FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **CAVU Energy Metals Corp.** (the "Issuer").

Trading Symbol: **CAVU**

Number of Outstanding Listed Securities: **33,070,500 common shares**

Date: **July 4, 2022 (for the month of June 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

(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

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 is a mining company engaged in the acquisition, exploration and development of mineral projects containing metals used in green technologies and the renewable energy sector.

The Issuer is currently focused on the exploration of its Hopper Copper-Gold Project in the Yukon and recently acquired Star Copper-Gold Porphyry Project in BC.

On June 22, 2022, the Issuer announced a non-brokered private placement (the "Offering") of flow-through units (each, a "Unit") of the Issuer at $0.30 per Unit for gross proceeds of up to $1,000,000.

The gross proceeds from the Offering will be used for Canadian Exploration Expenses, and will qualify as "flow-through mining expenditures", as defined in the Income Tax Act (Canada).

The closing of the Offering is subject to receipt of all necessary regulatory approvals including the Canadian Securities Exchange.

On June 28, 2022, the Issuer announced it has closed the first tranche previously announced non-brokered private placement offering, raising gross proceeds of $508,999.80. The closing consisted of the issuance of 1,696,666 Units at a price of $0.30 per Unit. Each Unit consists of one common share of the Issuer, issued on a flow-through basis pursuant to the Income Tax Act (Canada), and one-half of one common share purchase warrant (each whole warrant, a "Warrant"). Each Warrant will entitle the holder thereof to purchase one common share of the Issuer at a price of $0.50 for a period of two years from the date of issuance.

All securities issued under the Offering will be subject to a four-month and one-day statutory hold period.

On June 28, 2022, the Issuer paid to Prosper Gold Corp. ("Prosper") $285,000.00 pursuant to the property option agreement between Prosper and the Issuer dated May 16, 2022, in relation to a previously announced acquisition of the star copper-gold porphyry project.

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

   Please see section #1.

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.

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Common Shares	1,696,666	Private placement of flow-through units at a price of $0.30 per unit for aggregate gross proceeds of $508,999.80.	The gross proceeds from the private placement will be used for Canadian Exploration Expenses, and will qualify as "flow-through mining expenditures", as defined in the Income Tax Act (Canada).
Warrants	848,331	Issued as part of the private placement units with an exercise price of $0.50 for a period of 2 years from the issuance date.	N/A – no proceeds
Broker warrants	87,965	Issued to brokers in relation to the private placement with an exercise price of $0.50 for a period of 2 years from the issuance date.	N/A – no proceeds

(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.

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 outbreak of the coronavirus, also known as "COVID-19", is continuing to spread across the globe and is impacting worldwide economic activity. Conditions surrounding the coronavirus continue to rapidly evolve and government authorities have implemented emergency measures to mitigate the spread of the virus. The outbreak and the related mitigation measures may have an adverse impact on global economic conditions as well as on the Issuer's business activities. The extent to which the coronavirus may impact the Issuer's business activities will depend on future developments, such as the ultimate geographic spread of the disease, the duration of the outbreak, travel restrictions, business disruptions, and the effectiveness of actions taken in Canada and other countries to contain and treat the disease. These events are highly uncertain and as such, the Issuer cannot determine their financial impact at this time.

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 4, 2022

Dr. Jaap Verbaas
Name of Director or Senior Officer

"Jaap Verbaas"
Signature

CEO and Director
Official Capacity

Issuer Details Name of Issuer **CAVU Energy Metals Corp.**	For Month End **June 30, 2022**	Date of Report YY/MM/DD **22/07/04**
Issuer Address **1050-400 Burrard St.**		
City/Province/Postal Code **Vancouver, BC, V6C 3A6**	Issuer Fax No. ( )	Issuer Telephone No. **(604) 493-2997**
Contact Name **Alex McAulay**	Contact Position **CFO**	Contact Telephone No. **(604) 365-0425**
Contact Email Address **Alex@acmfirm.ca**	Web Site Address **https://cavumining.com/**	