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: September 4, 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.

Management has revised its originally announced private placement up to $75,000 with the following terms on July 29, 2019:

 First Energy Metals Ltd. has arranged a non-brokered private placement for gross proceeds of up to $150,000 from the sale of up to one million units at a price of 15 cents per unit. Each unit will consist of one common share with no warrants.

 As of August 30, 2019, the Private Placement has not closed, the Company is

 working towards completing the private placement.

1. 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.

On May 30, 2019 First Energy Metals Ltd. has released assay results for the phase 1 drill program at its Phyllis cobalt property in Ontario. Drill hole PC-19-02 intersected 12.1 metres of 0.10 per cent cobalt, 0.79 per cent copper and 0.08 per cent nickel; and drill hole PC-19-01 intersected 4.4 metres of 0.09 per cent Co, 0.54 per cent Cu and 0.16 per cent Ni. Highlights of the drill results are presented in the attached table.

 DRILLING HIGHLIGHTS

 Hole ID To (m) From (m) Width (m) Co (%) Cu (%) Ni (%)

 PC-19-01 10.5 14.9 4.4 0.09 0.54 0.16

 Including 10.5 12.5 2 0.1735 1.032 0.07485

 PC-19-02 12.1 24.2 12.1 0.1 0.79 0.08

 Including 14.2 18.6 4.4 0.23 0.75 0.17

 And 12.1 14.2 2.1 0.004 2.09 0.023

 The program comprised two AW-sized (1.9-inch (48.26-millimetre)) diamond core drill holes totalling 82 metres, which were drilled by Ombabika Development Corp. of Nipigon, Ont. The first drill hole (PC-19-01) was drilled at a 60- degree angle toward a 70-degree azimuth to a depth of 40 metres. The second hole (PC-19-02) was drilled vertical to a depth of 42 metres. A total of 29 samples were taken from the core for cobalt-nickel-copper analysis. These samples were submitted to Activation Laboratories in Thunder Bay, Ont., and were tested at either its Thunder Bay or Ancaster labs in Ontario. Actlabs is an independent group of laboratories accredited to both ISO 17025 and CAN-P- 1579 for specific registered tests. The recovery percentage per each hole was 76 per cent for PC-19-01 and 79 per cent for PC-19-02.

 The samples for this program were assayed using Code 8 AR ICP-MS, in which a 0.5- gram sample is digested in aqua regia and diluted volumetrically to 250 millilitres with 18-megaohm water. Canmet reference materials for the appropriate elements are digested the same way and used as a verification standard(s). Samples are analyzed on a Varian Vista 735 ICP-OES or ICP-MS.

 The program was aimed at testing the central Phyllis cobalt zone below surface to see the depth and size of the gabbroic intrusion as well as related cobalt- copper-nickel mineralization. All core samples were logged and split by a hydraulic core splitter, with one-half sent to the lab for analysis and the other one-half stored securely at a place in Nipigon. The core sample lengths were selected depending on geological boundaries and visual sulphide mineralization.

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.

N/A

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.

N/A

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 |  |  |  |
|  |  |  |  |
|  |  |  |  |

*(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.

N/A

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 September 4, 2019.

Gurminder Sangha
Name of Director or Senior Officer

“*Gurminder Sangha*”
Signature

President
Official Capacity

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| ***Issuer Details***Name of IssuerFirst Energy Metals Limited | For Month EndAugust 30, 2019 | Date of ReportYY/MM/D19/09/04 |
| Issuer Address1206 – 588 Broughton Street |
| City/Province/Postal CodeVancouver, BC V6G 3E3 | Issuer Fax No.( )N/A | Issuer Telephone No.(604) 375-6005 |
| Contact NameGurminder Sangha | Contact PositionPresident & CEO | Contact Telephone No.(604) 375-6005 |
| Contact Email Addressgsangha@firstenergymetals.com  | Web Site Address<https://www.firstenergymetals.com>  |