

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Plymouth Rock Technologies Inc. (the "Issuer").

Trading Symbol: PRT

Number of Outstanding Listed Securities: 31,761,300 common shares & 6,587,275 common shares reserved for issuance

Date: January 31, 2019

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 January 8, 2019 the issuer's common shares commenced trading on the Frankfurt Stock Exchange in Germany under the Symbol: 4XA, WKN# - A2N8RH.

The company held an Annual General and Special Meeting of Shareholders on January 22, 2019. All motions proposed and described in the Issuer's Information Circular for the Meeting were passed.

2. Provide a general overview and discussion of the activities of management.
None
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
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
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.
None
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

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

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

None

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

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

None

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

None

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

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

None

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

The Company granted an aggregate of 2,300,000 incentive stock options to directors, officers, employees and consultants of the Company with an exercise price of \$0.60 per share for a period of five years from the date of grant. Any shares issued under the option grant will vest over a period of two years.

Security	Number Issued	Details of Issuance	Use of Proceeds⁽¹⁾
Common shares	0	0	N/A
Options	2,300,000	Directors, Officer, Consultants, and Employees	N/A
Warrants	0	0	N/A

(1) *State aggregate proceeds and intended allocation of proceeds.*

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

None

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

On January 16 2019, The Company formed an Advisory Board. The advisory board will be chaired by Professor Stuart Harmer, DPhil, BSc. (HONS), FINSTP. who will be joined by Douglas Smith and Jason Elwood.

Audit Committee is Jeremy Poirier (Chair)., Vivian Katsuris and Angelos Kostopoulos.

Compensation Committee is Dana Wheeler, Jeremy Poirier, and Angelos Kostopoulos.

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: **February 1, 2019**

Vivian Katsuris
Name of Director or Senior Officer

" Vivian Katsuris"
Signature

Director & Corporate Secretary
Official Capacity

Issuer Details Name of Issuer: Plymouth Rock Technologies Inc.	For Month End: January 2019	Date of Report YY/MM/DD 19/02/01
Issuer Address Suite 300-2015 Burrard Street		
City/Province/Postal Code Vancouver, BC, V6J 3H4	Issuer Fax No. n/a	Issuer Telephone No. (604)563-7647
Contact Name Vivian Katsuris	Contact Position: Director & Secretary	Contact Telephone No. (604)729-2500
Contact Email info@plyrotech.com	Web Site Address www.plyrotech.com	