FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
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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

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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* Neese Jay B				2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]								Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner								
(Last) 1050 17	*	(First) (Middle) EET, SUITE 500					3. Date of Earliest Transaction (Month/Day/Year) 12/20/2013								X Officer (give title Other (specify below) below) Executive Vice President					
,	DENVER CO 80265			_ 4. I	f Ame	endment,	Date	of Origin	al File	ed (Month/Da		Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person								
(City)	(5		(Zip)	n-Deri	ivativ		curities	<u> </u>	nuire	4 Die	enosed (of or Be	nefici:	ally Owner						
Table I - Non-Deriv 1. Title of Security (Instr. 3) 2. Trans: Date (Month/L)			action	ction 2A. D Exect ay/Year) if any		A. Deemed kecution Date,		3. 4. Securiti Transaction Disposed Code (Instr. 5)		ties Acquired (A) or I Of (D) (Instr. 3, 4 and		5. Amount	of ly	Form: I (D) or I		7. Nature of ndirect Beneficial Ownership (Instr. 4)				
									Code	v	Amount	(A) or (D)	(A) or Price Transaction(s)				,			
Common	Stock					_			_	┡				142,4	142,402(1))			
Common	Stock													31,988	3.626	I		Employee Investment Plan		
			Table II -								oosed of converti			ly Owned						
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)			5. Number of Expiration Date 7. Title and Amo					d Amou	8. Price of Derivative Security	9. Numbi derivativ Securitie Beneficia Owned Followin Reported Transact (Instr. 4)	ative rities Form: Comparities Form: Comparities Form: Direct or Indi (I) (Institute) Comparities Form: Comparities Form		Beneficial Ownership rect (Instr. 4)					
					Code	v	(A)	(D)	Date Exercis	able	Expiration Date	Title	Amour or Number of Shares	er						
Phantom Stock Units	\$0.00	12/20/2013			A		26.991		(2)		(2)	Phantom Stock Units	26.99	\$30.01	22,866.	1747	D			
Phantom Stock Units	\$0.00								(3)		(3)	Phantom Stock Units	50,09	17	50,09),097 D				
Stock Option	\$39.07								(4)		02/25/2018	Common Stock	27,61	1	27,6	,611 D				
Stock Option	\$30.9								(5)		02/13/2019	Common Stock	39,18	8	39,18	88	D			
Stock Option	\$30.12								(6)		02/13/2020	Common Stock	32,63	8	32,63	32,638 D				
Stock Option	\$23.98								03/05/2	2012	03/05/2016	Common Stock	80,00	0	80,00	00	D			
Stock	\$27.55								03/05/2	2013	03/05/2017	Common	30,00	0	30,00	00	D			

Explanation of Responses:

- 1. Some of these shares are held in a joint account with my spouse.
- 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) distribution election date which is not earlier than two years from the plan year (ii) separation from service from QEP (subject to 6-month delay if necessary to comply with IRC 409A), (iii) death or (iv) 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
- 3. These phantom stock units are associated with QEP's Long Term Cash Incentive Plan.
- 4. The option vests in three annual installments which began 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 beginning on March 5, 2013, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.
- 6. The option vests in three annual installments beginning on March 5, 2014, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

Remarks:

/s/ Abigail L. Jones, Attorney in Fact

12/22/2013

** 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.