**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: **October 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 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 September 18, 2019, the Company reported that the Stage 1 field program at its Aura Project confirmed initial anomalies with positive results from soil sampling. A total of 420 soil samples were collected over three new grids that overlay the three priority geophysics targets that are located in the central portion of the property. The samples were analyzed by standard fire assay (AuAA23) and multi-element trace metal analysis (ME-ICP 41). Two of the grids returned anomalous gold values in excess of 15 ppb. The most significant anomaly was identified in the southern of the three target areas and consists of an east west trending response that was traced for 300 meters with gold values ranging from 15 to 66 ppb and is open to both the east and west. The target area is heavily forested and will require prospecting and geological mapping as neither of those have been previously performed. Extension of the soil grids would also be important in determining the potential extent of the mineralization. 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: **none during the period**

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: **no new indebtedness**

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:  **October 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**September 30,2019** | Date of ReportYY/MM/D**2019-10-05** |
| Issuer Address**459 – 409 Granville Street** |
| City/Province/Postal Code**Vancouver, BC V6C 1T2** | Issuer Fax No. | Issuer Telephone No.**604-825-2995** |
| Contact Name**Ron Shenton** | Contact Position**CEO** | Contact Telephone No.**As above** |