### FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL										
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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

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1. Name and Address of Reporting Person*  Murr Austin S.  (Last) (First) (Middle)  1050 17TH STREET, SUITE 500									r or Trad S, IN				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner  V Officer (give title Other (specify									
					. Date <mark>2/20</mark> /.			ansad	ction (Mo	onth/D	ay/Yea		X	X Officer (give title below)  Senior VP								
(Street) DENVE	Street) DENVER CO 80265			_ 4	4. If Amendment, Date of Original Filed (Month/Day/Year)											6. Individual or Joint/Group Filing (Check Applicable Line)  X Form filed by One Reporting Person Form filed by More than One Reporting						
(City) (State) (Zip)														Person								
		Ta	able I - No	n-Der	ivati	ve S	ecui	rities	Acq	uired,	Dis	posed	d of, o	r Ber	neficia	ılly (	Owned					
1. Title of Security (Instr. 3)			2. Transaction Date (Month/Day/Year)			2A. Deemed Execution Date, if any (Month/Day/Yea		Code (Inst				urities Acquired (A) o sed Of (D) (Instr. 3, 4 a			and Securitie Beneficia Owned F		,	6. Owner Form: D (D) or Ir (I) (Insti	Direct ndirect r. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amour	nt	(A) or (D)	r Price		Reported Transaction (Instr. 3 and	n(s) I 4)				. 4)	
Common	Stock																80,367		D			
Common Stock														2,638		.31		I I		Employee Investment Plan		
			Table II -							ired, E option							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 (I				Exp	Date Exercisabl piration Date onth/Day/Year)		e and	Securi Deriva	7. Title and Amount Securities Underlyin Derivative Security (Instr. 3 and 4)				9. Numb derivativ Securitic Benefici Owned Followir Reporte Transac (Instr. 4)	ve es ially ng d tion(s)	10. Ownersh Form: Direct (D or Indire (I) (Instr.	Beneficial Ownership ct (Instr. 4)	
				[,	Code	v	(A)	(D)	Date Exe	Date Expiration Exercisable Date			Title	Nu	Amount or Number of Shares							
Phantom Stock Units	\$0.00	02/20/2015			C <sup>(1)</sup>			5,098		(2)		(2)	Phanto Stock Units	5,098			\$23.32	19,935		D		
Phantom Stock Units	\$0.00								(3)		(3)		Phanto Stock Units	2,	2,653.4924			2,653.4924		D		
Stock Option	\$23.98								03/0	05/2012	03/05/201		Comm Stock		25,000			25,0	25,000 D			
Stock Option	\$27.55								03/0	05/2013	03/0	5/2017	Common Stock 12,0		12,000		12		000	D		
Stock Option	\$39.07								03/0	05/2014	02/2	5/2018	Common Stock 7,5		7,531			7,53	31	D		
Stock Option	\$30.9									(4)	02/1	3/2019	Comm Stock		11,430			11,4	30	D		
Stock Option	\$30.12									(5)	02/1	3/2020	Common Stock 11,9		11,967	<u> </u>		11,9	67	D		
Stock Option	\$31.74									(6)	02/1	3/2021	Comm Stock		9,991			9,99	91	D		
Stock	\$21.69									(7)	02/1	2/2022	Comm	on	19,686	,		19,6	86	D		

#### **Explanation of Responses:**

- 1. In accordance with the Long Term Cash Incentive Plan, the total reflects the conversion of 5,098 phantom stock units to cash.
- 2. These phantom stock units are associated with QEP's Long Term Cash Incentive Plan.
- 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) 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.
- 4. 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.
- 5. The option vests in three annual installments beginning on March 5, 2014, 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, 2015, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.
- 7. The option vests in three annual installments beginning on March 5, 2016, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

# Remarks:

/s/ Abigail L. Jones, Attorney in Fact

- $^{\star}$  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.