FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **ParcelPal Technology Inc** (the "**Issuer**").

Trading Symbol: **PKG**

Number of Outstanding Listed Securities: **88,961,020**

Date: **March 2020**

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.

   On March 12, 2020, the Issuer announced that it had entered into a delivery and fulfilment agreement and new initiative to facilitate ordering and delivery of pharmaceuticals in BC, Alberta and Ontario with potential access to over 40 pharmacies nationwide. Details of the agreement are set forth in Item 5 herein.

   On March 26, 2020, the Issuer announced that it had signed a distribution agreement with O2 Canada for the distribution of its respiratory masks in Western Canada. Details of the agreement are set forth in Item 5 herein.

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

The Issuer is a technology-driven logistics company that connects consumers to the goods they love. Customers can shop at partner businesses and through the Issuer's technology can receive their purchased goods within an hour or the same day. The Issuer offers on-demand delivery of merchandise from leading retailers, restaurants, medical marijuana dispensaries and liquor stores in Vancouver, Calgary, Saskatoon and soon in major cities Canada-wide.

Management continues executing its strategic plan, attracting potential partnerships and looking at further city expansions. Management has been reinvesting into its technology platform and has begun to scale its services across Canada and now into the United States.

3. 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.

The Issuer continues its operations in Saskatoon, Calgary and British Columbia and expanded its footprint with Amazon covering more areas and delivering more packages across the Lower Mainland and British Columbia. The Issuer has added a contactless delivery program, as an option to better allow handling of all items that mitigates any potential exposure to COVID-19 for all parties involved with the transactions.

4. 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

5. 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.

The Issuer has entered into a delivery and fulfilment agreement for pharmaceuticals and COVID-19 supplies including test kits in British Columbia, Alberta and Ontario with potential access to over 40 pharmacies nationwide. Customers will have access to on-demand and same day delivery for all of their pharmaceutical needs through this strategic partnership. The integration process has begun and will begin testing in Q2 in Vancouver. The initiative will launch in BC then Alberta and Ontario shortly thereafter.

The program will work within all provinces, allowing patients to upload a photo of their paper prescription, pay their co-pay, have a video visit with a pharmacist, and schedule delivery to any location of their choosing. If people prefer not to use technology, they also have the option to do the entire process over the phone. On the physician's end, they have access to an analytics platform where they can track prescription status, insurance approvals and delivery confirmation.

The Issuer also signed a distribution agreement with O2 Canada for the distribution of its

respiratory masks in Western Canada. The Issuer will begin distribution in Vancouver, then roll out to Calgary, Alberta. Customers will be able to shop on O2 Canada's website directly at www.o2canada.com or purchase the masks through the ParcelPal platform and have it delivered directly to them, either same day or on-demand. The Issuer will begin implementing this requirement for drivers and employees to wear masks along with other current COVID-19 measures.

6. 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

7. 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

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

The Issuer has increased operations for COVID-19. The Issuer has had a significant uptick in total deliveries as a result of an increased number of vendors that are being serviced as well as an increase in the Issuer's active user base. In addition, the Issuer has opened higher radiuses of delivery for clients and vendors.

9. 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.

The Issuer continued marketing initiatives designed to develop and enhance the ParcelPal brand in Vancouver, Calgary, Saskatoon and soon in major cities Canada-wide.

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

On March 19, 2020, the Issuer announced that it had hired approximately 50 new staff members to ensure service levels can be met resulting from major increases in demand without disruption to both its clients and vendors.

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

N/A

12. 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.

None

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

None

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

None

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

None

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

On March 20, 2020, the Issuer announced the appointment of Rich Wheeless as Chief Financial Officer and a director.

Mr. Wheeless has over 15 years of financial leadership and corporate management experience working across various industry sectors and in both public and private enterprise. He holds a Master of Business Administration with honors from Otterbein University and a Bachelor of Science in Finance from Miami University.

Mr. Wheeless replaces Devon Brown, who resigned as Chief Financial Officer and a director of the Issuer.

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

The ongoing COVID-19 pandemic has resulted in a greater number of people staying at home in isolation, resulting in an increase in demand for same day and on-demand delivery services.

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 **April 6, 2020**.

Rich Wheeless
Name of Director or Senior Officer

"Rich Wheeless "
Signature

CFO
Official Capacity

Issuer Details *Name of Issuer* **ParcelPal Technology Inc.**	*For Month End* **March 2020**	*Date of Report* *YY/MM/DD* **20/04/06**
Issuer Address **305-190 Alexander Street, Vancouver, BC, V6A 2S5**		
City/Province/Postal Code **Vancouver, BC, V6B 2S5**	*Issuer Fax No.* **N/A**	*Issuer Telephone No.* **N/A**
Contact Name **Rich Wheeless**	*Contact Position* **CFO**	*Contact Telephone No.* **614-395-7778**
Contact Email Address rich@parcelpal.com	*Web Site Address* http://www.parcelpal.com	