FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

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).

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

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1. Name and Add	dress of Reporting F	Person*			er Name and Ticke RESOURCI					(Check	ationship of Reportin	• • • • • • • • • • • • • • • • • • • •	
										X	Director		Owner
(Last)	(First)		e of Earliest Transa 1/2010	ction (M	/lonth/	Day/Year)		Officer (give title Other (sp. below) below)					
1050 17TH S	TREET, SUITE S	500											
-				4. If A	mendment, Date of	Origina	l Filed	(Month/Day/\	rear)	6. Indiv Line)	idual or Joint/Group	Filing (Check Ap	oplicable
(Street)										X	Form filed by One	e Reporting Pers	on
DENVER	CO	80265									Form filed by Mo	re than One Repr	orting
											Person	·	
(City)	(State)	(Zip)											
		Table I - N	on-Deriva	ative	Securities Acc	quired	l, Dis	sposed of,	or Ber	eficially (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 Disposed Of			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)		(11150.4)
Common Stoc	k		12/20/2	2010		М		20,000	A	\$9.49	354,212	D	
Common Stoc	k		12/20/2	2010		S		20,000	D	\$36.7321	334,212(1)	D	
Common Stoc	k		12/21/2	2010		M		20,000	A	\$9.49	354,212	D	
Common Stoc	k		12/21/2	2010		S		20,000	D	\$36.8422	334,212(1)	D	
Common Stoc	k		12/22/2	2010		М		20,000	A	\$9.49	354,212	D	
Common Stoc	k		12/22/2	2010		S		20,000	D	\$37.3294	334,212(1)	D	
Common Stoc	k										2,542	I	IRA
			(e.g., pu		ecurities Acqu alls, warrants,	optic	ns,	convertibl	e secu	rities)			
4	n =	0			I samuella i	D-4- F	? .				0 Biles et 0 Niiiii	مدا مصد	44 51-4

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)		n of		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	\$9.49	12/20/2010		M			20,000	08/13/2001	02/13/2011	Common Stock	20,000	\$9.49	180,000	D	
Stock Option	\$9.49	12/21/2010		M			20,000	08/13/2001	02/13/2011	Common Stock	20,000	\$9.49	160,000	D	
Stock Option	\$9.49	12/22/2010		M			20,000	08/13/2001	02/13/2011	Common Stock	20,000	\$9.49	140,000	D	
Phantom Stock Units	\$0.00							(2)	(2)	Phantom Stock Units	26,404.981		26,404.981	D	
Restricted Stock Unit	\$0.00							(3)	(3)	Common Stock	40.9341		34,159.9341	D	
Stock Option	\$7.78							08/11/2002	02/11/2012	Common Stock	271,286		271,286	D	
Stock Option	\$9.19							08/11/2003	02/11/2013	Common Stock	300,000		300,000	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	\$26.14							06/30/2010	10/24/2012	Common Stock	200,000		200,000	D	
Stock Option	\$27.55							06/30/2010	03/05/2017	Common Stock	125,000		125,000	D	

Explanation of Responses:

- 1. My disposition of these shares was pursuant to a 10b5-1 plan. The shares were acquired by the exercise of an option that that would have expired in early 2011.
- 2. Vested shares of 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.

3. The restricted stock units vest in three equal annual installments beginning on July 1, 2011, subject to accelerated vesting upon the occurence of certain events as set forth in the award agreement.

Remarks:

Abigial L. Jones, Attorney in Fact 12/22/2010

** 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.