Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

<table>
<thead>
<tr>
<th>Date</th>
<th>Code</th>
<th>V</th>
<th>Amount</th>
<th>(A) or (D)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>08/01/2022</td>
<td>S</td>
<td>500</td>
<td>D</td>
<td>$47.279(^{(1)})</td>
<td>2,897</td>
</tr>
<tr>
<td>08/01/2022</td>
<td>M(^{(2)})</td>
<td>1,378</td>
<td>A</td>
<td>$0.00</td>
<td>4,275</td>
</tr>
<tr>
<td>08/01/2022</td>
<td>F</td>
<td>508(^{(3)})</td>
<td>D</td>
<td>$47.53</td>
<td>3,767</td>
</tr>
</tbody>
</table>

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

<table>
<thead>
<tr>
<th>Date</th>
<th>Code</th>
<th>V</th>
<th>(A)</th>
<th>(D)</th>
<th>Amount or Number of Shares</th>
</tr>
</thead>
<tbody>
<tr>
<td>08/01/2022</td>
<td>M</td>
<td>203</td>
<td>(5)</td>
<td>(3)</td>
<td>common stock 203</td>
</tr>
<tr>
<td>08/01/2022</td>
<td>M</td>
<td>480</td>
<td>(7)</td>
<td>(7)</td>
<td>common stock 480</td>
</tr>
<tr>
<td>08/01/2022</td>
<td>M</td>
<td>695</td>
<td>(8)</td>
<td>(8)</td>
<td>common stock 695</td>
</tr>
</tbody>
</table>

Explanation of Responses:

1. This transaction was executed in multiple trades at prices ranging from $47.278 to $47.33. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

2. Represents the conversion, upon vesting, of restricted stock units into common stock.

3. Represents shares withheld by the Issuer to satisfy tax withholding obligations upon the vesting on August 1, 2022 of the restricted stock units awarded to the reporting person on August 1, 2018, September 4, 2018, August 1, 2019 and August 3, 2020. The awards include a provision for the withholding of shares by the Issuer to satisfy withholding taxes due as a result of the vesting of the awards.

4. Each Restricted Stock Unit represents the right to receive, following vesting, one share of Forrester Research, Inc. common stock.

5. On September 4, 2018, the reporting person was granted 815 Restricted Stock Units that vest and convert into common stock in four equal and consecutive installments on August 1, 2019, August 1, 2020, August 1, 2021 and August 1, 2022.

6. Each Restricted Stock Unit is the equivalent of one share of Forrester Research, Inc. common stock.

7. On August 1, 2019, the reporting person was granted 1,922 Restricted Stock Units that vest and convert into common stock in four equal and consecutive installments beginning on the first anniversary of the grant date.

8. On August 3, 2020, the reporting person was granted 2,778 Restricted Stock Units that vest and convert into common stock in four equal and consecutive installments on August 1, 2021, August 1, 2022, August 1, 2023 and August 1, 2024.

Remarks:

Maite Garcia, attorney-in-fact 08/03/2022
** 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).


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.
I hereby constitute and appoint each of Ryan Darrah, Maite Garcia and Jed Rosenkrantz 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 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 attorney-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 May 16, 2018.

Signature
/s/Scott Chouinard
Scott Chouinard
Print Name