

Broeders Henk
Form 4
November 29, 2010

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
Broeders Henk

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)

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

C/O FORRESTER RESEARCH, 400
TECHNOLOGY SQUARE

11/24/2010

(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 Ownership (Instr. 4)
				Code	V	Amount			
Common Stock	11/24/2010		M			12,500	\$ 26.3	D	
Common Stock	11/24/2010		S			7,415	\$ 35.3	D	
Common Stock	11/24/2010		S			2,745	\$ 35.3147	D	
Common Stock	11/24/2010		S			840	\$ 35.3036	D	
Common Stock	11/24/2010		S			379	\$ 35.2785	D	

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Common Stock	11/24/2010	S	1,121	D	\$ 35.2096	0	D
Common Stock	11/24/2010	M	12,500	A	\$ 18.75	12,500	D
Common Stock	11/24/2010	S	12,500	D	\$ 35.2096	0	D
Common Stock	11/24/2010	M	12,500	A	\$ 15.67	12,500	D
Common Stock	11/24/2010	S	1,702	D	\$ 35.2096	10,798	D
Common Stock	11/26/2010	S	999	D	\$ 35.0605	9,799	D
Common Stock	11/26/2010	S	9,799	D	\$ 35.0454	0	D
Common Stock	11/26/2010	M	12,500	A	\$ 17.6	12,500	D
Common Stock	11/26/2010	S	11,035	D	\$ 35.0454	1,465	D
Common Stock	11/26/2010	S	1,000	D	\$ 34.95	465	D
Common Stock	11/26/2010	S	465	D	\$ 34.9	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.

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. 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	\$ 26.3	11/24/2010		M	12,500	05/08/2005	05/07/2011	common stock	12,500

Stock
Option
(Right to
Buy)

Non
Qualified

Stock Option (Right to Buy)	\$ 18.75	11/24/2010	M	12,500	05/14/2006	05/13/2012	common stock	12,500
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Non
Qualified

Stock Option (Right to Buy)	\$ 15.67	11/24/2010	M	12,500	05/13/2007	05/12/2013	common stock	12,500
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Non
Qualified

Stock Option (Right to Buy)	\$ 17.6	11/26/2010	M	12,500	05/11/2008	05/10/2014	common stock	12,500
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Broeders Henk C/O FORRESTER RESEARCH 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139	X			

Signatures

Ryan Darrah, attorney-in-fact for Henk Broeders	11/24/2010
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__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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