

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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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)

CAMBRIDGE, MA 02140

(City) (State) (Zip)

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

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

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

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 or Price | | |
| 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 | |
| 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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