FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: **FOREMOST LITHIUM RESOURCES & TECHNOLOGY LTD.** (the "Issuer").

Trading Symbol: **FAT**

Number of Outstanding Listed Securities: **189,380,564**

Date: **August 5, 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 the CSE 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 CSE.ca 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 CSE 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.

   On July 4, 2022 the Company announced that it has completed its initial option payment under the terms of its agreement with Strider Resources Ltd. ("Strider") previously announced June 29, 2022, consisting of a cash payment of $100,000,

and issuing 526,316 common shares to Strider. The common shares will be subject to a hold period of four months and one day from the date of issuance.

On July 8, 2022 the Company announced an increase to its previously announced non-brokered private placement flow through common shares of the Company (the "FT Shares"). Under the amended terms, the Company intends to offer an aggregate of 4,887,668 FT Shares at a price of $0.34 per FT Share for gross proceeds of approximately C$1,661,807.

On July 12, 2022 the Company announced that it completed its previously announced acquisition of 100% right, title and interest in and to those certain undersurface mineral rights comprising Manitoba Mineral Disposition No. MB3530 ("MB3530"), referred to as the "Jol Lithium Property", from an arm's length vendor (the "Vendor"), in consideration of a cash payment of $8,000 and the issuance of 18,181 common shares (the "Shares") at a deemed price of $0.33 per share. MB3530 subject to a 2% net smelter return royalty payable to the Vendor. The Shares are subject to a hold period of four months and one day from the date of issuance.

On July 20, 2022 the Company announced that it has completed its previously announced nonbrokered private placement of 4,887,668 flow through common shares of the Company (the "FT Shares") at a price a price of $0.34 per FT Share for aggregate gross proceeds of C$1,661,807.

ON July 28, 2022 the Company announced that it has received Assays for New Pegmatite Discovery Dyke 16 and for Dyke 8 on Its 100% Owned Zoro Lithium Project in Snow Lake, Manitoba.

For more information on any of the above please see the corresponding CSE and SEDAR filed news releases for the Issuer on the dates provided above).

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

   Management has been focused on rebuilding relationships with key vendors in the Snow Lake District of Manitoba. As a direct result of the debt settlement the Company was able to secure a high quality drilling contractor together with the necessary ground and air support to execute the first exploration drilling program since Q4 of 2018. The company secured EarthEx to fly 100% airbone UAV geophysics on its Zoro and Grass River projects commencing in late March. Futher, management re-engaged with investors in New York, Toronto, and Europe.

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.

   None to report

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.

None to report

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.

None to report

5. 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.

None to report

6. 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.

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

Not applicable to the Company, no sales

8. 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.

Not applicable to the Company, no intangible products

9. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

No employees, not applicable

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

None

11. 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.

None to report

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

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

Security	**Number Issued**	**Details of Issuance**	**Use of Proceeds(1)**
Common Shares	18,181	$0.33 Property Acquisition	N/A
Common Shares	4,887,668	$0.34 Flow Through Financing	Exploration Expenses
Common Shares	2,688,889	$0.075 Warrant Exercise	N/A

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

None to Report

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

None to Report

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

None to Report.

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 the 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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).

4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: August 5, 2022.

John Gravelle
Name of Director or Senior Officer

"John Gravelle"
Signature

President, CEO & Director
Official Capacity

Issuer Details Name of Issuer **Foremost Lithium Resources & Technology Ltd.**	For Month End **July 2022**	Date of Report **2022/08/05**
Issuer Address: **700 West Georgia St., #2500, Vancouver, B.C V7Y 1B3**		
City/Province/Postal Code **Vancouver, BC, V7Y 1K8**	Issuer Fax No. **N/A**	Issuer Telephone **604-330-8067**
Contact Name **John Gravelle**	Contact Position **Director & CEO**	Contact Telephone No. **604-330-8067**
Contact Email Address john.gravelle@foremostlithium.com	Web Site Address https://www.foremostlithium.com/	