

**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	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <u>Orlov George</u>  (Last) (First) (Middle) <u>C/O FORRESTER RESEARCH</u> <u>400 TECHNOLOGY SQUARE</u>  (Street) <u>CAMBRIDGE MA 02139</u>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>FORRESTER RESEARCH INC [ FORR ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Technology Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>04/03/2006</u>	
		6. Individual or Joint/Group Filing (Check Applicable Line)  <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person

**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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock							662	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					
Incentive Stock Option (right to buy)	\$22.19							(1)	04/02/2016	Common Stock	3,334	3,334	D	
Non-Qualified Stock Option (right to buy)	\$22.19							(1)	04/02/2016	Common Stock	6,666	6,666	D	

**Explanation of Responses:**

1. The options are subject to forfeiture in the event Forrester does not achieve pro forma operating margin targets established by the Compensation and Nominating Committee of the Board of Directors for fiscal 2006. If the pro forma operating margin target is met, the options vest in annual increments over either two or three years from the date of grant, depending on the level of pro forma operating margin achieved.

**Remarks:**

Kimberly A. Maxwell, attorney 04/04/2006  
in fact for George Orlov

\*\* 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.

POWER OF ATTORNEY\*

I hereby constitute and appoint each of Kimberly

Maxwell and Brittany Roberts 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.

IN WITNESS WHEREOF, I have caused this Power of Attorney to be executed

as of this 20th day of December, 2004.

/s/

George Orlov

Signature

George Orlov

Print Name

