**FORM 7**

**MONTHLY PROGRESS REPORT**

Name of CSE Issuer: **PROJECT ONE RESOURCES LTD.**

(the “Issuer”).

Trading Symbol: **PJO**

Number of Outstanding Listed Securities: **9,840,777**

Date: **August 5, 2019**

**Report on Business**

1. General Overview:

**The Company’s common shares began trading on the Canadian Securities Exchange under the symbol “PJO” on June 12, 2019. The Company reported that it had completed its initial public offering of 4,000,000 common shares through its agent, Haywood Securities Inc., at a price of $0.10 per common share. The Company realized gross proceeds from the Offering of $400,000.**

1. Management Activities:

**Management of the Issuer is now focused on undertaking next stage exploration work on the Company’s Aura property. The qualified exploration geologist, Carl Von Einsiedel, P.Geo., has been retained and work has commenced. The management continues to evaluate several opportunities.**

1. New exploration started or completed; properties acquired.

**Project Ones wholly owned initial project, the Aura Property, is made up of 2,706 hectares of contiguous claims and is located approximately 150 kilometers east of Vancouver, British Columbia.**

1. Exploration changes and terminations:

**On June 24th, 2019 the Company began the mobilization for fieldwork at its Aura Project. The program has been designed to follow up on the results of a 2018 aeromagnetic survey completed on the property which are detailed in the Company's Technical Report dated July 15, 2018. The compilation of geophysical results also indicated an additional three airborne magnetic anomalies throughout the property, which have not received any exploration. Soil sampling grids are scheduled to be completed over these new geophysical anomalies with the goal of determining if mineralization can be discovered in those three areas.**

**Results from the work program will be released when they become available**

5. New Contracts and/or Joint Ventures entered into: **none**

6.  Contract Expirations/terminations: **none**

7. Acquisitions or dispositions: **none**

8. Describe the acquisition of new customers or loss of customers. **This section does not apply to Project One Resources Ltd**

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. **This section does not apply to Project One Resources Ltd.**

10. New hires, and layoffs:      **No new hires or Layoffs**

11.  Labour disputes in progress and resolution of same:     **None**

12. Litigation: **No legal proceedings have been filed against the Issuer**

13. Indebtedness incurred or repaid:

14.Provide details of any securities issued and options or warrants granted.  **None**

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| --- | --- | --- | --- |
| Security | Number Issued | Details of Issuance | Use of Proceeds(1) |
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15. Loans to Related Persons: **see comments in section 13 above**

16. Committee Changes, Directorship changes:  **None**

17 Market Matters:

**Market conditions for metals appears to be improving, while the financing of juniors remains difficult.**

**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 CSE 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 CSE Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated:  **August 5, 2019**

 \_Ron Shenton       \_\_\_\_

Name of Director or Senior

Officer  
“signed”  
Chief Executive Officer

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| ***Issuer Details***  Name of Issuer  **Project One Resources Ltd.** | For Month End  **July 31, 2019** | Date of Report YY/MM/D  **2019-07-05** |
| Issuer Address  **459 – 409 Granville Street** | | |
| City/Province/Postal Code  **Vancouver, BC V6C 1T2** | Issuer Fax No. | Issuer Telephone No.  [**604-825-2995**](tel:(204)%20687-3500) |
| Contact Name  **Ron Shenton** | Contact Position  **CEO** | Contact Telephone No.  **As above** |