SEC	Form	4
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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

1. Name and Address of Reporting Person [*] <u>STANLEY CHARLES B</u>				2. Issuer Name and Ticker or Trading Symbol <u>QEP RESOURCES, INC.</u> [<u>QEP</u>]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
				Q <u>EF_RESOURCES, INC.</u> [QEF]							X Director	10% Owner			
(Last) (First) (Middle)				3. Date of Earliest Transaction (Month/Day/Year) 03/07/2013							Construction Const	Other (specify below)			
1050 17TH STREET, SUITE 500					/2013					President and CEO					
(Street)				4. If Amendment, Date of Original Filed (Month 03/11/2013					(ear)		6. Individual or Joint/Group Filing (Check Applicable Line)				
DENVER	CO	80265									X Form filed by One Reporting Person				
(City)	(State)	(Zip)									Form filed by More than One Reporting Person				
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned															
Date		2. Transac Date (Month/Da		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) o Disposed Of (D) (Instr. 3, 4 a 5)			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership			
					Code V Amount (A) or Price Transaction		Reported Transaction(s) (Instr. 3 and 4)		(Instr. 4)						
Common Stock											493,312(1)(2)	D			
Common Stock											13,340.6993 ⁽³⁾	I	Employee Investment Plan		
		Table II			ecurities Acqu alls, warrants,						Owned				

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)				6. Date Exerc Expiration Da (Month/Day/Y	ate of Securities		ies g Security	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	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		(Instr. 4)		
Phantom Stock Units	\$0.00	03/07/2013		А		34.6318		(4)	(4)	Phantom Stock Units	34.6318	\$30.63	53,073.2775	D	
Phantom Stock Units	\$0.00							(5)	(5)	Phantom Stock Units	128,098		128,098	D	
Stock Option	\$39.07							(6)	02/25/2018	Common Stock	63,588		63,588	D	
Stock Option	\$30.9							(7)	02/13/2019	Common Stock	90,350		90,350	D	
Stock Option	\$30.12							(8)	02/13/2020	Common Stock	100,088		100,088	D	
Stock Option	\$27.84							02/13/2011	02/13/2015	Common Stock	60,000		60,000	D	
Stock Option	\$27.55							03/05/2013	03/05/2017	Common Stock	62,000		62,000	D	
Stock Option	\$23.98							03/05/2012	03/05/2016	Common Stock	108,000		108,000	D	

Explanation of Responses:

1. Some of these shares are held in the CJ Trust of which I am a trustee.

2. This number has been revised to correct my total share ownership. The new number does not indicate any recent transaction in QEP shares.

3. As of March 7, 2013 I have 13,340.6993 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.

4. 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.

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

6. 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.

7. 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.

8. 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.

Remarks:

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



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.