

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Temas Resources Corp.** (the "Issuer").

Trading Symbol: **TMAS**

Number of Outstanding Listed Securities: 36,313,521

Date: August 6, 2020 (for the month of July 2020)

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 publicly traded company with a focus on exploring its DAB property in Quebec. See item 2 below for a summary of the Issuer's business and operations during the month of July 2020.

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

During the month of July 2020, management's primary activities consisted of the following activities:

- Applied for its shares to be listed on the OTCQB and to become DTC eligible
- Entering into a letter of intent with Crescita Capital LLC for a \$5 million CAD equity investment facility
- General management 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.*

There were no new products or services developed or offered during the month of July 2020.

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 products or services discontinued during the month of July 2020.

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.*

Effective July 6, 2020 the Issuer entered into a letter of intent with Crescita Capital LLC for an equity investment facility of \$5M CAD. Crescita Capital LLC is a non-related person of the Issuer. See the news release dated July 7, 2020 for further details on the facility terms. The issuer is currently working towards finalizing the definitive agreement with Crescita Capital LLC.

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 contract expiries or terminations between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

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 by the Issuer in July 2020.

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 July 2020.

9. *Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.*

There were no new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

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 July 2020.

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

There were no labour disputes during the month of July 2020.

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 a party during the month of July 2020.

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

There was no indebtedness incurred or repaid by the Issuer during the month of July 2020.

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

There were no securities, options or warrants issued during the month of July 2020.

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

There were no loans to or by Related Persons during the month of July 2020

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

There were no changes in directors, officers or committee members during July 2020.

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 & Analysis dated July 1, 2020 for the first quarter ended March 31, 2020 (the "MD&A") under the heading "Financial Instruments and Risk Management". 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

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: July 6 2020

David Robinson
Name of Director or Senior
Officer

"David Robinson"
Signature

Chief Financial Officer
Official Capacity

Issuer Details Name of Issuer TEMAS RESOURCES CORP.	For Month Ending July 2020	Date of Report YY/MM/D 2020/08/06
Issuer Address 890 – 1140 West Pender Street		
City/Province/Postal Code Vancouver / BC / V6E 4G1	Issuer Fax No. N/A	Issuer Telephone No. 604-428-9480
Contact Name DAVID ROBINSON	Contact Position: CFO	Contact Telephone No. 604-308-2514
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