FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

hours per response

OMB Number: 3235-0287
Estimated average burden

0.5

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

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		2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]										ationship of I	ole)	Person	10% Ow	ner		
(Last) (First) (Middle) 1050 17TH STREET, SUITE 500						3. Date of Earliest Transaction (Month/Day/Year) 09/30/2011									Officer (g below)	ive title		Other (sp	pecify
(Street) DENVER CO 80265 (City) (State) (Zip)					4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Indi	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(-		Γable I - Non-I	Deriva	tive S	Securitie		cauir	ed [Dien	hazo	of or Re	enefic	ially ()wned				
1. Title of Security (Instr. 3) 2. Tran				. Transac	ction	2A. Deer Execution	2A. Deemed Execution Date,		3. Transaction Code (Instr.		4. Securities Acquired (A) of Disposed Of (D) (Instr. 3, 4			or	5. Amount Securities Beneficial Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership
									ode	v	Amoun	t (A) or Price		rice	Reported Transaction (Instr. 3 and			(nstr. 4)
Common Stock													9,154		.588		D		
			Table II - De									f, or Ber ible sec			vned			,	
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 Derivative Securities Acquired or Dispos of (D) (Ins 4 and 5)	6. Date Exercisable Expiration Date (Month/Day/Year)			le and	and 7. Title and A Securities U Derivative S (Instr. 3 and		ying	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficia Owned Following Reported	e s ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership t (Instr. 4)	
				Code	v	(A)	(D)	Date Exercis	sable	Exp Dat	oiration e	Title	Amou Numb Share	er of		Transaction(s) (Instr. 4)			
Phantom Stock Units	\$0.00	09/30/2011		A		785.0018		(1)			(1)	Phantom Stock Units	785.0018		\$27.07	15,115.1	1988	D	
Phantom Stock Units	\$0.00							(1))		(1)	Phantom Stock Units	4,522	2.4163		17,229.2	2049	D	
Stock	\$10.07				Π			04/01/2	2005	04/	01/2013	Common		0		14,00	00]	D	

Explanation of Responses:

1. 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.

Remarks:

Abigail L. Jones, Attorney in

10/04/2011

Fact

** 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.