

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Integral Metals Corp. (the "Issuer")

Trading Symbol: INTG

Number of Outstanding Listed Securities: 44,868,463 (as of March 31, 2026)

Date: April 7, 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 an exploration stage company, engaged in the business of mineral exploration for critical minerals, including gallium, germanium, and rare earth elements, with the goal of contributing to the development of a domestic supply chain for these minerals. The Issuer holds properties in mining-friendly jurisdictions in Canada and the United States of America, including the Northwest Territories, Manitoba and Montana, where it has received regulatory support for its exploration efforts.

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

During the month of March 2026, management continued to support and control the Issuer's business activities and develop the Issuer's business.

On March 20, 2026, the Issuer announced by way of news release that it has engaged Rumble Strip Media Inc. (e-mail: info@rumblestrip.ca; address Unit 893, 250-997 Seymour Street, Vancouver, British Columbia) for the provision of marketing services for an anticipated period of 45 days commencing on or about March 23, 2026, provided that the term of the marketing services may be extended or shortened at the discretion of management. Further details regarding this announcement are available in the news release titled “*Integral Metals Announces Marketing Program*”.

On March 25, 2026, the Issuer announced by way of news release the appointment of Leo Power to its Board of Directors. Further details regarding this announcement are available in the news release titled “*Integral Metals Appoints Leo Power to Board of Directors*”.

The above noted news releases can be accessed under the Issuer’s SEDAR+ profile at <https://www.sedarplus.ca>. They may also be accessed from the Issuer’s Canadian Securities Exchange (“CSE”) disclosure page at <https://thecse.com/listings/integral-metals-corp/>. Additional information is available on the Issuer’s website at <https://integralmetals.com/>.

- 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 for the month of March 2026.

- 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 for the month of March 2026.

- 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 March 20, 2026, the Issuer announced by way of news release that it has engaged Rumble Strip Media Inc. (e-mail: info@rumblestrip.ca; address Unit 893, 250-997 Seymour Street, Vancouver, British Columbia) for the provision of marketing services for an anticipated period of 45 days commencing on or about March 23, 2026, provided that the term of the marketing services may be extended or shortened at the discretion of management.

Rumble Strip Media Inc. is not a Related Person of the Issuer.

See Item # 2.

- 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 for the month of March 2026.

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 for the month of March 2026.

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

None to report for the month of March 2026.

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 for the month of March 2026.

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

None to report for the month of March 2026.

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

None to report for the month of March 2026.

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 for the month of March 2026.

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

None to report for the month of March 2026.

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

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Restricted Share Units	2,850,000	Issued pursuant to the Issuer’s omnibus equity incentive plan	N/A

(1) State aggregate proceeds and intended allocation of proceeds

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

None to report for the month of March 2026.

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

During the month of March 2026, Leo Power was appointed to the Board of Directors 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.

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Form 2A - Listing Statement dated October 28, 2024 (the "**Listing Statement**"), under the heading "Risk Factors" and the Issuer's Management Discussion and Analysis (the "**MD&A**"), dated November 28, 2025, under the heading "Risk Factors". The Listing Statement was posted on the CSE website on October 30, 2024. In addition, the Listing Statement and the MD&A can be viewed under the Issuer's profile on SEDAR+ (www.sedarplus.ca).

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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 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 7, 2026**

Tasheel Jeerh

Name of Director or Senior Officer

/s/ Tasheel Jeerh

Signature

CFO and Corporate Secretary

Official Capacity

Issuer Details Name of Issuer Integral Metals Corp.	For Month End March 2026	Date of Report YY/MM/DD 2026/04/07
Issuer Address 1515 - 505 3 Street SW		
City/Province/Postal Code Calgary, Alberta, T2P 3E6, Canada	Issuer Fax No. N/A	Issuer Telephone No. 825-414-3163
Contact Name Tasheel Jeerh	Contact Position Chief Financial Officer and Corporate Secretary	Contact Telephone No. 825-414-3163
Contact Email Address info@integralmetals.com	Web Site Address https://integralmetals.com/	