FORM 7

MONTHLY PROGRESS REPORT

January 2019

Name of Listed Issuer: BLOK Technologies Inc (the "Company").

Trading Symbol: BLK

Number of Outstanding Listed Securities: 62,384,302 common shares

Date: March 11, 2018

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.

On January 7, 2019, the Company announced that Robert Dawson is resigning from his position as Chief Executive Officer. Mr. Jamie Hyland, Director, will be serving as Interim Chief Executive Officer and President. The Company will promptly begin a search for a permanent Chief Executive Officer. Mr. Hyland is a founding partner with Tribeca Capital Partners and provides corporate development services on behalf of several publicly listed companies in Canada. Mr. Hyland has over 25 years of experience as a financial and marketing consultant, a corporate founder, director and manager of a number of early-stage public and private Canadian businesses. His industry experience includes hospitality, publishing, mining, financial services, technology, alternative energy, telecom, and healthcare.

Mr. Hyland has an extensive network of contacts within the financial community including fund managers, family offices, industry analysts, and media throughout North America, the United Kingdom and continental Europe. Mr. Hyland has also worked in advertising with a major mining and resource publication based in Vancouver BC.

Mr. Hyland earned a Bachelor of Commerce in Entrepreneurial Management from Royal Roads University of Victoria, BC. Canada and received a Certificate in Private Capital Markets from Pepperdine University's Graziadio School of Business and Management, Los Angeles, California.

On January 14, 2019, the Company announced the resignation of Director & Chief Technology Officer Joel Yaffe, effective immediately. Mr. Yaffe has resigned to pursue other business interests.

The Company announced the appointment of Mr. David Greenway as a Director of the Company. Mr. Greenway will serve as a non-executive, independent member

of the BLOK Tech board and member of the Audit Committee, effective immediately.

Mr. Greenway brings more than two decades of experience in managing, financing, and developing growth strategies for various TSX Venture Exchange and CSE listed companies, including involvement in acquisitions, business valuations and investor relations. His key expertise lies in the management and development of junior public resource companies, especially in the mining, and oil and gas sector. He has held directorships, senior management and business development positions including his roles with Stamper Oil & Gas Corp, Veritas Pharma Inc., Chief Consolidated Gold Mines, SNS Silver Corp, Moneta Resources Inc., Sterling Mining Company and his board position in Mountain View Conservation Centre.

Mr. Greenway attended University in Bournemouth England where he studied Accounting and Finance.

2. 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.

   None.

3. 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.

   None

4. 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.

   None.

5. 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.

   None.

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

   None.

7. 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.

None.

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

None.

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

None.

10. 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.

On November 26, 2018, the Company received a Notice of Hearing that pursuant to the Company's private placement dated June 8, 2018 in which the Company announced the closing of a $5,403,384 private placement, that $4,500,000 of the private placement representing 22,000,000 shares may have contravened Section 61 of the Securities Act. The Company relied on the NI 45-106 section 2.24 when issuing these securities which exempts the requirement of the issuance of a prospectus. The BSCS is alleging that under Section 61 that a prospectus may have been required

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

None.

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

None.

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

None.

14. Provide details of any changes in directors, officers or committee members.
Please see Section One.

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

None.

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 March 11, 2019

Yari Nieken
Name of Director or Senior Officer

"Yari Nieken"
Signature

Chief Financial Officer
Official Capacity

Issuer Details Name of Issuer Blok Technologies Inc.	For Month End January 31, 2019	Date of Report YY/MM/D 2019/03/11
Issuer Address #310 – 221 West Esplanade		
City/Province/Postal Code North Vancouver, B.C., V7M 3J3	Issuer Fax No.	Issuer Telephone No. (604) 800-9215
Contact Name Jamie Hyland	Contact Position CEO	Contact Telephone No. 604-442-2425
Contact Email Address info@bloktechinc.com	Web Site Address www.bloktechinc.com	