

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **FOREMOST LITHIUM RESOURCES & TECHNOLOGY LTD.** (the "Issuer").

Trading Symbol: **FAT**

Number of Outstanding Listed Securities: **4,866,417**

Date: **March 04, 2024**

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 CSE 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 CSE.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 unless they have crystallized to the point that they are "material information" as defined in the CSE 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 February 13, 2024 the Company announced that it has that it has commenced drilling on its Zoro Lithium Property located in the Snow Lake region of Manitoba. The Company also announced that it has entered into a marketing and consulting agreement with Lakefront Enterprises Inc. Under the Agreement, Lakefront will provide, among other services, various marketing, electronic media, social media and traditional media support for the Company.

On February 13, 2024 the Company announced a proposed a "best efforts" non-brokered private placement to raise gross proceeds of up to \$3,750,000 on a flow-through basis (the "Flow-Through Private Placement") together with up to \$1,500,000 on a non-flow-through basis (the "Private Placement"; and, collectively, with the Flow-Through Private Placement, the "Private Placements").

On February 15, 2024 the Company announced the appointment of seasoned finance and accounting executive Sead Hamzagic, CPA, CGA as Chief Financial Officer and Corporate Secretary.

On February 20, 2024 the Company announced it has joined the Webull Corporate Connect Service (CCS) platform to build an online community and foster increased dialogue with its shareholders.

On February 22, 2024 the Company announced that it is participating for the final two days in the upcoming Prospectors & Developers Association of Canada (PDAC) 2024 Convention – the world’s premier mineral exploration & mining convention – taking place March 3-6, 2024 at the Metro Toronto Convention Centre (MTCC) in Toronto, Canada.

On February 28, 2024 the Company announced that it has submitted a \$10 million proposal for the Government of Canada’s Critical Mineral Infrastructure Fund (“CMIF”) – a \$1.5 billion fund to support clean energy and transportation infrastructure projects necessary to enable the sustainable development and expansion of critical minerals in Canada..

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

None to report

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 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 Company entered into a marketing and consulting agreement with Lakefront Enterprises Inc. Under the Agreement, Lakefront will provide, among other services, various marketing, electronic media, social media and traditional media support for the Company.

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 from or 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 trademarks.

Not applicable to the Company, no intangible products

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

The Company engaged a new Chief Financial Officer during the month of February, to replace the exiting CFO.

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⁾
Options	20,000	Granted at an exercise price of \$3.98CAD expiring five years from the date of grant	N/A

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.

On February 15, 2024 the Company announced the appointment of seasoned finance and accounting executive Sead Hamzagic, CPA, CGA as Chief Financial Officer and Corporate Secretary to replace Bal Bhullar who was exiting the role as CFO.

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 the Certificate of Compliance.
2. As of the date hereof there 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: March 4, 2024.

Jason Barnard
Name of Director or Senior Officer

"Jason Barnard"
Signature

Chief Executive Officer & President
Official Capacity

Issuer Details Name of Issuer Foremost Lithium Resources & Technology Ltd.	For Month End February 2024	Date of Report 2024/03/04
Issuer Address: 250-750 West Pender Street, Vancouver, BC V6C 2T7		
City/Province/Postal Code Vancouver, BC,	Issuer Fax No. N/A	Issuer Telephone 604-330-8067
Contact Name Jason Barnard	Contact Position President & CEO	Contact Telephone No. 604-330-8067
Contact Email Address jason.barnard@foremostlithium.com	Web Site Address https://www.foremostlithium.com/	