FORM 7  
  
MONTHLY PROGRESS REPORT

Name of Listed Issuer: **First Energy Metals Limited** (the “Issuer”).

Trading Symbol: FE

Number of Outstanding Listed Securities: 17,631,003

Date: December 6, 2019

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 Issuer announced the completion of a phase 1 drill program at its Phyllis cobalt property in Ontario.

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

On November 29, 2019 Management announced the following corporate update as described below;

*First Energy Metals Ltd. has terminated its option agreement on the Russel graphite property, located in the Gatineau area of Quebec, and will return the property back to the vendor.*

*Management's decision to discontinue the option was based on its desire to focus its efforts on the 100-per-cent-optioned Phyllis cobalt property in Ontario, and, with that being said, the company will continue to work toward furthering its exploration efforts on the Phyllis property. In addition, the company will not continue to pursue its letter of intent originally signed on Sept. 23, 2019, to acquire Muzhu Mining Ltd.*

*In connection with the above the Company will not be proceeding with the $ 1.5 million*

*financing at a price of 15 cents per share.*

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.

*In order to consolidate its property portfolio First Energy Metals Ltd. has terminated its option agreement on the Russel graphite property, located in the Gatineau area of Quebec, and will return the property back to the vendor.*

*Management's decision to discontinue the option was based on its desire to focus its efforts on the 100-per-cent-optioned Phyllis cobalt property in Ontario, and, with that being said, the company will continue to work toward furthering its exploration efforts on the Phyllis property. In addition, the company will not continue to pursue its letter of intent originally signed on Sept. 23, 2019, to acquire Muzhu Mining Ltd.*

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.

*First Energy Metals Ltd. has terminated its option agreement on the Russel graphite property, located in the Gatineau area of Quebec, and will return the property back to the vendor. First Energy will focus its efforts on its 100% optioned Phyllis Cobalt property located in the Kenora mining district in Ontario.*

1. 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.

N/A

1. 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.

*In connection with the Company not pursuing its LOI signed with Muzhu Mining, First Energy will not moving ahead with the previously announced $ 1.5 million dollar financing at 0.15 cents.*

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.

N/A

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

N/A

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.

N/A

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

N/A

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

N/A

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.

N/A

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

N/A

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

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

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

N/A

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

*On* ***October 07, 2019*** *First Energy announced it has appointed Craig Alford to its board of directors. Concurrently, Muzaffar Sultan has resigned from the board to focus on other business ventures. The company thanks Mr. Sultan for his contribution to the company and wishes him well in his future endeavours.*

*Mr. Alford is a professional geoscientist with over 33 years of experience in mineral exploration and development. Throughout his career, he has managed large exploration projects in North America and South America, several Central Asian Republics, Russia, Australia, and Africa. This experience has included independent consulting assignments and positions within the management of major and junior company exploration companies.*

*More recently, Mr. Alford was the deputy general manager for one of China's largest mining companies, Zijin Mining Group of China, whereby his sole responsibility was to identify and assess projects for mergers and acquisitions. During his tenure there Mr. Alford met and negotiated with several heads of state and many executives in the mining communities of China, Canada, Central Asia, Africa and Australia. During his time with Zijin, several successful partnerships and acquisitions were made by his division, specifically the Kamoa copper project with Ivanhoe Mines, the Porgera project with Barrick, the Taldybulak mine in Kyrgyzstan and the Paddington gold mine in Western Australia.*

*Mr. Alford holds both a bachelor of science (honours) and a master of science in geology and is a qualified person under Canadian National Instrument 43-101. He has authored a number of technical reports for public companies and has been published in scientific journals in Europe and North American, including Tectonophysics and the Journal of Structural Geology.*

*The company also is pleased to announce it was added Anthony Tam to its advisory board. Mr. Tam holds a bachelor of science in engineering physics and mining engineering from Queens University, in addition to holding a certified public accountant designation. Mr. Tam brings over 25 years of experience in the mining industry, including numerous management positions with both public and private companies in North America and China. He has been successful in negotiating various joint venture agreements in China, along with conducting preliminary geological and engineering assessments of mineral properties.*

*On* ***October 23, 2019*** *First Energy announced the appointment of Jason Grewal to its board of directors.*

*Mr. Grewal is a solicitor in England and Wales and admitted as an attorney in the state of New York. He has studied law at the London School of Economics and holds a law degree from the University of London, an LLM in international business law from the IE Law School in Madrid and an MSc in global finance from Cass Business School in London. He has experience working in Canada, the United States and the United Kingdom, and in Europe. He has advised on various capital market transactions in various jurisdictions, and has experience working with both international law firms and multinational corporations.*

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

N/A

**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. To the best of the undersigned’s knowledge and belief, 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, to the best of the undersigned’s knowledge and belief, 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. To the best of the undersigned’s knowledge and belief, all of the information in this Form 7 Monthly Progress Report is true.

Dated December 6, 2019.

Gurminder Sangha   
Name of Director or Senior Officer

“*Gurminder Sangha*”   
Signature

President   
Official Capacity

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| ***Issuer Details***  Name of Issuer  First Energy Metals Limited | For Month End  November 30, 2019 | Date of Report  YY/MM/D  19/12/06 |
| Issuer Address  1206 – 588 Broughton Street | | |
| City/Province/Postal Code  Vancouver, BC V6G 3E3 | Issuer Fax No.  ( )N/A | Issuer Telephone No.  (604) 375-6005 |
| Contact Name  Gurminder Sangha | Contact Position  President & CEO | Contact Telephone No.  (604) 375-6005 |
| Contact Email Address  [gsangha@firstenergymetals.com](mailto:gsangha@firstenergymetals.com) | Web Site Address  <https://www.firstenergymetals.com> | |