

FORRESTER RESEARCH, INC.
 Form 4
 May 23, 2014

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 *
 Pohlmann Thomas R.

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
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 05/21/2014

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

CAMBRIDGE, MA 02140

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

(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)	(A) or (D)	5. Amount or Price	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)
Common Stock	05/21/2014		M	1,250	A	\$ 29.86	2,503	D	
Common Stock	05/21/2014		M	2,813	A	\$ 35.9	5,316	D	
Common Stock	05/21/2014		M	1,968	A	\$ 33.03	7,284	D	
Common Stock	05/21/2014		M	2,250	A	\$ 33.81	9,534	D	
Common Stock	05/21/2014		S	8,907	D	\$ 36.27	627	D	

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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)	\$ 29.86	05/21/2014		M	1,250	03/31/2014	03/31/2020	common stock	1,250
Non Qualified Stock Option (right to Buy)	\$ 35.9	05/21/2014		M	2,813	01/03/2014	01/02/2021	common stock	2,813
Non Qualified Stock Option (right to Buy)	\$ 33.03	05/21/2014		M	1,968	04/01/2014	06/30/2021	common stock	1,968
Non Qualified Stock Option (right to Buy)	\$ 33.81	05/21/2014		M	2,250	05/12/2014	05/13/2022	common stock	2,250

Reporting Owners

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

Signatures

Maite Garcia, attorney-in-fact for Thomas R. Pohlmann	05/23/2014
**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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