

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Plymouth Rock Technologies Inc. (the "Issuer").

Trading Symbol: PRT

Number of Outstanding Listed Securities: 31,768,800 common shares & 6,937,275 common shares reserved for issuance

Date: March 31 2019

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 March 14 2019, the issuer announced that Manchester Metropolitan University assigned them the Millimeter Wave, Shoe Scanning technology IP.

On March 21 2019, the issuer announced that Douglas Smith, a member of the advisory board, has now joined the board of directors of the operating company Plymouth Rock Technologies (USA) Inc.

2. Provide a general overview and discussion of the activities of management.
None
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
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
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.
None
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.

None

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.

None

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

None

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.

None

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

None

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

None

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.

None

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

None

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

None.

Security	Number Issued	Details of Issuance	Use of Proceeds⁽¹⁾
Common shares	0	0	N/A
Options	350,000	incentive option to consultants	N/A
Warrants	0	0	N/A

(1) *State aggregate proceeds and intended allocation of proceeds.*

- 15. Provide details of any loans to or by Related Persons.
None
- 16. Provide details of any changes in directors, officers or committee members.
None
- 17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.
None

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 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: **April 1, 2019**

Vivian Katsuris
Name of Director or Senior Officer

" Vivian Katsuris "
Signature

Director & Corporate Secretary
Official Capacity

<i>Issuer Details</i> Name of Issuer: Plymouth Rock Technologies Inc.	For Month End: March 2019	Date of Report YY/MM/DD 19/04/01
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Contact Name Vivian Katsuris	Contact Position: Director & Secretary	Contact Telephone No. (604)729-2500
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