

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **ALQ Gold Corp.** (the "Issuer").

Trading Symbol: **ALQ**

Number of Outstanding Listed Securities: **5,518,670***

Date: July 26, 2017

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 for the Month End July 31, 2017

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.

Further to ALQ Gold Corp.'s News Release of June 29, 2017, the Company continued efforts on the announced intention to complete: (i) a

consolidation of its issued and outstanding common shares on the basis of one new share for every two shares outstanding; and (ii) a non-brokered private placement to raise up to \$1,100,000 through the distribution of 14,666,667 shares ("the Shares") of the Company at a price of \$0.075 per Share. The Shares issued will have an additional two (2) month hold period following the standard four (4) month period. The net proceeds of the offering will be used by the Company for working capital purposes and to look for new business opportunities. Closing of the private placement is subject to receipt of all necessary regulatory approvals, including approval of the CSE. Finder's fees may be paid in connection with the offering.

***As at July 26, 2017, the date of this report, the announced share consolidation had not occurred and the announced private placement had not closed. The Number of Outstanding Listed Securities in this report will be amended should either of these events occur before July 31, 2017**

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

Management was responsible for the activities noted in #1 and continued general corporate operations, including the review, discussion, and analysis of any current or new business or joint venture opportunities presented to the Company.

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.

The Company initiated arrangements, with an unrelated party, to dispose of a 2007 Ford F250 Truck, used in prior exploration programs, which has been stored in Smithers, BC for the past several years. This truck suffered body damage from prior exploration use, is not currently driveable, and is considered to be of nominal value. An online search for similar vehicles in comparable condition was conducted through Autotrader.com and the Company concluded the repair cost and effort required to increase the value would not be an efficient use of the Company's time nor funds.

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 hirings, 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.

None

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

At July 31, 2017, ALQ owed \$3,739.89 (to be split into 7 equal payments of \$534.27) relative to the financing of their April 2017 D&O Insurance renewal. Following the agreed repayment schedule, it is expected ALQ will have repaid this amount in full by Feb 27, 2018.

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

None

Security	Number Issued	Details of Issuance	Use of Proceeds⁽¹⁾

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

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

While not documented as a loan, ALQ's most recent MD&A and Financial Statements, dated July 14, 2017, noted \$262,305 in accounts payable to directors and officers as at May 31, 2017.

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

None

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

The conditions in financial markets over recent years may hamper the ability of many junior exploration companies, including the Issuer, to raise funds for future exploration.

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 July 26, 2017.

Joanne Ward

Name of Director or Senior
Officer

"Joanne Ward"

Signature

CFO

Official Capacity

Issuer Details Name of Issuer ALQ Gold Corp.	For Month End July, 2017	Date of Report YY/MM/D 2017/07/26
Issuer Address 410 Donald Street, Coquitlam, BC, V3K 3Z8		
City/Province/Postal Code Coquitlam, BC, V3K 3Z8	Issuer Fax No. (N/A)	Issuer Telephone No. (604) 939.4083
Contact Name Joanne Ward	Contact Position CFO & Director	Contact Telephone No. (604) 939.4083
Contact Email Address alpha-gold@shaw.ca	Web Site Address www.alqgold.com	