

NORTHERN OIL & GAS, INC.
Form 4
December 28, 2007

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 *
REGER MICHAEL LEWIS

2. Issuer Name and Ticker or Trading Symbol
NORTHERN OIL & GAS, INC.
[NOGS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
130 LAKE ST WEST, SUITE 300
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
12/26/2007

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

WAYZATA, X1 55391

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

(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 Ownership (Instr. 4)			
				Code V	Amount					
Common Stock	12/26/2007			M	500,000	A	\$ 1.05	4,442,913	D	
Common Stock	12/26/2007			F	76,087 (1)	D	\$ 6.9 (1)	4,442,913	D	
Common Stock	12/28/2007			S	50,000	D	\$ 6.2	4,442,913	D	

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

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Option to Purchase Common Stock ⁽²⁾	\$ 1.05	12/26/2007		M	250,000	06/15/2007	12/15/2016	Common Stock	250,000
Option to Purchase Common Stock ⁽²⁾	\$ 1.05	12/26/2007		M	250,000	12/15/2007	12/15/2016	Common Stock	250,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
REGER MICHAEL LEWIS 130 LAKE ST WEST, SUITE 300 WAYZATA, X1 55391	X	X	CEO	

Signatures

/s/ Michael

Reger 12/28/2007

**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).

(1) 76,087 shares of Common Stock beneficially owned by the reporting person were surrendered as reported on Table I in consideration for the exercise price of Stock Options reported on Table II. The value of shares of Common Stock surrendered was computed using the closing price of the Company's Common Stock on Monday, December 24, 2007, the last trading day immediately preceding the exercise date of the Stock Options reported on Table II.

(2) Nonqualified Stock Option granted pursuant to the Company's Incentive Stock Option Plan in compliance with Rule 16b-3.

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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5,000 5,000 D Stock Option \$ 65.47 10/23/2008 10/22/2018
Common Stock 5,000 5,000 D Stock Option \$ 66.59 10/25/2007 10/24/2017 Common Stock 5,000 5,000 D

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BAUMGARTNER ROBERT V 5775 WAYZATA BOULEVARD, SUITE 400 MINNEAPOLIS, MN 55416	X			

Signatures

Robert V.
Baumgartner 11/12/2013

**Signature of Reporting Person Date

Explanation of Responses:

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