

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: Dimension Five Technologies Inc. (the "Issuer").

Trading Symbol: DFT

Number of Outstanding Listed Securities: 23,078,001

Date: August 5, 2020

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.

During the month ended July 31, 2020, the Company announced that it entered into a binding letter of intent with Aduro Energy Inc. to acquire 100% of the issued and outstanding shares of Aduro from the shareholders of Aduro.

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

See Item 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.

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 provides details of the relationship.

The announced acquisition of Aduro Energy Inc. is to be a share exchange or three-cornered amalgamation pursuant to which D5 will purchase all of the Aduro Shares from the Aduro Shareholders, and the Aduro Convertible Notes from their holders, in exchange for an aggregate of 40,000,000 D5 Shares and 80,000,000 Special Warrants. The Special Warrants will automatically convert on a one for one basis into D5 common shares upon the achievement of certain milestones in the development of the Aduro business. The Parties are to negotiate the Definitive Agreement and to use all commercially reasonable efforts to complete ancillary agreements, apply for and obtain CSE approval of the Transaction, and, in particular, take the following steps:

(i) as soon as is reasonably practicable, D5 will apply to the CSE for the consent to complete the Transaction described in the Letter of Intent;

(ii) as soon as is reasonably practicable, D5 will complete a financing of at least \$500,000, a portion of which will be lent to Aduro prior to Closing to assist Aduro in its ongoing business development;

(iii) before or contemporaneous with Closing, Aduro will ensure that all Aduro options, Aduro Warrants any other rights to acquire Aduro Shares (other than the Aduro Convertible Notes) are converted or exercised, so that no rights to acquire Aduro Shares exist as at the Closing;

(iv) before or contemporaneous with Closing, Aduro will ensure that all Aduro Convertible Notes have been amended such that such notes will automatically be exchanged for a portion of the 80,000,000 Special Warrants on achievement of the first milestone described in the Letter of Intent; and

(iv) at the Closing Date, nominees of Aduro will be appointed as 4 of the 5 directors of D5, the publicly listed parent company of Aduro, and D5 will change its name to "Aduro Energy Inc."

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 hiring's, 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.

None.

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

None.

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

Jack Huang resigned from the board of directors.

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

COVID19 has created a considerable amount of economic uncertainty which impacts capital markets and the overall business environment which has an impact on the issuer.

Certificate Of Compliance

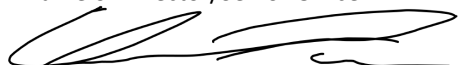
The undersigned hereby certifies that:

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 is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated August 05, 2020

Chris Parr

Name of Director/Senior Officer



Signature

President, CEO and Director

Official Capacity

Issuer Details Name of Issuer Dimension Five Technologies Inc. Issuer Address #1450 – 789 West Pender Street	For Month End July 2020	Date of Report YY/MM/DD 20/08/05
City/Province/Postal Code Vancouver, BC, V6C 1H2	Issuer Fax No. 604-681-8240	Issuer Telephone No. 604-681-1568
Contact Name Chris Parr	Contact Position President, CEO and Director	Contact Telephone No. 604-681-1568
Contact Email Address chris@dimensionfive.ca	Web Site Address www.dimensionfive.ca	