

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Foremost Lithium Resource & Technology Ltd. (the "Issuer").

Trading Symbol: FAT

Date: March 26, 2024

1. New Options Granted:

Date of Grant: March 26, 2024

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Curtis Bouwman	Consultant	N	20,000	\$3.30	March 26, 2026	Nil

Total Number of optioned shares proposed for acceptance: **20,000**_____ .

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares(1)	Exercise Price	Original Date of Grant	Expiry Date
Sead Hamzagic	20,000	\$3.98	February 15, 2023	February 15, 2029
Douglas L. Mason	20,000	\$5.47	December 4, 2023	December 4, 2026
Jason Barnard	40,000	\$6.60	September 6, 2023	September 6, 2028
Baljinder Bhullar	25,000	\$6.60	September 6, 2023	September 6, 2028
Christina Barnard	20,000	\$6.60	September 6, 2023	September 6, 2028
Christopher MacPherson	7,500	\$6.60	September 6, 2023	September 6, 2026
Andrew Lyons	7,500	\$6.60	September 6, 2023	September 6, 2026
Jonathan More	7,500	\$6.60	September 6, 2023	September 6, 2026
Michael McLeod	7,500	\$6.60	September 6, 2023	September 6, 2026
Raymond Straehl	10,000	\$6.60	September 6, 2023	September 6, 2026
Jody Dahrouge	17,500	\$5.65	August 25, 2023	August 25, 2026
Mount Morgan Resources Ltd.	10,000	\$9.50	December 13, 2022	December 13, 2025
Angela Victoria Bouwman	3,000	\$9.50	December 13, 2022	December 13, 2025
Raymond Straehl	8,000	\$9.50	December 13, 2022	December 13, 2025
Andrew Lyons	20,000	\$9.00	December 2, 2022	December 2, 2025
Christopher MacPherson	20,000	\$9.00	December 2, 2022	December 2, 2025
Michael McLeod	17,000	\$9.00	December 2, 2022	December 2, 2025
Jonathan More	5,000	\$9.00	December 2, 2022	December 2, 2025
Michael McLeod	8,000	\$13.75	September 6, 2022	September 6, 2025
Jonathan More	20,000	\$12.75	September 2, 2022	September 2, 2025
Mount Morgan Resources Ltd.	10,000	\$7.50	November 1, 2021	November 1, 2026
Michael Feinstein	6,000	\$4.00	December 4, 2020	December 4, 2025
Euroswiss Capital Partners Inc.	4,000	\$15.50	March 8, 2022	March 8, 2025

**FORM 11 – NOTICE OF PROPOSED STOCK OPTION GRANT
OR AMENDMENT**

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held. N/A
- (b) State the date of the news release announcing the grant of options.
March 27, 2024
- (c) State the total issued and outstanding share capital at the date of grant or amendment. 5,208,009 common shares
- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options. 6.02%
- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan. 536,500
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors. N/A
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer. N/A

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated March 27, 2024.

Jason Barnard

Name of Director or Senior
Officer

"Jason Barnard"

Signature

CEO & President

Official Capacity