

Pohlmann Thomas R.  
Form 3  
December 13, 2010

# 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 \*

Â Pohlmann Thomas R.  
(Last) (First) (Middle)

C/O FORRESTER RESEARCH,  
INC.,Â 400 TECHNOLOGY  
SQUARE

(Street)

CAMBRIDGE,Â MAÂ 02139

(City) (State) (Zip)

2. Date of Event Requiring  
Statement

(Month/Day/Year)  
12/06/2010

3. Issuer Name **and** Ticker or Trading Symbol  
FORRESTER RESEARCH INC [FORR]

4. Relationship of Reporting  
Person(s) to Issuer

5. If Amendment, Date Original  
Filed(Month/Day/Year)

(Check all applicable)

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_\_X\_\_ Officer \_\_\_\_ Other  
(give title below) (specify below)  
Managing Director, IT

6. Individual or Joint/Group  
Filing(Check Applicable Line)  
\_\_X\_\_ Form filed by One Reporting  
Person  
\_\_\_\_ 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)

Reminder: Report on a separate line for each class of securities beneficially  
owned directly or indirectly.

SEC 1473 (7-02)

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information contained in this form are not  
required to respond unless the form displays a  
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### 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)

Date Expiration  
Exercisable Date

3. Title and Amount of  
Securities Underlying  
Derivative Security  
(Instr. 4)

Title Amount or  
Number of

4. Conversion  
or Exercise  
Price of  
Derivative  
Security

5. Ownership  
Form of  
Derivative  
Security:  
Direct (D)

6. Nature of Indirect  
Beneficial  
Ownership  
(Instr. 5)

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|                                              |              |            |                 | Shares |          | or Indirect<br>(I)<br>(Instr. 5) |   |
|----------------------------------------------|--------------|------------|-----------------|--------|----------|----------------------------------|---|
| Non Qualified Stock<br>Option (Right to Buy) | 03/31/2007   | 03/30/2015 | Common<br>Stock | 6,207  | \$ 14.06 | D                                | Â |
| Non Qualified Stock<br>Option (Right to Buy) | 04/03/2008   | 04/02/2016 | Common<br>Stock | 1,700  | \$ 22.19 | D                                | Â |
| Non Qualified Stock<br>Option (Right to Buy) | 04/01/2010   | 03/31/2018 | Common<br>Stock | 5,000  | \$ 27.11 | D                                | Â |
| Non Qualified Stock<br>Option (Right to Buy) | Â <u>(1)</u> | 06/30/2019 | Common<br>Stock | 3,000  | \$ 25.25 | D                                | Â |
| Non Qualified Stock<br>Option (Right to Buy) | Â <u>(2)</u> | 02/28/2017 | Common<br>Stock | 4,000  | \$ 26.61 | D                                | Â |
| Non Qualified Stock<br>Option (Right to Buy) | Â <u>(3)</u> | 03/31/2020 | Common<br>Stock | 2,500  | \$ 29.86 | D                                | Â |

## Reporting Owners

| Reporting Owner Name / Address                                                                     | Relationships |           |                         |       |
|----------------------------------------------------------------------------------------------------|---------------|-----------|-------------------------|-------|
|                                                                                                    | Director      | 10% Owner | Officer                 | Other |
| Pohlmann Thomas R.<br>C/O FORRESTER RESEARCH, INC.<br>400 TECHNOLOGY SQUARE<br>CAMBRIDGE, MA 02139 | Â             | Â         | Â Managing Director, IT | Â     |

## Signatures

Maite Garcia, attorney in fact for Thomas R.  
Pohlmann 12/13/2010

\_\_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) 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.
- (2) The Options become exercisable in four equal installments on the first, second, third, and fourth anniversaries of the grant date.
- (3) 50% of the Option becomes exercisable April 1, 2012, an additional 25% of the Option becomes exercisable on April 1, 2013 and the balance of the Option becomes exercisable on April 1, 2014.

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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