

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: ParcelPal Technology Inc. (the "Issuer").

Trading Symbol: PKG

Number of Outstanding Listed Securities: 79,845,580 common shares

Date: June 5, 2019.

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 CNSX 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 CNSX.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 CNSX 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 announced that member of Parliament Parm Gill joined the advisory board of the Company.

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

During the month of May management continued executing its strategic plan, attracting potential partnerships and looking at further city expansions. Management has been reinvesting into its technology platform and has begun to scale its services across Canada and now into the United States.

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.

During the month of May, the Issuer continued its operations in Saskatoon, Calgary and British Columbia.

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 May.

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.

There is no new business relations entered into during the month of May.

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.

During the month of May, the Issuer did not terminate any agreements.

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.

The Issuer made no material acquisitions nor did the Issuer sell any of its material assets during the month of May.

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

Not applicable.

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.**

During the month of May, the Issuer continued marketing initiatives designed to develop and enhance the ParcelPal brand in Vancouver, Ontario, Calgary, and Saskatoon.

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

During the month of May there were no employee hirings, terminations or lay-offs.

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

There were no material labour disputes during the month of May.

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.**

There were no legal proceedings to which the Issuer became a party during the month of May.

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

There was no new indebtedness incurred or repaid by the Issuer during the month of May.

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

The Issuer issued 400,000 shares pursuant to the exercise of warrants at a price of \$0.20.

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

Not applicable.

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

The Issuer announced that member of Parliament Parm Gill joined the advisory board of the Company.

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

Not applicable.

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 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 June 5, 2019.

Kelly Abbott
Name of Director or Senior Officer

"Kelly Abbott"
Signature

President and CEO
Official Capacity

Issuer Details	For Month End	Date of Report
Name of Issuer		YY/MM/DD
ParcelPal Technology Inc.	May 2019	2019/06/05
Issuer Address		
c/o 305-190 Alexander Street, Vancouver, BC, V6A 2S5		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
Vancouver BC V6B 2S5	(N/A)	(N/A)
Contact Name	Contact Position	Contact Telephone No.
Kelly Abbott	CEO	778-237-5212
Contact Email Address	Web Site Address	
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