

## FORM 7

### MONTHLY PROGRESS REPORT

Name of Listed Issuer: [Go Metals Corp.](#) (the "Issuer").

Trading Symbol: [GOCO](#)

Number of Outstanding Listed Securities: [62,031,433 common shares were issued and outstanding as of July 31, 2019](#)

Date: [September 3, 2019 \(for the month of August, 2019\)](#)

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.

[The Issuer is an exploration stage company whose primary activities are acquiring and exploring mineral properties. The Issuer has a 100% interest in the Monster Property located 80 km north of Dawson City, Yukon, it has a 10% working interest in the Wels Gold project located in the Yukon, it has entered into](#)

an acquisition agreement to acquire a 100% interest in a resource exploration property located in Quebec known as the Barachois Property and it recently increased its lands mass to 4,240 Ha at its HSP Nickel-Copper-PGE project in Quebec.

The Issuer continues to seek opportunities in its primary activities.

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

During the month of **August 2019**, management's principal activities consisted of the following:

- general administration matters;
- holding its annual general meeting of shareholders;
- providing an update with regards to results it received from a resistivity and IP survey on the Monster Property; and
- providing an update with regards to assay results it received from its summer exploration program at the Monster Property.

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.

During the month of **August 2019**, the Issuer provided an update (see the news release dated August 21, 2019 for full details) regarding a resistivity and IP survey conducted on its Monster Project and provided a report of the following highlights:

- A resistivity low underneath the Beast contains positive chargeability anomalies and overlaps with a large magnetic target;
- Two chargeability highs of 75 m x 100 m and open to depth underlay the Beast target at approximately 80 m from the surface;
- The Bloom is underlain by an overlapping resistivity low, chargeability high, and magnetic high that may be associated with one or more mineralized faults;
- Geophysical data will be integrated with magnetic and gravity data for drill targeting.

The Issuer also provided an update (see the news released dated August 28, 2019 for full details) on its summer exploration program on the Monster Property and provided a report of the following assay results:

- Assay results of 90 grab samples
- Copper grades average 1.1% Cu and range up to 22.3% Cu
- Cobalt grades average 0.08% and range up to 1.5%
- Silver grades up to 52 g/t and range up to 3 g/t
- Gold grades average 0.03 g/t Au and range up to 0.5 g/t Au

- Mineralization is associated with increased hematite and chlorite alteration

The samples were collected around the Arena, Bloom and Beast targets. The sampling and metal association helps confirm the presence of IOCG style mineralization on the Monster Property. The alteration mapping adds further evidence of IOCG style mineralization with intense chlorite and specular hematite alteration as important vectors to mineralization. The alteration mapping will be crucial for vectoring to mineralization in future drill programs.

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.

There were no products or services discontinued during the month of **August 2019**.

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.

There were no 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 during the month of **August 2019**.

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.

There were no contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced, expired or were terminated during the month of **August 2019**.

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.

There were no acquisitions or dispositions of the Issuer's assets during the preceding month of **July 2019**.

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

There were no acquisitions of new customers or loss of customers during the month of **August 2019**.

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.

[There were no new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks during the month of August 2019.](#)

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

[There were no employee hirings, terminations or lay-offs during the month of August 2019.](#)

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

[There were no labour disputes during the month of August 2019.](#)

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.

[There were no legal proceedings to which the Issuer became party to during the month of August 2019.](#)

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

[There was no indebtedness incurred or repaid by the Issuer during the month of August 2019.](#)

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

[There were no securities issued, including options or warrants during the month of August 2019.](#)

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

[There were no loans to or by Related Persons of the Issuer during the month of August 2019.](#)

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

[There were no changes in directors, officers or committee members of the Issuer during the month of August 2019.](#)

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

[The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Management Discussion and Analysis for the 3<sup>rd</sup> quarter ended April 30, 2019 dated as of June 25, 2019 \(the "MD&A"\) under the headings "Financial Instruments", "Risks" and "Risks and Uncertainties". The MD&A is available on the Issuer's SEDAR profile at \[www.sedar.com\]\(http://www.sedar.com\) and on the Issuer's disclosure hall with the CSE at \[www.thecse.com\]\(http://www.thecse.com\)](#)

## 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: September 06, 2019.

Scott Sheldon  
Name of Director or Senior  
Officer

"Scott Sheldon"  
Signature  
Chief Executive Officer  
Official Capacity

<b><i>Issuer Details</i></b>		For Month End	Date of Report
Name of Issuer <a href="#">Go Metals Corp.</a>		<a href="#">August 2019</a>	YY/MM/D <a href="#">19/09/06</a>
Issuer Address <a href="#">Suite 810 – 789 West Pender St.,</a>			
City/Province/Postal Code <a href="#">Vancouver, BC V6Z 2R9</a>		Issuer Fax No. <a href="#">(604) 687-3141</a>	Issuer Telephone No. <a href="#">(604) 687-2038</a>
Contact Name <a href="#">Scott Sheldon</a>		Contact Position <a href="#">CEO</a>	Contact Telephone No. <a href="#">(604) 725-1857</a>
Contact Email Address <a href="mailto:scott@surgenia.com">scott@surgenia.com</a>		Web Site Address <a href="http://gometals.ca/">http://gometals.ca/</a>	