Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

wasilington,	D.C.	2054

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL								
	OMB Number:	3235-0287							
	Estimated average bu	ırden							
ı	hours per response:	0.5							

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*					2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]								Relationship of Reporting Person(s) to Issuer (Check all applicable) Director					
(Last) (First) (Middle) 1050 17TH STREET, SUITE 500				3. Date of Earliest Transaction (Month/Day/Year) 12/13/2010								X Officer (give title Other (specify below) Executive Vice President						
(Street) DENVE		itate)	80265 (Zip)		4. If Amendment, Date of Origina						Ì	,	Lin	Individual or Joint/Group Filing (Check Applicable ine) X Form filed by One Reporting Person Form filed by More than One Reporting Person				
1 Title of	Socurity (Inc		ole I - No	on-Deri		_	Curities		quired	l, Di	·			Ily Owned		6. Own	erchin 3	'. Nature of
Date			Date			Execution Date,		Transaction Code (Instr.		4. Securities Acquired (A) o Disposed Of (D) (Instr. 3, 4 a 5)		. 3, 4 and	Securities Beneficially Owned Fol	ly (E	Form:	Direct I ndirect E tr. 4) (Indirect Beneficial Ownership	
									Code	v	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		(In		Instr. 4)
Common	Common Stock												105,784		D			
Common Stock												28,259.5423(1)		I Inv		Employee nvestment Plan		
			Table II	- Deriva (e.g.,	ative puts,	Seci call:	urities s, warr	Acq	uired, s, optic	Disp ons,	oosed of, converti	or Bend ble secu	eficially irities)	/ Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deen Executio if any (Month/D	n Date,	4. Transa Code (l 8)			ite	7. Title and Amour of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5) Benefic Owned Follow Report		tive ties Ownersh Form: Direct (D) or Indirect (I) (Instr. ded cction(s)		Beneficial Ownership ct (Instr. 4)			
					Code	V	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amount or Number of Shares					
Phantom Stock Units	\$37.91	12/13/2010			A		7.8539		(2)		(2)	Phantom Stock Units	7.8539	\$37.91	14,968	3.9553	D	
Stock Option	\$9.19								08/11/2	003	02/11/2013	Common Stock	17,910		17,9	910	D	
Stock Option	\$23.98								(3)		03/05/2016	Common Stock	80,000		80,0	000	D	
Stock Option	\$27.55								(4)		03/05/2017	Common	30,000		30,0	000	D	

Explanation of Responses:

1. As of December 13, 2010, I have 28259.5423 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.

- 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 option vests in three annual installments which began on March 5, 2010.
- 4. The option vests in three annual installments beginning on March 5, 2011, subject to accelerated vesting upon the occurrence of certain events as set forth in the award agreement.

Remarks:

Abigail L. Jones, Attorney in Fact

12/14/2010

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** 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.