FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
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	Check this box if no longer subject to
١	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

1. Name and Address of Reporting Person* <u>Minarovic Michael J</u>						2. Issuer Name and Ticker or Trading Symbol QEP RESOURCES, INC. [QEP]											ionship all appl Direct	icable)	ıg Per	rson(s) to Is	
	TH STREE	,	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 08/21/2019											Office below	r (give title)	Other (spe below)		specify
SUITE 800							ndmen	t, Date	of Ori	ginal F	iled	(Month/D		6. Individual or Joint/Group Filing (Check Applicable Line)							
(Street) DENVER CO 80265					_											X	Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(S	tate) ((Zip)																		
		Tab	le I - No	n-Deriv	vative	Sec	uriti	es Ac	quir	ed, C	is	osed	of, oı	r Ber	neficia	lly C	Owne	d			
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da						Execution Date,		Code (Instr.						4 and Secu Bend Own		ially Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
									Co	Code V		Amount	(A) or (D)		Price			ed ction(s) and 4)			(Instr. 4)
Common Stock 08/21/2						2019			P		14,03	34 A S		\$3.9	95	14	14,034		D		
Common Stock 08/21/2						2019				P		45,96	66 A		\$4		60,000			D	
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deeme Execution if any (Month/Da	Date,		Transaction Code (Instr.		ı of		e Exerc ation D h/Day/	ate	ble and	7. Title and Amount of Securities Underlying Derivative Secur (Instr. 3 and 4)			Deriv Secu	Price of erivative ecurity estr. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	y Ov Fo Dii or (I)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				С	Code	v	(A)	(D)	Date Exerc	isable		epiration	Title	0 0	Amount or Number of Shares	er					
Phantom Stock	\$0.00								(1)		(1)	Phant	om ck 5	55,257			55,257		D	

Explanation of Responses:

1. Phantom stock units will be payable in cash or shares 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 Plan for Directors.

Remarks:

/s/Dane E. Allen, Attorney in 08/23/2019

<u>Fact</u>

** 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.