

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL	
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1. Name and Address of Reporting Person* <u>van Lingen Dennis</u> (Last) (First) (Middle) FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE (Street) CAMBRIDGE MA 02139 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol FORRESTER RESEARCH INC [FORR]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title below) Other (specify below) President, EMEA
	3. Date of Earliest Transaction (Month/Day/Year) 08/31/2006	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	08/31/2006		M		3,750	A	\$14.73	0	D	
Common Stock	08/31/2006		S		3,750	D	\$29.304	0	D	
Common Stock	08/31/2006		M		4,000	A	\$13.94	0	D	
Common Stock	08/31/2006		S		4,000	D	\$29.304	0	D	
Common Stock	08/31/2006		M		4,000	A	\$18.42	0	D	
Common Stock	08/31/2006		S		4,000	D	\$29.304	0	D	
Common Stock	08/31/2006		M		2,500	A	\$14.06	0	D	
Common Stock	08/31/2006		S		2,500	D	\$29.304	0	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	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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Option (Right to Buy)	\$14.73	08/31/2006		M			3,750	(1)	03/30/2013	Common Stock	3,750	\$14.73	1,250	D	
Stock Option (Right to Buy)	\$13.94	08/31/2006		M			4,000	10/01/2004 ⁽²⁾	09/30/2013	Common Stock	4,000	\$13.94	0	D	
Stock Option (Right to Buy)	\$18.42	08/31/2006		M			4,000	(1)	03/30/2014	Common Stock	4,000	\$18.42	4,000	D	
Stock Option (Right to Buy)	\$14.06	08/31/2006		M			2,500	(3)	03/30/2015	Common Stock	2,500	\$14.06	2,500	D	

Explanation of Responses:

- The Options become exercisable in four equal installments on the first, second, third, and fourth anniversaries of the grant date.
- The Options become exercisable on the first anniversary of the grant date.
- The options were subject to forfeiture in the event Forrester did not achieve earnings per share ("EPS") targets established by the Compensation and Nominating Committee of the Board of Directors for fiscal 2005. Since the EPS target was met and exceeded, the options vest in annual increments over two years from the date of grant.

Remarks:

Gail Mann, attorney in fact for 09/05/2006
 Dennis van Lingen

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.