FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

l	OMB APPROVAL											
l	OMB Number: 3235-0											
l	Estimated average burden											
l	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										
1. Name ar Richard		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 Officer (size title Check (openify))									
(Last) (First) (Middle) 1050 17TH STREET, SUITE 500						3. Date of Earliest Transaction (Month/Day/Year) 12/02/2014											X Officer (give title Other (specify below) Sr VP, QEP Field Services					
(Street) DENVER CO 80265					4 	. If Am	endme	Line) X Form filed by Or									ed by One	up Filing (Check Applicable One Reporting Person More than One Reporting				
(City) (State) (Zip)																						
1. Title of Security (Instr. 3)					n-Derivative S 2. Transaction Date Month/Day/Year)			2A. Deemed Execution Date, if any (Month/Day/Year)			Transaction Dispos			d of, or Beneficia rrities Acquired (A) or ed Of (D) (Instr. 3, 4 and			5. Amount of		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
										Code	v	Amount	, (A) or D)	Price		Transaction (Instr. 3 and					
Common	Stock	12/02/2014						F		3,61	8(1)	D	\$21.25		39,841		D					
Common	Stock														7,948.401		. I		mployee ivestment lan			
			Table II -									osed o				/ O	wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution D if any (Month/Day/	ate,	Code (Ir		of Derive Secu Acque (A) of Disposof (D) (Instr	of Ex		ate Exerc iration D nth/Day/	ate	e and 7. Title and Am Securities Und Derivative Sec (Instr. 3 and 4)		erlying		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)		
					Code	v			Date Exer			piration ite	Title	Nu	ount or mber of ares							
Phantom Stock Units	\$0.00								(2)			(2)	Phanto Stock Units		5,902.8662			5,902.8662		D		
Phantom Stock Units	\$0.00									(3)		(3)	Phantom Stock Units 19,4		19,416			19,4		D		
Stock Option	\$39.07								03/	05/2014	02	/25/2018	Common Stock 9		9,371		9,3		71	D		
Stock Option	\$30.9								12/0	2/2014 ⁽⁴	02	/13/2019	Common Stock 13,0		13,063		13		63	D		
Stock Option	\$30.12								12/0	02/2014 ⁽⁴⁾ 0		/13/2020	Commo					13,0	55	D		
Stock Option	\$31.74								12/0	2/02/2014 ⁽⁴⁾		/13/2021		Common Stock 9,08				9,08	33	D		
Stock Option	\$23.98								03/	03/05/2012		/05/2016	Commo		25,000			25,0	00	D		
Stock Option	\$27.55								03/	05/2013	03	/05/2017		Common Stock 15,0				15,0	00	D		

Explanation of Responses:

- 1. I received a distribution of formerly restricted shares of stock and made an advance election to satisfy my tax payment obligations by withholding shares.
- 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 activity.
- $3.\ These\ phantom\ stock\ units\ are\ associated\ with\ QEP's\ Long\ Term\ Cash\ Incentive\ Plan.$
- 4. As a result of the sale of QEP Field Services LLC, the vesting of Mr. Richards' stock options was accelerated, and the options are fully exercisable as of reporting date.

Remarks:

/s/ Abigail L. Jones, Attorney in Fact 12/04/2014

Date

** Signature of Reporting Person

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.