FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
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Check this box if no longer subject to	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP
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

OMB APPROVAL

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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 10% Owner					
(Last) (First) (Middle) 1050 17TH STREET, SUITE 500						Date 1/21/2	of Earliest 2012	Trans	action (N	lonth/	Day/Year)		X Officer (give title Other (specify below) Executive Vice President					
(Street) DENVE	NVER CO 80265			4.	4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(8	State)	(Zip)	n-Der	ivativ		ocuritios	<u> Α</u> ς	nuired	Die	enosad o	of or Re	neficial	v Owned				
1. Title of Security (Instr. 3) 2. Transa Date (Month/D				saction	tion 2A. Deemed Execution Date,		3. Transaction Code (Instr. 8) 3. H. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 1) or Disposed Of (D) (Instr. 3, 4 an					r 5. Amount of		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
								Code	v	Amount	(A) or (D)	Price	Transaction (Instr. 3 and				(Instr. 4)	
Common	Stock													124,162		I	D	
Common Stock												30,644.5992(1)		I		Employee Investment Plan		
			Table II -								osed of, converti			Owned				
1. Title of Derivative Security (Instr. 3)	2. 3. Transaction Or Exercise Price of Derivative Security		3A. Deemed Execution Date,		4. Transaction Code (Instr. 8)		5. Number of Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		sable and	7. Title and Amoun 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		10. Ownersh Form: Direct (D or Indire (I) (Instr.	Beneficial Ownership ct (Instr. 4)
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)			
Phantom Stock Units	\$0.00	11/21/2012			A		29.7328		(2)		(2)	Phantom Stock Units	29.7328	\$28.63	21,154	1.9431	D	
Phantom Stock Units	\$0.00								(3)		(3)	Phantom Stock Units	33,496		33,4	496	D	
Stock Option	\$39.07								(4)		02/25/2018	Common Stock	27,611		27,0	27,611		
Stock Option	\$30.9								(5)		02/13/2019	Common Stock	39,188		39,:	188	D	
Stock Option	\$9.19								08/11/20	003	02/11/2013	Common Stock	17,910		17,910		D	
Stock Option	\$23.98								03/05/20)12	03/05/2016	Common Stock	80,000		80,000		D	
Stock Option	\$27.55								(6)		03/05/2017	Common Stock	30,000		30,0	30,000		

Explanation of Responses:

- 1. As of November 23, 2012, I have 30,644.5992 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. 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.
- 3. These phantom stock units are associated with QEP's Long Term Cash Incentive Plan.
- 4. 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.
- 5. 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.
- 6. The option vests in three annual installments which began 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**

** 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.