

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer:

PAC ROOTS CANNABIS CORP. (the "Issuers").

Trading Symbol: **"PACR"**

Number of Outstanding Listed Securities: 63,832,966

Date: August 10, 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 the CNSX 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 CNSX.ca 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 CNSX 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 continues to progress its license application under the *Cannabis Act* through its wholly owned subsidiary and continues to fund its joint venture opportunity with Rock Creek Farms.**

2. Provide a general overview and discussion of the activities of management.
Management primarily focused on the progression of the joint venture opportunity with Rock Creek Farms and the supervision of the license application process.
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.

None to report.

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 to report.

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.

On July 20, 2020 the Company announced the execution of a share purchase agreement with 1088070 BC. LTD., a company existing under the laws of the Canada ("1088") and Dave Jonkman and Norm Tapp (together, the "1088 Shareholders" and each, a "1088 Shareholder") pursuant to which the Company would acquire all of the issued and outstanding shares of 1088. 1088 owns and controls nine parcels of land comprised of 250 acres of prestigious land in the Fraser Valley Region of British Columbia. The Company has entered into a 51-day due diligence period before the closing date which is slated for September 4, 2020. If the Company is not satisfied with the results of its investigations, in its sole discretion, it may determine to terminate the share purchase agreement at any time during the due diligence period. As consideration for the 1088 shares, the Company will pay an aggregate of \$1.5 million in cash and issue an aggregate of 3 million common shares to the 1088 Shareholders, pro rata in accordance with their holdings as follows:

- **375,000 shares to be issued on or before the date which is 30 days from the date of Closing (the "Closing Date");**
- **\$200,000 within three months of the Closing Date;**
- **\$300,000 in cash and 562,500 common shares within 12 months of the Closing Date;**
- **\$400,000 in cash and 937,500 common shares within 18 months of the Closing Date; and**

- **\$600,000 and 1,125,000 common shares within 24 months after the Closing Date.**

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 to report

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 either from, or if the disposition was to a Related Person of the Issuer, and provide details of the relationship.

None to report.

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

None to report.

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.

None to report

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

None to report.

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

None to report.

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 to report.

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

None to report.

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

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Common Shares	None		

Options	None		
Warrants	None		

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

None to report.

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

None to report

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

None to report.

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 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 Aug 10, 2020.

Patrick Elliott

Name of Director or Senior Officer

Signature

/s/ "Patrick Elliott"

President, CEO & Director

Official Capacity

Issuer Details Name of Issuer PAC ROOTS CANNABIS CORP.	For Month Ending July 31, 2020	Date of Report YY/MM/D 20/08/10
Issuer Address 300-1055 West Hastings Street		
City/Province/Postal Code Vancouver BC V6E 2E0	Issuer Fax No. NIL	Issuer Telephone No. 604-609-6171
Contact Name Patrick Elliott	Contact Position President & CEO	Contact Telephone No.
Contact Email Address pat@pacroots.ca	Web Site Address www.pacroots.ca	