

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden 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* RATTIE KEITH O (Last) (First) (Middle) 1050 17TH STREET, SUITE 500 (Street) DENVER CO 80265 (City) (State) (Zip)			2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner Officer (give title below) Other (specify below)		
			3. Date of Earliest Transaction (Month/Day/Year) 11/21/2012			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
			4. If Amendment, Date of Original Filed (Month/Day/Year)					

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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			
Common Stock	11/21/2012		M		10,000 ⁽¹⁾	A	\$9.19	434,825	D	
Common Stock	11/21/2012		S		10,000 ⁽²⁾	D	\$28.0125	424,825	D	
Common Stock	11/23/2012		M		10,000 ⁽¹⁾	A	\$9.19	434,825	D	
Common Stock	11/23/2012		S		10,000 ⁽²⁾	D	\$28.6158	424,825	D	
Common Stock	11/26/2012		M		7,000 ⁽¹⁾	A	\$9.19	431,825	D	
Common Stock	11/26/2012		S		7,000 ⁽²⁾	D	\$28.414	424,825	D	
Common Stock								2,542	I	IRA

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)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount 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) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Option	\$9.19	11/21/2012		M		10,000		08/11/2003	02/11/2013	Common Stock	10,000	\$9.19	17,000	D	
Stock Option	\$9.19	11/23/2012		M		10,000		08/11/2003	02/11/2013	Common Stock	10,000	\$9.19	7,000	D	
Stock Option	\$9.19	11/26/2012		M		7,000		08/11/2003	02/11/2013	Common Stock	7,000	\$9.19	0	D	
Phantom Stock Units	\$0.00							(3)	(3)	Phantom Stock Units	5,675.6573		5,675.6573	D	
Restricted Stock Unit	\$0.00							(4)	(4)	Common Stock	34,304.9852		34,304.9852	D	
Stock Option	\$23.98							06/30/2010	03/05/2016	Common Stock	147,174		147,174	D	
Stock Option	\$27.84							06/30/2010	02/13/2015	Common Stock	80,000		80,000	D	
Stock Option	\$36.48							06/30/2010	02/12/2016	Common Stock	30,000		30,000	D	
Stock Option	\$27.55							06/30/2010	03/05/2017	Common Stock	125,000		125,000	D	

Explanation of Responses:

- These shares were acquired by the exercise of an option that would have expired in February 2013.
- My disposition of these shares was pursuant to a 10b5-1 plan.
- 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.
- These restricted stock units vest in three equal annual installments which began on July 1, 2011, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

Remarks:

Abigail L. Jones, Attorney in Fact

11/26/2012

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.