

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Advantagewon Oil Corp. (the "Issuer").

Trading Symbol: AOC

Number of Outstanding Listed Securities: 217,455,746 Common Shares (As At August 6th, 2019)

Date: August 6th, 2019

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

Advantagewon is focused on building consistent cash flow from low cost, low risk oil wells in the State of Texas. AOC applies specialized expertise to increase oil recovery from 10-15% to up to 75% for each well. Once the enhanced recovery strategy is successfully applied, AOC will repeat the

process throughout the oil pool to maximize output and minimize cost and risk. For the month stated in this report, the Corporation continued its business development objectives of developing its current properties, seeking additional properties, increasing the Corporation's corporate brand awareness and corporate profile to the capital markets.

2. Provide a general overview and discussion of the activities of management.

Management continued its corporate and business development endeavours as stated in point #1 of this form.

July 8th, 2019 – Advantagewon announced that it had reactivated two wells on an existing oil lease. The Corporation announced that the two wells which were reactivated had shown combined initial flow rates of 10 barrels of oil per day (“bopd”). The Corporation anticipates that this rate will stabilize and will continue between 6 bopd and 10 bopd. At the current price (as at July 12th, 2019) of approximately \$57 per barrel, having these two wells on productions with a flow rate of 6 bopd will add approximately \$125,000 USD of gross revenue per year. The reactivation work on these two wells was completed at a cost of under \$10,000 USD. Work continues work to install power, and production equipment, onto the first well of the Corporation's 2019 drilling program well so the Corporation can commence commercial production on this first well. This first well was announced, via press release, as drilled on April 3, 2019 and production test results flow rates were announced between 12 to 15 bopd on June 12, 2019. The Corporation is considering other possible drilling locations on this and adjacent leases, as identified, when the Corporation commenced and completed its Deeper Oil Zones testing back in Q4 of 2018. The Corporation also announced that it was looking into plugging the Poth “A” sand zone in the Second Radial Jet Drilling well to produce the well from only the Poth “B” zone as the well is producing large volumes of water, believed to be primarily coming from the depleted Poth “A” sand zone as previously mentioned in the Corporations June 12, 2019 press release. Once plugged the Corporation believes that the production potential of this well will be between 8 and 15 bopd.

Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

Not Applicable

3. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

Not Applicable

4. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

Not Applicable

5. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

Not Applicable

6. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

Not Applicable

7. Describe the acquisition of new customers or loss of customers.

Not Applicable

8. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

Not Applicable

9. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

Not Applicable

10. Report on any labour disputes and resolutions of those disputes if applicable.

Not Applicable

11. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

Not Applicable

12. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

Not Applicable

Provide details of any securities issued and options or warrants granted.

Not Applicable For The Month Stated In This Report

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾

(1) State aggregate proceeds and intended allocation of proceeds.

13. Provide details of any loans to or by Related Persons.

Not Applicable

14. Provide details of any changes in directors, officers or committee members.

Not Applicable

15. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

Not Applicable

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: August 6th, 2019 .

Frank Kordy
Name of Director or Senior
Officer

/s/ Frank Kordy
Signature

Secretary & Director
Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer		End	YY/MM/DD
Advantagewon Oil Corp.		July	2019/08/06
Issuer Address			
8 King Street East Suite 1005			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Toronto / Ontario / M5C 1B5		(N/A)	(647) 466-4037
Contact Name		Contact Position	Contact Telephone No.
Frank Kordy		Secretary	(647) 466-4037
Contact Email Address		Web Site Address	
frank.kordy@aoc-oil.com		www.aoc-oil.com	