FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

<b>STATEMENT</b>	<b>OF CHANGES</b>	IN BENEFICIAL	<b>OWNERSHIP</b>

	OMB APPR	OVAL
Ì	OMB Number:	3235-0287
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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).

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

	nd Address of GINS MY	Reporting Person*						er or Tradin ES, INC					Relationship on the contract of the contract o	able)	) Perso	on(s) to Issu 10% Ow	
(Last) (First) (Middle) 1050 17TH STREET, SUITE 500					3. Date of Earliest Transaction (Month/Day/Year) 06/21/2013								Officer below)	(give title		Other (specified of the other	pecify
(Street)  DENVE		_	80265		l. If Ame	endment, C	Date of	Original Fi	iled (	(Month/Da	y/Year)	6. Lir	X Form fi	led by One led by More	Repor	(Check App rting Person One Report	
(City)	(S	tate)	(Zip)														
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
Da			2. Transact Date (Month/Day	Execution Date,		Code (Instr. 5)			5. Amour Securitie Beneficia Owned F Reported	s Form ally (D) or ollowing (I) (In		m: Direct I or Indirect I nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
								Code	v	Amount	(A) o (D)	r Price	Transacti (Instr. 3 a	ion(s)			msu. 4)
Common Stock											7,7	7,700(1)		D			
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)	Code	saction (Instr.	Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amoun of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code			Date Exercisable		xpiration ate	Title	Amount or Number of Shares		(Instr. 4)				
Phantom Stock Units	\$0.00	06/21/2013		A		44.2228		(2)		(2)	Phantom Stock Units	44.2228	\$28.24	62,486.8	332	D	

## Explanation of Responses:

- 1. 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.

## Remarks:

Abigail L. Jones, Attorney in Fact 06/25/2013

\*\* 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.