

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: FWM

Number of Outstanding Listed Securities: 22,844,532 common shares were issued and outstanding as of March 31, 2026

Date: April 7, 2026 (for the month of March 2026)

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 gold and copper exploration company focused on two 100% owned and road accessible projects in Western Canada. Sixtymile is a gold project with hard rock claims to 4 adjacent placer creeks connected by a 9-kilometre thrust fault system in the historic Yukon Sixtymile placer district. New Brenda is a copper-molybdenum-silver porphyry project located in British Columbia’s southern Quesnel terrane.

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

During the month of **March 2026**, management's principal activities consisted of:

- working on an option agreement dated effective March 31, 2026 (the "Option Agreement") with an arm's length party ("Optionor"), pursuant to which the Issuer may acquire a 100% interest in the Sixtymile Valley project located in the Yukon and traditional territory of the Tr'ondek Hwech'in First Nation (see item 3 for more details);
- working on settling debts with the vendors of the Sixtymile Property to settle the annual advanced royalty payment of \$30,000 (see item 13 for more details);
- working on and filing the 2nd quarter filings for the period ended January 31, 2025; 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.

During the month of **March 2026**, the Issuer entered into a property option agreement (the "Option Agreement") with an arm's length party (the "Optionor") pursuant to which the Issuer may acquire a 100% interest in the project by making aggregate payments of \$280,000 over a four-year period, as follows:

- \$5,000 within seven (7) business days following the effective date;
- \$5,000 on the date that is six (6) months following the effective date;
- \$10,000 on the first anniversary of the effective date;
- \$40,000 on the second anniversary of the effective date;
- \$60,000 on the third anniversary of the effective date; and
- \$160,000 on the fourth anniversary of the effective date.

The Issuer may satisfy each payment entirely in cash or, at its election, as to 50% in common shares of the Issuer and 50% in cash, subject to applicable securities laws and the policies of the Canadian Securities Exchange ("CSE"). Any common shares issued pursuant to the Option Agreement will be subject to applicable resale restrictions under Canadian securities laws and the policies of the CSE.

Upon exercise of the option, the Optionor will retain a 2.0% net smelter return royalty on the project, of which 1.0% may be repurchased by the Issuer for \$1,000,000, subject to the terms of the Option Agreement. Following exercise of the option and until commencement of commercial production, the Issuer will also be required to make annual advance royalty payments of \$10,000, which will be credited against the buyback price.

No finder's fees were paid in connection with the transaction.

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 **March 2026**.

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 enter into during the month of **March 2026**.

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 **March 2026**.

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.

During the preceding month of **February 2026**, there were no acquisitions or dispositions of the Issuer's assets that occurred during the preceding month.

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 **March 2026**.

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 **March 2026**.

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 **March 2026.**

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

There were no labour disputes during the month of **March 2026.**

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 **March 2026.**

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

During the month of **March 2026,** the Issuer entered into debt settlement agreements with the vendors of the Sixtymile Property to settle the annual advanced royalty payment of \$30,000 by issuing 272,727 common shares at a price of \$0.11 per common share.

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

On **March 25, 2026,** the Issuer issued 272,727 common shares at \$0.11 pursuant to a debt settlement.

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 **March 2026.**

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

During the month of **March 2026,** there were no changes in directors, officers or committee members.

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

Scott Sheldon	Director, President, Chief Executive Officer
Don Sheldon	Director
Brian Murray	Director, Chief Financial Officer
Harley Slade	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 year-end July 31, 2025 dated as of November 7, 2025 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.sedarplus.ca and on the Issuer's disclosure hall with the CSE at www.thecse.com.

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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: April 6, 2026

Scott Sheldon
Name of Director or Senior
Officer

/s/ "Scott Sheldon"
Signature

Chief Executive Officer
Official Capacity

<i>Issuer Details</i>	For Month End	Date of Report
Name of Issuer Flow Metals Corp.	March 2026	YY/MM/DD 26/04/06
Issuer Address 1890 – 1075 West Georgia Street		
City/Province/Postal Code Vancouver, BC V6E 3C9	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	