

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: **FAR RESOURCES LTD** (the "Issuer", "Far Resources", "Far", "we" or "our")

Trading Symbol: **FAT**

Number of Outstanding Listed Securities: **130,420,965**

Date: **September 5, 2019**

Report on Business

1. *Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month.*

On August 9, 2019, the company announced that it has completed final payment obligations under its agreement to secure 100% interest in its Green Bay Option, part of the 3,603 hectare high-grade Zoro Lithium Project located near the historic mining town of Snow Lake in mining-friendly Manitoba, Canada.

On August 21, 2019, provided an update on its current activities and initiatives. Chiefly, along with the continued development of its Canadian lithium assets, Far plans to advance the first of its battery technologies towards rapid commercialization.

Marketing

Far's corporate website and marketing materials have been brought up to date to better reflect the direction and strategy of the company.

The company is currently planning marketing activities and will be travelling to Novi, Michigan, Salt Lake City, Utah, and Louisville, Kentucky during September to attend The Battery Show, Solar Power International and the International Construction & Utility Equipment Exposition (ICUEE), alongside its partners BattMat Technologies Inc. and Electric Blue Power. The purpose of these events is to provide the company with exposure to additional new shareholders, introduce the company to potential partners for developing its Canadian lithium assets, and provide exposure for the battery technologies underdevelopment.

Lock-up agreement

As announced on Aug 9, 2019, the company completed a conversion of debt for shares, which included members of management. Of those shares issued, it has been agreed upon by certain members of management to submit approximately 6,900,000 of those shares into a 24-month lock up agreement, demonstrating their commitment to the creation of long-term shareholder value.

BattMat Joint Venture and Electric Blue Power

As previously released, the company has provisionally filed seven patents in the United States for various battery-related and other technologies coming from the Electric Blue Solar Research Vessel.

Sponsorship of the Electric Blue Solar Research Vessel, which was originally announced on March 6, 2019 continues. Far invites all to now track the location of the boat, and to view it's webcam by visiting www.electricbluepower.com/live-cam. If you would like a private tour of the vessel, please contact Far investor relations to check availability.

The Zoro Lithium Project

As released on August 9, the company has successfully completed the acquisition of the Green Bay(Manitoba) option on the Zoro Lithium Project. The company is currently planning and redesigning several phases of exploration in readiness for future programs, which it is anticipated will include a full expansion of prospecting and sampling, as well as wider-scale mapping and soil geochemistry.

Furthermore, the company has within the last week received its updated work permit from the Manitoba Office of Sustainable Development for the purposes of ongoing exploration and drilling at the project. This work permit is an essential part of maintaining the property in good standing and is important in maintaining continuity with local Conservation Officers

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

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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

This does not apply to the Issuer.

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

This does not apply to the Issuer.

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.*

This does not apply to the Issuer.

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

On August 9, 2019, the company announced that it has reached debt settlement agreements with certain consultants, current and past management and directors. On August 15, 2019, a total of 20,656,569 shares ("Settlement Shares") issued at a price of \$0.05 per share to settle outstanding debts.

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

Security	Number Issued	Details of Issuance	Use of Proceeds⁽¹⁾
Stock Options	None	N/A	N/A
Common Shares	20,656,569	Debt settlement	N/A
Warrants	None	N/A	N/A

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

This does not apply to the Issuer.

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

This does not apply to 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.*

This does not apply to the Issuer.

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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated September 5, 2019

Toby Mayo

Name of Director or Senior Officer

/s/ Toby Mayo

Signature

President and CEO

Official Capacity

Issuer Details Name of Issuer FAR RESOURCES LTD.	For Month End August, 2019	Date of Report YY/MM/DD 2019/09/05
Issuer Address 550-800 West Pender Street		
City/Province/Postal Code Vancouver, BC	Issuer Fax No. (778) 327-6675	Issuer Telephone No. (778) 327-5799
Contact Name Jeff Dare	Contact Position Corporate Secretary	Contact Telephone No. (778) 327-5799
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