FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Flow Metals Corp. (the "Issuer").

Trading Symbol: FWM

Number of Outstanding Listed Securities: 34,340,978 common shares were issued and outstanding as of April 30, 2022

Date: May 5, 2022 (for the month of April 2022)

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 a discovery stage company focused primarily on the 100% owned Sixtymile gold project in the Yukon. The Issuer also holds a 100% interest in the New Brenda project located in southern BC.

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

During the month of **April 2022**, management's principal activities consisted of:

- announcing the settlement of outstanding fees owed to certain creditors;
- announcing the completion of a staking program and the Option and Earn-in Agreement at the Sixtymile Yukon gold project;
- announcing the amendment of the terms of an aggregate of 3,700,000 outstanding warrants issued pursuant to a private placement of units that closed in May 2020; and
- attending to general and administrative matters.

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.

The Issuer announced that it completed a staking program at the Sixtymile Yukon gold project. The new Top Thrust block consists of 32 contiguous claims and brings the total size of the project to 334 claims totalling 6,550 Ha (65 km^2). The new quartz claims cover the highest producing pay streak of the Little Gold placer mine. The addition of the new claims extends the current gold bearing thrust fault zone coverage to 9 km across 4 placer mines.

The Issuer also announced that it has now earned a 100% undivided right, title, and interest in and to the Sixtymile Yukon gold project with the Optionors retaining a 3% NSR.

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.

There were no drilling, exploration or production programs that have been amended or abandoned during the month of **April 2022**.

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.

There were no 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., during the month of **April 2022**.

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.

There were no expiration or termination of any contracts or agreements during the month of **April 2022.**

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 or dispositions of the Issuer's assets during the preceding month of **March 2022**.

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

   There were no acquisitions of new customers or loss of customers during the month of **April 2022**.

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.

   There were no new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks during the month of **April 2022**.

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 **April 2022.**

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

    There were no labour disputes during the month of **April 2022.**

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.

    There were no legal proceedings to which the Issuer became party to during the month of **April 2022.**

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

    The Issuer settled outstanding fees totalling $82,000 owed to certain creditors by way of the issuance of common shares at a price of $0.03 per share.

14. Provide details of any securities issued and options or warrants granted.

The following securities were issued during the month of April 2022:

Security	Number Issued	Details of Issuance	Use of Proceeds
Common Shares	2,342,855	Settlement of outstanding fees owed to certain creditors for option payments, management fees and exploration costs totalling $82,000	N/A

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

There were no loans to or by Related Persons of the Issuer during the month of **April 2022**.

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

There were no changes in directors, officers or committee members during the month **April 2022**.

As at the date of this report, the directors and officers of the Issuer are as follows:

Scott Sheldon	Director, Chief Executive Officer
Don Sheldon	Director
Brian Murray	Director, Chief Financial Officer
Adrian Smith	Director
Michael Woods	Corporate Secretary

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

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Management Discussion and Analysis for the six months ended January 31, 2022 dated as of March 22, 2022 under the headings "FINANCIAL INSTRUMENTS", OTHER RISKS AND UNCERTAINTIES" and "RISKS AND UNCERTAINTIES". The MD&A is available on the Issuer's SEDAR profile at www.sedar.com and on the Issuer's disclosure hall with the CSE at www.thecse.com.

In addition to the trends and risks detailed in the MD&A, COVID-19 is likely to impact the Issuer:

COVID-19

The outbreak of the corona virus pandemic has impacted the Issuer's plans and activities. The Issuer may face disruption to operations, supply chain delays, travel and trade restrictions and impact on economic activity in affected countries or regions can be expected and can be difficult to quantify. Such pandemics or diseases represent a serious threat to maintaining a skilled workforce industry and could be a major health-care challenge for the Issuer. There can be no assurance that the Issuer's personnel will not be impacted by these pandemic diseases and ultimately that the Issuer would see its workforce productivity reduced or incur increased medical costs/insurance premiums as a result of these health risks. In addition, the COVID-19 pandemic has created a dramatic slowdown in the global economy. The duration of the COVID-19 outbreak and the resultant travel restrictions, social distancing, Government response actions, business closures and business disruptions, can all have an impact on the Issuer's operations and access to capital. There can be no assurance that the Issuer will not be impacted by adverse consequences that may be brought about by the COVID-19 pandemic on global financial markets may reduce resource prices, share prices and financial liquidity and thereby that may severely limit the financing capital available.

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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 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: May 5, 2022

Scott Sheldon
Name of Director or Senior Officer

"*Scott Sheldon*"
Signature

Chief Executive Officer
Official Capacity

Issuer Details Name of Issuer Flow Metals Corp.	For Month End April 2022	Date of Report YY/MM/D 22/05/05
Issuer Address Suite 810 – 789 West Pender Street		
City/Province/Postal Code Vancouver, BC V6C 1H2	Issuer Fax No. (604) 687-3141	Issuer Telephone No. (604) 687-2038
Contact Name Scott Sheldon	Contact Position CEO	Contact Telephone No. (604) 725-1857
Contact Email Address scott@flowmetals.com	Web Site Address www.flowmetals.com	