FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Squatex Energy and Ressources Inc.** (the **"Issuer"** or **"Squatex"**).

Trading Symbol: **SQX**

Number of Outstanding Listed Securities: **123,850,656 issued and outstanding & 300,000 reserved for issuance**

Date: November 30, 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.

   Squatex Energy and Ressources Inc. is a junior oil and gas exploration company established in 2001 which main activity is to carry out works and studies aiming at the evaluation and the development of the oil and gas potential of a territory of 656,093 hectares under exploration license in the Province of Québec, in which it is holding a 70% interest.

   In November 2019, Squatex is inactive in relation to its exploration activities.

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

   In November 2019, Squatex is inactive in relation to its exploration activities.

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.

   No new drilling, exploration or production in November 2019. No acquisitions of properties in November 2019.

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.

   In November 2019, Squatex is inactive in relation to its exploration activities.

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.

   Squatex does not entered into new business relationship in November 2019.

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.

   No expiry or termination of any contracts or agreements in November 2019.

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.

   No acquisition or disposition in November 2019.

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

   No new customers or loss of customers in November 2019.

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.

   No new developments on intangible products.

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.

    No new claim in November 2019.

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)
N/A			

(1) State aggregate proceeds and intended allocation of proceeds.

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

A company under common control made another advance to Squatex for a total amount of $25,000 in November 2019.

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

No change in directors, officers or committee members in November 2019.

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

No new trends in November 2019.

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 December 4, 2019.

René Guimond
Name of Director or Senior Officer

/s/ René Guimond
Signature
Vice-President, Finance
Official Capacity

Issuer Details Name of Issuer **Squatex Energy and Ressources Inc.**	For Month End **November 2019**	Date of Report YY/MM/D **2019/12/04**
Issuer Address **7055, Taschereau Boulevard, suite 500**		
City/Province/Postal Code **Brossard / Quebec / J4Z 1A7**	Issuer Fax No. **450 466-0772**	Issuer Telephone No. **450 766-0861**
Contact Name **René Guimond**	Contact Position **Vice-President, Finance**	Contact Telephone No. **450 766-0861**
Contact Email Address **rguimond@squatex.com**	Web Site Address **http://squatex.com**	