FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **APPIA ENERGY CORP.** (the “Issuer”).

Trading Symbol: **“API”**

Number of Outstanding Listed Securities: **42,966,078**

Date: **September 1, 2016**

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**

1. 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.
2. The term “Issuer” includes the Issuer and any of its subsidiaries.
3. 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 Company has planned** **an airborne 715 line-kilometre VTEMTM MaxTime-Domain electromagnetic survey with additional magnetic and radiometric components over its Loranger Property located 28 km southeast of Cameco’s Rabbit Lake mill, northern Saskatchewan. Flying is expected to take place in September.**
2. Provide a general overview and discussion of the activities of management. **The Company is progressing with the second (final) tranche of a non-brokered offering of up to 5 million working capital units (“WC Units”) at a price of $0.20 per unit and up to 5 million flow-through units (“FT Units”) at a price of $0.20 per unit.**

**In June the Company announced the closing of the first tranche of WC Units, comprising 1,315,000 units for gross proceeds of $263,000. The Company expects to close the second tranche in September.**

**The proceeds will be used to explore the recently acquired Loranger property (see news release April 26, 2016) and for working capital.**

1. 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. **During the month Appia acquired an additional 5,969 hectares of surface exploration rights contiguous to the Loranger property in northern Saskatchewan.**
2. 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. **N/A**
3. 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. **During the month Appia engaged Palisade Global Investments Ltd. as advisory consultants regarding financial market participants in the United States, Canada and Europe. Dr. Irvine R. Annesley, who has extensive experience in applied mineral exploration in the uranium-thorium-Rare Earth Elements field, was also appointed as an advisor and consultant to the Company.**
4. 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. **N/A**
5. 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. **N/A**
6. Describe the acquisition of new customers or loss of customers. **N/A**
7. 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. **N/A**
8. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **N/A**
9. Report on any labour disputes and resolutions of those disputes if applicable. **N/A**
10. 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. **N/A**
11. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness. **N/A**
12. Provide details of any securities issued and options or warrants granted. **N/A**

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| **Security** | **Number Issued** | **Details of Issuance** | **Use of Proceeds(1)** |
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1. *State aggregate proceeds and intended allocation of proceeds.*

1. Provide details of any loans to or by Related Persons. **The CEO is not drawing the fees to which he is entitled. The amount owing to him increases by $5,000 per month. Included in amounts owing to officers and directors at August 31, 2016 is $533,306 owing to him.**
2. Provide details of any changes in directors, officers or committee members. **N/A**
3. Discuss any trends which are likely to impact the Issuer including trends in the Issuer’s market(s) or political/regulatory trends. **The economic value of the Company’s NI 43-101 reported resources at Elliot Lake is dependent, among other factors, on the market price and the outlook for demand for uranium and rare earth element metals (“REEs”).**

**The properties in Saskatchewan will advance with the airborne survey at Alces Lake flown in June, the VTEM airborne survey of the Loranger property expected in September and a proposed ground exploration program on the Otherside property in calendar 2016.**

**Spot uranium prices continue to be below the cost of production for most miners, and the outlook for REEs is uncertain. Current mine production of uranium is less than consumption, such that existing stockpiles are diminishing, and with the forecast of an increase in demand of 58% by 2020, known supplies will not match demand in the near future. Sixty-four reactors are under construction and industry sources report that a reactor start-up requires twice as much uranium in the first year as in ongoing use. Most operators build up a stockpile to cover the first seven years of operations to be assured of supply, before a start-up commences. China is building 6 to 8 new units a year to reduce the use of coal, which is used to supply 70% of its electricity.**

**The political stability of countries currently supplying the market has caused concern in the United States, as very little uranium for reactor requirements is sourced domestically, with the same situation for the supply of the REEs required by the defence industry and for electronics.**

**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: **September 1, 2016**.
Name of Director or Senior Officer

 ***“F. van de Water”***

**Secretary**

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| ***Issuer Details***Name of Issuer**Appia Energy Corp.** | For Month End**August 31, 2016** | Date of ReportYY/MM/D**16/09/01** |
| Issuer Address**500 – 2 Toronto Street** |
| City/Province/Postal Code**Toronto, ON****M5C 2B6** | Issuer Fax No.**( 416) 218 9772** | Issuer Telephone No.(**416**) **546 2707** |
| Contact Name**Frank van de Water** | Contact Position**COO, CFO,Sec** | Contact Telephone No.(**416**) **546 2707** |
| Contact Email Address**fvandewater@rogers.com** | Web Site Address[**www.appiaenergy.ca**](http://www.appiaenergy.ca) |