

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: **Renforth Resources Inc. (the “Issuer”)**

Trading Symbol: **RFR**

Number of Outstanding Listed Securities: **161,126,162**

Date: **January 5, 2019**

Report on Business for month ending January 31, 2019.

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.

During the month the Issuer:

- **commence another drill program on the Parbec gold project**
- **received results from the first 3 holes of the December drill program**
- **continued general operations**

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

During the month of December, Management:

- **Managed the drill program noted in #1**

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.

It is anticipated that the January 2019 program will consist of ~1500m in the eastern and ramp areas of the Parbec Resource, undercutting previous results with deeper holes. In addition to this, two previously drilled holes in the NW will be drilled deeper, assuming access is available, in order to reach the mafic volcanic contact on the northern side of the Cadillac Break (the “hanging wall”). Project sections, consisting of assay and geological data, demonstrates a fairly consistent mineralized zone at the contact with the volcanics. In some instances several holes will have to be resampled in the spring/summer where this contact zone was not sampled.

The first three holes drilled at Parbec in the December 2018 program, which includes 11.56 g/t Au over 1.1m in PAR-18-88 the first hole in that program. The December 2018 program was designed to test the presence of shallow mineralization with grade and continuity outside of a 50m buffer zone from the rail line, and to extend and increase the mineralized zones. Each of PAR-18-88, PAR-18-89 and PAR18-90 successfully intersected mineralization as targeted, defining shallow mineralization and expected to result in positive impact to the resource at Parbec upon recalculation. Results are still pending for the other 4 holes in the December 2018 program

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.

Not applicable.

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.

None.

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 hires, 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/expired.

Issued 250,000 common shares under the Parbec property option agreement.

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

Not applicable.

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.

The Issuer's level of activity and expenditures during a specific quarter are influenced by the availability of working capital, the availability of additional external financing, the time required to gather, analyze and report on geological data related to mineral properties, the results of the Company's prior exploration activities on its properties and the amount of expenditure required to advance its projects. There is no certainty in this industry that any expenditures on mineral exploration and development activities and/or programs will result in the discovery of an economic ore body.

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 February 5, 2019

Kyle Appleby

Name of Director or Senior Officer

"Kyle Appleby"

Signature

CFO

Official Capacity

<i>Issuer Details</i> Name of Issuer Renforth Resources Inc.	For Month End: January 31, 2019	Date of Report YY/MM/DJ 19/02/05
Issuer Address 269-1099 Kingston Road,		
City/Province/Postal Code Pickering, Ontario/L1V1B5	Issuer Fax No.	Issuer Telephone No. 416-818-1393
Contact Name Nicole Brewster	Contact Position President and CEO	Contact Telephone No. 416-818-1393
Contact Email Address nicole@renforthresources.com	Web Site Address www.renforthresources.com	