

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Quizam Media Corp. (the "Issuer").

Trading Symbol: QQ

Number of Outstanding Listed Securities: 54,772,124 Common shares, 37,535,080 warrants, and 3,235,000 options

Date: August 05, 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

- (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.

Quizam Media Corporation (the "Company")'s principal business activities consist of providing computer training and consulting services, marketing of a computer based educational program and film production. The Company also produces high quality Media for streaming on the Internet. It produces and acquires content for both Entertainment (quizamentertainment.com) and Corporate Education (ontracktv.com/quizam.com).

One of the most successful on line training platform, OnTrack TV, is developed. It has received a great deal of attention in Canada, US, and UK. More recently, we have entered in discussions with groups from India, China and Southeast Asia with regards to our learning platform and library. OnTrack TV distributes on-line information technology learning over the internet. The business model is based on self-service through a website with residual subscriptions. People are going to the OnTrack TV site and using the training. Our continued increase in OnTrack TV Web-Hits supports this.

The Company continues to enhance OnTrack TV. Our two main areas of OnTrack TV development include the LMS (learning management system) and content. More recently we have invested much time and effort to ensure our content is of the highest quality. As software companies continue to release new versions we continue to develop OnTrack TV content for these new versions.

In July, 2019,

Creston site rezoning approved: As of July, 2019, rezoning has been successful. The company has now applied for a city cannabis business licence.

Vancouver, B.C., new site: The Company has identified and secured a site which meets all of Vancouver's zoning and distancing bylaws. A development permit application has been submitted pending processing for the next six to eight weeks.

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

Management of the Company is working on building a customer base for both face to face training and online training.

The Company also continues to explore strategic partners and investments to further expand its products offering.

The Company is expanding to a new industry, Cannabis. The management team is working on license and leasing storefront premises.

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.

As software companies continue to release new versions we continue to develop OnTrack TV content for these new versions.

The Company has formed a 100-per-cent wholly owned subsidiary in British Columbia called Quantum 1 Cannabis Corp. Quantum 1 has leased several storefront premises in North Vancouver and Grand Forks, and has submitted comprehensive applications for provincial licenses to operate.

OnTrack TV is launching new videos about provincial regulations and safety concerns, and other issues related to cannabis.

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. **N/A**
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. **N/A**
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. **N/A**
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. **N/A**
8. Describe the acquisition of new customers or loss of customers.
Both On Track (face to face training) and OnTrack TV (online training platform) gain new individual and business customers every month. Customers discover the training services via word of mouth, internet search, and advertising.
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.
As software companies continue to release new versions we continue to develop OnTrack TV content for these new versions.
OnTrack TV is launching new videos about provincial regulations and safety concerns, and other issues related to cannabis.
OnTrack TV has launched a new and supercharged on-line learning platform.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **N/A**
11. Report on any labour disputes and resolutions of those disputes if applicable. **N/A**
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. **N/A**
13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness. **N/A**
14. Provide details of any securities issued and options or warrants granted.

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. **N/A**
16. Provide details of any changes in directors, officers or committee members. **N/A**
17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The demand for Corporate Computer training being fuelled by the increased reliance on computers in the workplace, grew use of the internet helping to improve the awareness and consequent demand for the Quizam product, increased in the use of cell phones and internet globally, together with an increased appreciation for education and training giving the company excellent strategic positioning.

The legalization of cannabis will be a signature development in Canada retail market. There is a huge opportunity for Quantum 1 on the potential for first-mover advantage in this new market. Legalization is expected to attract more new consumers and increase frequency of purchase. The high possibility of becoming a complement or a substitute for liquor favours to recreational cannabis industry.

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: August 05, 2019 .

Russ Rossi
Name of Director or Senior
Officer

Signature

CEO
Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer		End	YY/MM/D
Quizam Media Corporation		July	2019/08/05
Issuer Address			
<i>PO BOX 10381, Suite 650 – 609 Granville St</i>			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
<i>Vancouver / BC / V7Y 1G6</i>		(604) 683 0045	(604) 683 0020
Contact Name		Contact Position	Contact Telephone No.
NANCY DU		Accountant	(604) 683 0020
Contact Email Address		Web Site Address	
nancy@ontrack.com		http://www.quizammedia.com/	