FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

	OMB APP	ROVAL							
	OMB Number:	3235-0287							
	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).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Brother (Last) C/O FOR	rs Mack (F	RESEARCH, IN	Middle)		3. D	Suer Name and Ticker or Trading Symbol FORRESTER RESEARCH, INC. [FORR] Date of Earliest Transaction (Month/Day/Year) 08/01/2018								Check a	Relationship of Reportin theck all applicable) Director X Officer (give title below) Chief Const			0% C Other elow)	wner (specify	
(Street) CAMBR (City)	IDGE M	íA ()2140 Zip)		4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)								ine)	-/					
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
Dat			2. Transa Date (Month/D	:h/Day/Year) if		2A. Deemed Execution Date, if any (Month/Day/Year)				Disposed	ties Acquired (A) d Of (D) (Instr. 3, 4			4 and Secui Bene		cially I Following	6. Owners Form: Dir (D) or Ind (I) (Instr. 4	ect rect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
									Code	v	Amount	(A	A) or D)	Price	Trans		ction(s) 3 and 4)			(
Common Stock			08/01/	/01/2018				F		663	663 D		\$46	46.9 5 1		4,437	D			
Common	Stock			08/01/	1/2018						7,454	1)	Α	\$0.00		00 21,891		D		
	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	rsion rcise (Month/Day/Year) 3. Transaction Date Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 3. Transaction Execution Date, if any (Month/Day/Year) (Month/Day/Year)			vative irities ired r osed)					unt of rities rlying ative rity (In:	str. 3	Deriva Securi	3. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)				
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title		nber res						

Explanation of Responses:

1. The securities awarded on August 1, 2018 are in the form of Restricted Stock Units issued pursuant to the Forrester Research, Inc. Amended and Restated Equity Incentive Plan that entitle the reporting person, upon vesting, to receive one share of common stock per Restricted Stock Unit. The Restricted Stock Units will vest and convert into common stock in four equal installments on the first, second, third and fourth anniversaries of the grant date.

Remarks:

Maite Garcia, attorney-in-fact for Mack Brothers

08/03/2018

** Signature of Reporting Person

Date

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

- * 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.

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 Number.

LIMITED POWER OF ATTORNEY FOR SECTION 16 REPORTING OBLIGATIONS

I hereby constitute and appoint each of Gail S. Mann, Ryan Darrah and Maite Garcia signing singly, my true and lawful attorney-in-fact to:

- (1) execute for and on my behalf, in my capacity as an officer and/or director of Forrester Research, Inc. (the "Company"), Forms 3, 4 and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;
- (2) do and perform any and all acts for and on my behalf that may be necessary or desirable to complete and execute any such Form 3, 4 or 5 and timely file such form with the United States Securities and Exchange Commission and any stock exchange or similar authority; and
- (3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be to my benefit, in my best interest, or that I am legally required to do, it being understood that the documents executed by such attorney-in-fact on my behalf pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion.

I hereby grant to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as I might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. I acknowledge that the attorneys-in-fact, in serving in such capacity at my request, are not assuming, nor is the Company assuming, any of my responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

This Power of Attorney shall remain in full force and effect until I am no longer required to file Forms 3, 4 and 5 with respect to my holdings of and transactions in Company securities, unless I earlier revoke it in a signed writing delivered to the attorneys-in-fact. Upon signature of this Power of Attorney, I hereby revoke all previous powers of attorney granted concerning the subject matter herein.

IN WITNESS WHEREOF, I have caused this Power of Attorney to be executed as of this 3rd day of May, 2016.

/s/Mack Brothers Signature

Mack Brothers Print Name