FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL									
	OMB Number:	3235-0287								
	Estimated average b	urden								
-	hours per response:	0.5								

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*						2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title Other (specify)					
(Last) (First) (Middle) 1050 17TH STREET, SUITE 500					3. Date of Earliest Transaction (Month/Day/Year) 11/07/2011								X Officer (give title Other (specify below) VP and General Counsel						
(Street) DENVE	DENVER CO 80265					4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) Y Form filed by One Reporting Person Form filed by More than One Reporting Person					
(Oity)		•	ble I - No	n-Deri	vativ	ve S	ecurities	s Ac	auired.	. Dis	sposed o	of. or Be	neficiall ^y	v Owned					
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)					action	2A. Deemed Execution Date,		3. 4. Securiti Transaction Disposed Code (Instr. 5)		ties Acquired (A) or I Of (D) (Instr. 3, 4 and		5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
									Code	v	Amount	(A) or (D)	Price	Reported Transaction (Instr. 3 and	tion(s)			(Instr. 4)	
Common Stock													47,760		I)			
Common Stock													5,357.418 ⁽¹⁾		I I		Employee Investment Plan		
			Table II -								osed of converti			Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Date Execution D		Date, Transaction Code (Instr				6. Date Exerci Expiration Dat (Month/Day/Ye		te of Securities		ies g Security	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)		10. Ownersh Form: Direct (D or Indire (I) (Instr.	Beneficial Ownership ct (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisal		Expiration Date	Title	Amount or Number of Shares		(Instr. 4				
Phantom Stock Units	\$0.00	11/07/2011			Α		93.4357		(2)		(2)	Phantom Stock Units	93.4357	\$37.25	3,181	1.3147 D			
Phantom Stock Units	\$0.00								(3)		(3)	Phantom Stock Units	3,840		3,8	40	D		
Stock Option	\$39.07								(4)		02/25/2018	Common Stock	7,531	7,531		31	D		
Stock Option	\$23.98								(5)		03/05/2016	Common Stock	0		10,0	000	D		

Explanation of Responses:

- 1. As of November 7, 2011, I have 5,357.4180 equivalent shares of stock in QEP's Employee Investment Plan. The number of equivalent shares will fluctuate as QEP's stock price changes; this fluctuation does not reflect any transactions that should be reported.
- 2. Phantom stock units will be payable in cash on the date of, or at a designated anniversary date following, the first to occur of the reporting person's (i) separation from service from QEP(subject to 6-month delay if necessary to comply with IRC 409A), (ii) death or (iii) disability, pursuant to the QEP Resources, Inc. Deferred Compensation Wrap Plan. This total includes shares attributable to the 401(k) supplemental program of the Deferred Compensation Wrap Plan. Consequently, share totals may change without any visible activity.
- 3. These phantom stock units are associated with QEP's Long Term Cash Incentive Plan.
- 4. The option vests in three annual installments beginning on March 5, 2012, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.
- 5. The option vests in three annual installments which began on March 5, 2010, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

Remarks:

Abigail L. Jones, Attorney in Fact 11/09/2011

** Signature of Reporting Person Date

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

- * 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.