



FORM 7
MONTHLY PROGRESS REPORT FOR DECEMBER 2019

Name of CNSX Issuer: JDF EXPLORATIONS INC. (the "Issuer").

Trading Symbol: JDF

Number of Outstanding Listed Securities: 45,314,715

Date: January 8, 2020

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 Company has no new developments to report..

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

JDF management continues to seek out new sources of financing as reasonably available to it, including, equity, debt, and the sale of assets or parts of assets, including mineral properties.

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.

Not applicable.

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.

Not applicable

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.

The Issuer pays a company partly owned and controlled by a Related Person being Derick Sinclair the Issuer's CFO and a director of the Issuer \$6,000 per month for bookkeeping and accounting services.

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.

Not Applicable

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.

Not Applicable

8. Describe the acquisition of new customers or loss of customers.
Not Applicable
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.
Not Applicable
10. Report on any employee hiring's, terminations or lay-offs with details of anticipated length of lay-offs.
Not Applicable
11. Report on any labour disputes and resolutions of those disputes if applicable.
Not Applicable
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.
Not Applicable
13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.
Not Applicable
14. Provide details of any securities issued and options or warrants granted.
Not applicable
15. Provide details of any loans to or by Related Persons.
The Issuer does not have any loans to or from Related Persons
16. Provide details of any changes in directors, officers or committee members.
Not applicable.
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 Item 17 of the Issuer's Annual Listing Statement "Risk Factors".

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 CSE Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated January 8, 2020

Derick Sinclair

Name of Director or Senior Officer

/s/ "Derick Sinclair"

Signature – CFO

CFO

Official Capacity

Name of Issuer JDF EXPLORATIONS INC.	For Month End December 2019	Date of Report YY/MM/DD 20/01/08
Issuer Address Suite 1100 – 1111 Melville Street		
City/Province/Postal Code VANCOUVER, BC, V6E 3V6	Issuer Fax No. (604) 608-5442	Issuer Telephone No. (604) 283-6110
Contact Name Derick Sinclair	Contact Position CFO	Contact Telephone No. (604) 924-8000
Contact Email Address dgs.vcr@gmail.com	Web Site Address N/A	