FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Crest Resources Inc.** (the "Issuer" or the "Company" or "Crest").

Trading Symbol: **CRES**

Number of Outstanding Listed Securities: **12,809,001**

Date: **July 4, 2019 (for the month ended June 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.

   The Issuer is engaged in the business of mineral exploration and the acquisition of mineral property in Canada. Its objectives are to locate and develop economic precious and base metal properties of merit, and to conduct its exploration program on the Red Metal Ridge Property (the "Red

Metal Ridge Property"). The Red Metal Ridge Property consists of six (6) contiguous mineral titles located seventy-four (74) kilometres northwest of the town of Campbell River and twelve (12) kilometres southwest of the town of Sayward on Vancouver Island, British Columbia, Canada.

The Company proposes to undertake a private placement to raise gross proceeds of up to $600,000 (the "Offering") through the sale of up to 10,000,000 units priced at $0.06 per unit (the "Unit"). Each Unit consists of one common share and one share purchase warrant exercisable into one further common share at a price of $0.075 for a term of three years. The proceeds from the Offering will be used for general working capital, mineral exploration and sourcing new opportunities.

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

   The Company's management has been overseeing and managing the progress of the business and operations described in 1 above.

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.

   Not applicable.

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.

   No drilling, exploration or production programs have been amended or abandoned during the month of June 2019.

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.

   No new business relationships were entered into between the Issuer, the Issuer's affiliates or third parties during the month of June 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.

   Not applicable.

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.

There were no acquisitions by the issuer or dispositions of the Issuer's assets during June 2019.

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

   Not applicable.

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.

   Not applicable.

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

    There were no employee hirings, terminations or lay-offs during the month of June 2019.

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

    There were no labour disputes or resolutions of labour disputes during the month of June 2019.

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.

    The Issuer is not aware of any legal proceedings to which it has become a party during the month of June 2019.

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

    The Issuer did not incur or repay any indebtedness during the month of June 2019.

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.

    There were no loans to or by Related Persons during the month of June 2019.

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

    There were no changes to the directors, officers and committee members during the month of June 2019.

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

The Issuer has no history of earnings and to date has not defined any commercial quantities of mineral reserves on the Red Metal Ridge Property. The Issuer has an option only to acquire an interest in the Red Metal Ridge Property and there is no guarantee that the Issuer's 100% interest, if earned, will be certain or that it cannot be challenged by claims of aboriginal or indigenous title, or unknown third parties claiming an interest in the Red Metal Ridge Property. The Issuer and its assets may also become subject to uninsurable risks. The Issuer's activities may require permits or licenses which may not be granted to the Issuer. The Issuer competes with other companies with greater financial resources and technical facilities. The Issuer may be affected by political, economic, environmental and regulatory risks beyond its control. The Issuer is currently largely dependent on the performance of its directors and officers and there is no assurance the Issuer can retain their services. In recent years both metal prices and publicly traded securities prices have fluctuated widely.

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, 2019

Owen King
Name of Director or Senior Officer

"Owen King"
Signature
Chief Executive Officer, President and Director
Official Capacity

Issuer Details Name of Issuer **Crest Resources Inc.**	For Month End **June 30, 2019**	Date of Report YY/MM/D **19/07/04**
Issuer Address **1100 – 595 Howe Street**		
City/Province/Postal Code **Vancouver, BC, V6C 2T5**	Issuer Fax No. **(604) 681-3552**	Issuer Telephone No. **(604) 681-3170**
Contact Name **Owen King**	Contact Position **Chairman, Chief Executive Officer, President and Director**	Contact Telephone No. **(604) 618-1835**