MANN GAIL Form 4 August 28, 2006

FORM 4

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

Check this box if no longer

subject to Section 16. Form 4 or

Form 5 obligations may continue. See Instruction 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(b).

1. Name and Address of Reporting Person * MANN GAIL

2. Issuer Name and Ticker or Trading

Symbol

FORRESTER RESEARCH INC [FORR]

(Middle) 3. Date of Earliest Transaction

> (Month/Day/Year) 08/24/2006

5. Relationship of Reporting Person(s) to Issuer

Director

X_ Officer (give title

(Check all applicable)

10% Owner

Other (specify

OMB APPROVAL

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January 31,

2005

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OMB

Number:

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C/O FORRESTER RESEARCH, INC., 400 TECHNOLOGY

(First)

SQUARE

(City)

(Last)

(Street)

(State)

(Zip)

4. If Amendment, Date Original

Filed(Month/Day/Year)

below) Chief Legal Officer

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

CAMBRIDGE, MA 02139

(City)	(State) (Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	f, or Beneficial	ly 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 ion(A) or Disposed of (D) (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)		
Common Stock	08/24/2006		M	600	A	\$ 16.47	0	D	
Common Stock	08/24/2006		S	600	D	\$ 28.25	0	D	
Common Stock	08/25/2006		M	1,900	A	\$ 16.47	0	D	
Common Stock	08/25/2006		S	1,900	D	\$ 28.25	0	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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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 6. Date Ex Expiration (Month/Da Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. De Se (Ir
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Incentive Stock Option (Right to Buy)	\$ 16.47	08/24/2006		M	600	<u>(1)</u>	02/08/2014	Common Stock	600	\$
Incentive Stock Option (Right to Buy)	\$ 16.47	08/25/2006		M	1,900	<u>(1)</u>	02/08/2014	Common Stock	1,900	\$

Reporting Owners

Reporting Owner Name / Address	Kelationships					
	Director	10% Owner	Officer	Other		

MANN GAIL C/O FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139

Chief Legal Officer

Signatures

Brittany Roberts, attorney in fact for Gail S.

Mann

08/28/2006

**Signature of Reporting Person Date

Reporting Owners 2

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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).
- (1) The Options become exercisable in four equal installments on the first, second, third, and fourth anniversaries of the grant date.

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.