

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 0001290243
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 Robert Galford

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 Director

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	13000	269536.80	19312421	02/13/2024	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	Acquired	Acquired	
				Gift?			
Common Stock	05/09/2013	Restricted stock units granted 05/08/2012	Forrester Research, Inc.	<input type="checkbox"/>	303	05/19/2013	Stock-based compensation
Common Stock	05/15/2014	Restricted stock units granted 05/14/2013	Forrester Research, Inc.	<input type="checkbox"/>	291	05/15/2014	Stock-based compensation
Common Stock	05/17/2016	Restricted stock units granted 05/14/2013	Forrester Research, Inc.	<input type="checkbox"/>	451	05/17/2016	Stock-based compensation
Common Stock	05/16/2017	Restricted stock units granted 05/14/2013, 05/13/2014 and 05/12/2015	Forrester Research, Inc.	<input type="checkbox"/>	2638	05/16/2017	Stock-based compensation
Common Stock	05/18/2017	Restricted stock units granted 05/17/2016	Forrester Research, Inc.	<input type="checkbox"/>	893	05/18/2017	Stock-based compensation
Common Stock	09/05/2017	Restricted stock units granted 06/01/2017	Forrester Research, Inc.	<input type="checkbox"/>	760	09/05/2017	Stock-based compensation
Common Stock	03/07/2018	Restricted stock units granted 06/01/2017	Forrester Research, Inc.	<input type="checkbox"/>	760	03/07/2018	Stock-based compensation
Common Stock	05/15/2018	Restricted stock units granted 05/13/2014 and 05/12/2015	Forrester Research, Inc.	<input type="checkbox"/>	1769	05/15/2018	Stock-based compensation
Common Stock	05/21/2018	Restricted stock units granted 05/17/2016	Forrester Research, Inc.	<input type="checkbox"/>	892	05/21/2018	Stock-based compensation
Common Stock	06/06/2018	Restricted stock units granted 06/01/2017	Forrester Research, Inc.	<input type="checkbox"/>	105	06/06/2018	Stock-based compensation
Common Stock	12/02/2019	Restricted stock units granted 06/03/2019	Forrester Research, Inc.	<input type="checkbox"/>	658	12/02/2019	Stock-based compensation
Common Stock	03/02/2020	Restricted stock units granted 06/03/2019	Forrester Research, Inc.	<input type="checkbox"/>	657	03/02/2020	Stock-based compensation
Common Stock	09/02/2020	Restricted stock units granted 06/01/2020	Forrester Research, Inc.	<input type="checkbox"/>	835	09/02/2020	Stock-based compensation
Common Stock	12/02/2020	Restricted stock units granted 06/01/2020	Forrester Research, Inc.	<input type="checkbox"/>	836	12/02/2020	Stock-based compensation
Common Stock	09/01/2022	Restricted stock units granted 06/01/2022	Forrester Research, Inc.	<input type="checkbox"/>	576	09/01/2022	Stock-based compensation
Common Stock	12/02/2022	Restricted stock units granted 06/01/2022	Forrester Research, Inc.	<input type="checkbox"/>	576	12/02/2022	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 02/13/2024

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, as attorney-in-fact for Robert Galford

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

POWER OF ATTORNEY

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 affiliate of Forrester Research, Inc. (the "Company"), Forms 144 in accordance with Rule 144 of the Securities Act of 1933 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 144 and timely file such form with the United States Securities and Exchange Commission and any other authority as required by law; 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 Rule 144 of the Securities Act of 1933.

This Power of Attorney shall remain in full force and effect until I am no longer required to file Forms 144 with respect to my 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 12th day of February, 2024.

Signature

/s/ Robert Galford

Robert Galford
