

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Northern Lights Resources Corp.** (the "Issuer").

Trading Symbol: **NLR**

Number of Outstanding Listed Securities: **68,813,704**

Date: **April 6, 2026**

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 a growth-oriented exploration and development company advancing three key projects: the Horetzky Copper Project, located in the Babine Porphyry belt of central British Columbia, the Pup Copper Project in the Yukon and the 100% owned, Secret Pass Gold Project located in Arizona.

On March 9, 2026, the Issuer announced that Torex Gold Resources Inc. (TSX: TXG) has exercised its option to acquire a 100% interest in the Medicine Springs project (the "Project") located in Nevada, USA.

On March 12, 2026, the Issuer announced results for its 2025 work program at the Pup Copper Project ("Pup" or the "Project") located in Yukon, Canada. A multi-disciplinary field program was completed, with this work successfully advancing the various zones on the property, including bringing the Petal Zone to the drill decision stage.

On March 19, 2026, the Issuer announced the results of its Annual General and Special Meeting and announced a grant of stock options.

On March 20, 2026, the Issuer announced a proposed debt settlement pursuant to which the Company intends to issue up to 1,300,000 common shares in the capital of the Company (the "Settlement Shares") at a deemed price of \$0.08 per Settlement Share to settle an aggregate of \$104,000 in outstanding indebtedness owing to certain creditors of the Company (the "Debt Settlement"), including directors and consultants.

On March 27, 2026, the Issuer announced that its shares are now listed on the Frankfurt Stock Exchange (FSE), under the ticker symbol 0ZH0.

On March 30, 2026, the Issuer announced that it has completed a shares for debt settlement (the "Debt Settlement") previously announced on March 20, 2026 issuing an aggregate of 825,000 common shares (the "Settlement Shares") at a deemed price of \$0.08 per Settlement Share to settle \$66,000 of outstanding indebtedness owing to certain creditors of the Company. As a result of the Debt Settlement, the indebtedness described above has been fully satisfied and extinguished.

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

In addition to the developments outlined in Item 1 above, during the month of March, management focused on corporate and administrative activities.

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.

On March 12, 2026, the Issuer announced results for its 2025 work program at the Pup Copper Project (“Pup” or the “Project”) located in Yukon, Canada. A multi-disciplinary field program was completed, with this work successfully advancing the various zones on the property, including bringing the Petal Zone to the drill decision stage.

2025 Work Program Highlights include:

- Sampling expanded the Petal Zone copper soil anomaly to approximately 1,000 metres long by 400 metres wide, with it remaining open to the northwest and southeast. Hand trenching within this anomaly continued to encounter malachite and azurite bearing subcrop with representative grab samples returning up to 1.881% Cu.
- Ground magnetic surveying at Petal shows a correlation between increased magnetic anomalism and increased copper in soil values.
- Soil sampling at the Finn Zone returned strongly anomalous values of up to 2,085.8 ppm Cu suggesting good potential for significant nearby bedrock mineralization.
- Although hampered by occasional thick overburden, exploration at the Gismo Zone expanded the target to the west and east, with it remaining open in both directions.
- Thin section work identified the primary host to malachite and azurite mineralization at Petal as a quartz–chlorite–epidote schist, likely derived from a mafic to intermediate igneous protolith. Pup’s geological and mineralogical characteristics appear broadly similar to those associated with deposits located in the Yukon’s Minto Copper Belt.
- On October 29, 2025 the project received a Class 3 exploration permit, valid for 10 years, that allows for drilling, trenching, trail construction and limited road building.

For more information see the March 12, 2026 news release.

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.

Not applicable.

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.

Not applicable.

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.

Not applicable.

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.

On March 9, 2026, the Issuer announced that Torex Gold Resources Inc. (TSX: TXG) has exercised its option to acquire a 100% interest in the Medicine Springs project (the "Project") located in Nevada, USA. The Issuer will retain a 1% Net Smelter Return ("NSR") royalty on the Project, providing exposure to potential future production with no further capital commitments. The NSR royalty includes a buydown provision, allowing Torex to reduce the royalty to 0.5% upon payment of US\$2.5 million to the Issuer.

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

Not applicable.

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.

Not applicable.

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

Not applicable.

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

Not applicable.

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.

Not applicable.

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

Not applicable.

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

On March 19, 2026, the Issuer announced that it has granted stock options to directors, officers, employees and consultants to purchase an aggregate of 1,335,000 common shares at an exercise price of \$0.06 per share, expiring on March 18, 2028. The stock option grant is subject to acceptance by the Canadian Securities Exchange.

On March 30, 2026, the Issuer announced that it has completed a shares for debt settlement (the "Debt Settlement") previously announced on March 20, 2026 issuing an aggregate of 825,000 common shares (the "Settlement Shares") at a deemed price of \$0.08 per Settlement Share to settle \$66,000 of outstanding indebtedness owing to certain creditors of the Company. As a result of the Debt Settlement, the indebtedness described above has been fully satisfied and extinguished. Of the total \$66,000 of indebtedness settled, \$31,000 relates to an arm's length creditor, with the balance relating to insiders of the Company.

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

Not applicable.

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

On March 17, 2026, Jason Bahnsen resigned as 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.

None.

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, 2026**_____.

Luka Capin_____

Name of Director or Senior
Officer

/s/ "Luka Capin"_____

Signature

CEO_____

Official Capacity

Issuer Details Name of Issuer Northern Lights Resources Corp.	For Month End March 2026	Date of Report YY/MM/D 26/04/06
Issuer Address 1100-1111 Melville Street		
City/Province/Postal Code Vancouver, BC V6E 3V6		Issuer Telephone No. 647-625-8669
Contact Name Luka Capin	Contact Position CEO	Contact Telephone No. 647-625-8669
Contact Email Address lukacapin@northernlightsresources.com	Web Site Address https:// northernlightsresources.com	