

Pohlmann Thomas R.
Form 4
May 17, 2013

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Pohlmann Thomas R.

2. Issuer Name and Ticker or Trading Symbol
FORRESTER RESEARCH, INC.
[FORR]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
05/16/2013

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
Officer

C/O FORRESTER RESEARCH, INC., 60 ACORN PARK DRIVE

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

CAMBRIDGE, MA 02140

(City) (State) (Zip)

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)
				(A) or (D)	Price		
				Code	V	Amount	
Common Stock	05/16/2013		M	A	3,207	\$ 14.06	4,006 D
Common Stock	05/16/2013		M	A	1,700	\$ 22.19	5,706 D
Common Stock	05/16/2013		M	A	4,000	\$ 26.61	9,706 D
Common Stock	05/16/2013		M	A	5,000	\$ 27.11	14,706 D
Common Stock	05/16/2013		M	A	3,000	\$ 25.25	17,706 D

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Common Stock	05/16/2013	S	16,807	D	\$ 36.12	899	D
Common Stock	05/16/2013	S	100	D	\$ 36.28	799	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

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 Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (Right to Buy)	\$ 14.06	05/16/2013		M	3,207	03/31/2007 03/30/2015	common stock	3,207	
Non-Qualified Stock Option (Right to Buy)	\$ 22.19	05/16/2013		M	1,700	04/03/2008 04/02/2016	common stock	1,700	
Non-Qualified Stock Option (Right to Buy)	\$ 26.61	05/16/2013		M	4,000	03/01/2011 02/28/2017	common stock	4,000	
Non-Qualified Stock Option (Right to Buy)	\$ 27.11	05/16/2013		M	5,000	04/01/2010 03/31/2018	common stock	5,000	
Non-Qualified Stock Option (Right to Buy)	\$ 25.25	05/16/2013		M	3,000	04/01/2013 06/30/2019	common stock	3,000	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other

Pohlmann Thomas R.
C/O FORRESTER RESEARCH, INC.
60 ACORN PARK DRIVE
CAMBRIDGE, MA 02140

Officer

Signatures

Maite Garcia, attorney-in-fact for Thomas R.
Pohlmann

05/17/2013

__Signature of Reporting Person

Date

Explanation of Responses:

* 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.

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