FORM 7

MONTHLY PROGRESS REPORT

(December 2022)

Name of Listed Issuer: **Hello Pal International Inc.** (the "Issuer").

Trading Symbol: **HP**

Number of Outstanding Listed Securities: **166,653,623**

Date: **December 2022**

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's Hello Pal Platform is a proprietary suite of mobile applications built on a user-friendly messaging interface that focus on social interaction, travel and language learning. The Issuer currently has three major apps - Hello Pal, Travel Pal and Language Pal.

The Issuer has developed a live stream function to facilitate the use of the Hello Pal Platform, without adopting in-app advertising. The live stream function has allowed Hello Pal to be revenue generating.

The Issuer owns a 51% interest in CPal Technology Ltd. ("CPal"), which owns mining rigs that mine Dogecoin and Litecoin.

The user base for the Issuer continues to remain strong with total registered users of 7 million. The Issuer reports positive results from global expansion with total livestreaming hours being over 87,000 per month. On average, over 63 million individual gifts are given

to livestream hosts per day with almost half of those now coming geographics other than China.

From late 2021 to early 2022, the Issuer timely transitioned its cryptocurrency mining operations from China to the United States and Australia. The Issuer's mining rigs are currently mining Litecoin and Dogecoin while operating at an average of 75% capacity and averaging an efficiency of 100.25%.

Currently, the Issuer's monthly revenue from mining is approximately CAD250,000 a month, with CAD150,000 accruing from its 51%-owned subsidiary CPal Technology Limited, and CAD100,000 from its 100%-owned subsidiary Hello Pal Asia Limited. As the Issuer believes that cryptocurrency prices have much more upside than downside, the vast majority of mined cryptocurrency has not been converted to USDT or other stablecoin. The Issuer confirmed that it has no exposure to FTX. The Issuer has never mined or traded FTT, and all its cryptocurrency is stored either in its cold wallets, or with its partner Yitang in a secure and insured environment.

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

   Management has been actively exploring new business opportunities, including working with government-related entities in China to offer private live streaming platforms and services for internal use, as well as dedicated new live streaming services which cater towards specific countries and regions.

   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.

   Not applicable.

3. 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.

4. 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.

5. 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.

6. 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.

   Not applicable.

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

   Not applicable.

8. 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.

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

   Not applicable.

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

    Not applicable.

11. 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.

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

    Not applicable.

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

    Not applicable.

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

    Not applicable.

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

    Not applicable.

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

    During the current reporting month, there was a global pandemic outbreak of COVID-19. The actual and threatened spread of the virus globally has had a material adverse effect on the global economy and specifically, the regional economies in which the Issuer operates. Although the Issuer is presently not aware of any confirmed cases of COVID-19 among its management and employees, it may result in modest delays in the course of business. In addition, the pandemic could continue to have a negative impact on the stock market, including trading prices of the Issuer's shares and its ability to raise new capital. These factors, among others, could have a significant impact on the Issuer's operations.

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 January 30, 2023.

KL Wong
Name of Director or Senior Officer

"KL Wong"/signed
Signature

Interim Chief Executive Officer
Official Capacity

Issuer Details Name of Issuer **Hello Pal International Inc.**	For Month End **December 2022**	Date of Report YY/MM/DD **2023/01/30**
Issuer Address **500 Denman Street, Suite 200**		
City/Province/Postal Code **Vancouver, BC V6G 3H1**	Issuer Fax No. (604) 683-0911	Issuer Telephone No. **(604)684-0642**
Contact Name **KL Wong**	Contact Position **Interim CEO**	Contact Telephone No. **(604)683-0911**
Contact Email Address **@hellopal.com**	Web Site Address **www.hellopal.com**	