock	7,000	\$ 22.19	D	Â
Non-Qualified Stock Option (Right to buy)	Â <u>(1)</u>	04/01/2017	Common Stock	5,000	\$ 28.62	D	Â
Non-Qualified Stock Option (Right to buy)	Â <u>(2)</u>	06/30/2019	Common Stock	3,000	\$ 25.25	D	Â
Incentive Stock Option (Right to buy)	03/31/2007	03/30/2015	Common Stock	2,500	\$ 14.06	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Nelson Gregory C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	Â	Â	Â Chief Sales Officer	Â

Signatures

Maite Garcia, attorney in fact for Gregory
Nelson

08/03/2009

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(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 three equal installments on the first, second and third anniversaries of the grant date.

(2) 50% of the Option becomes exercisable on April 1, 2011, an additional 25% of the Option becomes exercisable on April 1, 2012, and the balance of the Option becomes exercisable on April 1, 2013.

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.