

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001699194  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing?  LIVE  TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer FORRESTER RESEARCH, INC.  
SEC File Number 000-21433  
Address of Issuer 60 Acorn Park Drive  
Cambridge  
MASSACHUSETTS  
02140  
Phone 617-613-6000  
Name of Person for Whose Account the Securities are To Be Sold Ryan Darrah

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer

## 144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock	Robert W. Baird & Co. Incorporated 777 East Wisconsin Avenue Milwaukee WI 53202	2835	90551	19209785	08/01/2023	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *
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	Transaction	Whom Acquired	a Gift?	Acquired	Acquired	
Common Stock	06/05/2017 Restricted stock units granted 06/03/2013	Forrester Research, Inc.	<input type="checkbox"/>	154	06/05/2017	Stock-based compensation
Common Stock	08/04/2020 Restricted stock units granted 08/01/2016, 08/01/2018 and 08/01/2019	Forrester Research, Inc.	<input type="checkbox"/>	2470	08/04/2020	Stock-based compensation
Common Stock	08/07/2017 Restricted stock units granted 08/03/2015	Forrester Research, Inc.	<input type="checkbox"/>	52	08/07/2017	Stock-based compensation
Common Stock	08/05/2019 Restricted stock units granted 08/03/2015	Forrester Research, Inc.	<input type="checkbox"/>	159	08/05/2019	Stock-based compensation

\* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Nothing to Report

## 144: Remarks and Signature

Remarks

Date of Notice

08/01/2023

**ATTENTION:**

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

Ryan Darrah

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**