FORM 4

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

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

OMB APPROVAL

OMB Number:	3235-0287
Estimated average bu	rden
hours per response:	0.5

				or Se	ection 30(n) of the I	nvestment Co	mpany Act of 19	40				
					er Name and Ticke RESOURCE				lationship of Reporti ck all applicable) Director	10%	Owner	
(Last) 1050 17TH ST	(First) REET, SUITE 5	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 09/05/2012						X Officer (give title Other (sp below) below) VP and General Counsel		
(Street) DENVER (City)	CO (State)	80265 (Zip)		4. If Ar	nendment, Date of	Original Filed	(Month/Day/Yea	ar)	6. Inc Line) X		ne Reporting Per	son
		Table I - No	on-Deriva	tive S	Securities Acc	uired, Dis	posed of, o	r Ben	eficially	Owned		
Da			2. Transacti Date (Month/Day	Execution Dat		3. Transaction Code (Instr. 8)	4. Securities Ac Disposed Of (D)			5. Amount of Securities Beneficially Owned Following Reported	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(s) (Instr. 3 and 4)		(mour ly
Common Stock	09/05/2012	F		708(1)	D	\$28.14	53,163	D	
Common Stock							5,967.812 ⁽²⁾	Ι	Employee Investment Plan

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. Transa Code (8)		of Deriv Secu Acqu (A) o Disp of (D	rities uired r osed) r. 3, 4	Expiration Da	Date Exercisable and piration Date onth/Day/Year)		d Amount of Underlying Security Id 4)	Inderlying Derivative Security Security		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				
Phantom Stock Units	\$0.00							(3)	(3)	Phantom Stock Units	4,472.1895		4,472.1895	D	
Phantom Stock Units	\$0.00							(4)	(4)	Phantom Stock Units	10,852		10,852	D	
Stock Option	\$39.07							(5)	02/25/2018	Common Stock	7,531		7,531	D	
Stock Option	\$30.9							(6)	02/13/2019	Common Stock	14,152		14,152	D	
Stock Option	\$23.98							03/05/2012	03/05/2016	Common Stock	10,000		10,000	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. As of September 5, 2012, I have 5,967.8120 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.

3. 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.

4. These phantom stock units are associated with QEP's Long Term Cash Incentive Plan.

5. 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.

6. 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.

Remarks:

<u>Abigail L. Jones, Attorney in</u>

Fact

09/07/2012

** 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.