FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Aurwest Resources Corporation** (the “Issuer” or “Company”).

Trading Symbol: **AWR**

Number of Outstanding Listed Securities: **99,521,634**

Date: **August 4, 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**

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.

**Newfoundland**

Since the phase two drill program was completed in late June, we are currently waiting for assay results which are expected shortly. Current exploration activity includes continuous field work including sampling, mapping, and general geological interpretation of licenses in the Miguels Lake and Paradise Lake property areas.

**British Columbia**

No additional exploration work has been undertaken on the Stellar or Stars properties during June 2022. Notice of Work permits have been submitted for both the Stellar and Stars properties for future exploration programs.

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

**Newfoundland**

Management activities involved the ongoing interpretation of the technical data pertaining to the phase one and two drilling programs at Paradise Lake and the planning and organization of field exploration work currently taking place.

**British Columbia**

No additional exploration or geological activity took place on the Stellar and Stars property in BC, approximately 25-65 km southwest of Houston, BC.

**General**

**NCIB** - On September 30, 2021 the Company announced a normal course issuer bid (“NCIB”) authorizing the Company to acquire up to 4,801,431 common shares, representing 5% of the common shares issued and outstanding over the course of the next year. The Company has appointed PI Financial as the broker to conduct the NCIB. **During the month of July 2022 there were zero shares purchased under the program.**

Other activity included the preparation of the draft Management Information Circular for the upcoming Annual General Meeting to be held on August 29, 2022.

1. 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**
2. 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**
3. 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.**

1. 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**
2. Describe the acquisition of new customers or loss of customers.

**Not Applicable.**

1. 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**
2. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **Not Applicable.**
3. Report on any labour disputes and resolutions of those disputes if applicable.

**Not Applicable.**

1. 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.**

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

**Not Applicable**

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

**Not Applicable**.

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| **Security** | **Number Issued** | **Details of Issuance** | **Use of Proceeds(1)** |
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1. Provide details of any loans to or by Related Persons.

**Not Applicable**.

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

**Not Applicable.**

1. Discuss any trends which are likely to impact the Issuer including trends in the

 Issuer’s market(s) or political/regulatory trends.

**Not Applicable.**

**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: August 4, 2022

 Colin Christensen
Name of Director or Senior Officer

 Signed: *“Colin Christensen”*
Signature

President &CEO
Official Capacity

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| ***Issuer Details*****Name of Issuer**Aurwest Resources Corporation | **For Month End**July 31, 2022  | **Date of Report****YY/MM/D**22/08/04  |
| **Issuer Address**Suite 650, 340 12 Ave SW  |
| **City/Province/Postal Code**Calgary, Alberta T2R 1L5 | **Issuer Fax No.** | **Issuer Telephone No.**(403)483-8363 |
| **Contact Name**Colin Christensen | **Contact Position**President | **Contact Telephone No.**(403)483-8363 |
| **Contact Email Address**cchristensen@aurwestresources.com | **Web Site Address**www.aurwestresources.com |