

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

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

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

OMB APPROVAL
OMB Number: 3235-0101
Expires: August 31, 2020
Estimated average burden
hours per response 1.00

SEC USE ONLY
DOCUMENT SEQUENCE NO.

CUSIP NUMBER

WORK LOCATION

1 (a) NAME OF ISSUER (Please type or print) Northern Oil and Gas, Inc.		(b) IRS IDENT. NO. 95-3848122	(c) S.E.C. FILE NO. 001-33999 <small>ZIP CODE</small>	WORK LOCATION
1 (d) ADDRESS OF ISSUER		STREET		CITY
601 Carlson Way, Suite 990, Minnetonka, MN 55305				STATE
				(e) TELEPHONE NO.
				AREA CODE
				NUMBER
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Bahram Akradi Revocable Trust		(b) RELATIONSHIP TO ISSUER Affiliate	(c) ADDRESS STREET	
			CITY	
			STATE	
			ZIP CODE	
		601 Carlson Way, Suite 990, Minnetonka, MN 55305		

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3 (a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY	(c) Number of Shares or Other Units To Be Sold (See instr. 3(c))	(d) Aggregate Market Value (See instr. 3(d))	(e) Number of Shares or Other Units Outstanding (See instr. 3(e))	(f) Approximate Date of Sale (See instr. 3(f)) (MO. DAY YR.)	(g) Name of Each Securities Exchange (See instr. 3(g))
		Broker-Dealer File Number					
common	Goldman, Sachs & Co. LLC 200 West St New York, NY 10282		260,000	\$2,395,000	45,850,000	12-9-2020	NYSE

INSTRUCTIONS:

1. (a) Name of issuer
- (b) Issuer's I.R.S. Identification Number
- (c) Issuer's S.E.C. file number, if any
- (d) Issuer's address, including zip code
- (e) Issuer's telephone number, including area code

2. (a) Name of person for whose account the securities are to be sold
- (b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- (c) Such person's address, including zip code

3. (a) Title of the class of securities to be sold
- (b) Name and address of each broker through whom the securities are intended to be sold
- (c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
- (d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
- (e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
- (f) Approximate date on which the securities are to be sold
- (g) Name of each securities exchange, if any, on which the securities are intended to be sold

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

TABLE I — SECURITIES TO BE SOLD

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:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
		SEE ATTACHED				

INSTRUCTIONS:

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.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

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.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Bahram Akradi Revocable Trust 601 Carlson Pkwy, Suite 990 Minnetonka, MN 55305	Northern Oil and Gas, Inc., Common	N/A	NONE	N/A

REMARKS:**INSTRUCTIONS:**

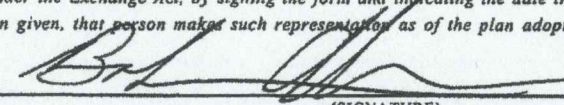
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales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

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.

12-9-2020

DATE OF NOTICE

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,
IF RELYING ON RULE 10b5-1



(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

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

Bahram Akradi Revocable Trust NOG 144 Filing 12/9/2020 - Table I Information						
Title of Class	Date You acquired	Nature of Acquisition Transaction	Name of Person From Whom Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common	9/29/2016	Open Market purchase	Open Market	32,683	9/29/2016	Cash
Common	11/01/2018	Director Vest	Issuer	1,440	11/01/2018	Cash
Common	02/08/2017	Open Market purchase	Open Market	2,500	02/08/2017	Cash
Common	02/09/2017	Open Market purchase	Open Market	4,069	02/09/2017	Cash
Common	02/17/2017	Open Market purchase	Open Market	20,117	02/17/2017	Cash
Common	07/01/2018	Director Vest	Issuer	1,440	07/01/2018	Cash
Common	02/10/2017	Open Market purchase	Open Market	13,431	02/10/2017	Cash
Common	02/06/2017	Open Market purchase	Open Market	2,000	02/06/2017	Cash
Common	09/01/2018	Director Vest	Issuer	1,440	09/01/2018	Cash
Common	08/01/2018	Director Vest	Issuer	1,440	08/01/2018	Cash
Common	10/01/2018	Director Vest	Issuer	1,440	10/01/2018	Cash
Common	08/03/2015	Open Market purchase	Open Market	400	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	550	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	600	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	400	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	500	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	450	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	350	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	750	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	1,000	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	900	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	800	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	500	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	650	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	650	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	750	08/03/2015	Cash
Common	08/03/2015	Open Market purchase	Open Market	750	08/03/2015	Cash
Common	08/21/2015	Open Market purchase	Open Market	200	08/21/2015	Cash

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Common	07/31/2015	Open Market purchase	Open Market	200	07/31/2015	Cash
Common	07/31/2015	Open Market purchase	Open Market	100	07/31/2015	Cash
Common	07/31/2015	Open Market purchase	Open Market	150	07/31/2015	Cash
Common	07/31/2015	Open Market purchase	Open Market	150	07/31/2015	Cash
Common	07/31/2015	Open Market purchase	Open Market	300	07/31/2015	Cash
Common	07/22/2015	Open Market purchase	Open Market	2,500	07/22/2015	Cash
Common	07/22/2015	Open Market purchase	Open Market	3,334	07/22/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	733	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	580	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	790	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	568	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	653	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	680	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	773	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	850	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	758	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	446	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	600	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	680	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	800	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	803	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	810	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	850	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	870	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	880	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	968	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	692	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	690	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	830	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	650	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	715	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	850	07/20/2015	Cash
Common	07/20/2015	Open Market purchase	Open Market	790	07/20/2015	Cash

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Common	07/16/2015	Open Market purchase	Open Market	373	07/16/2015	Cash
Common	07/16/2015	Open Market purchase	Open Market	600	07/16/2015	Cash
Common	07/16/2015	Open Market purchase	Open Market	368	07/16/2015	Cash
Common	07/16/2015	Open Market purchase	Open Market	433	07/16/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	300	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	450	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	380	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	312	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	18	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	480	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	538	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	435	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	365	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	493	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	540	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	630	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	414	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	600	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	350	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	733	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	750	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	750	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	800	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	405	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	845	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	550	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	755	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	370	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	850	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	780	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	700	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	640	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	653	07/02/2015	Cash

Common	07/02/2015	Open Market purchase	Open Market	950	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	740	07/02/2015	Cash
Common	07/02/2015	Open Market purchase	Open Market	427	07/02/2015	Cash
				260,000		