

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Vapen MJ Ventures Corporation (the "Issuer")**.

Trading Symbol: **VAPN**

Number of Outstanding Listed Securities: **18,774,626 Common Shares**

Date: **July 31, 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 Exchange 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 Exchange 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 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.

History:

The Issuer was incorporated on December 11, 2015 and pursuant to a long form prospectus filed with and receipted by the British Columbia Securities Commission on May 3, 2019, it became a reporting issuer in Canada. On May 13, 2019, the Issuer was listed for trading on the Canadian Securities Exchange (the "CSE"). On June 14, 2019, the Issuer's shares were listed on the Frankfurt Exchange under the trading symbol "VV5"

On July 12, 2019, the Issuer's common shares were quoted the OTCQX® Best Market, under the symbol "VAPNF". The Issuer's trading on the OTCQX Market comes as a result of an application and due diligence process including meeting certain financial metrics.

The Issuer has also made an application for its common shares to be DTC eligible.

The Issuer, through its wholly-owned subsidiaries, currently operates in the US as an agricultural technology, services and property management company utilizing a full vertical integration business model to oversee and execute all aspects of cultivation, extraction, manufacturing (THC and CBD cartridges, concentrates, edibles), retail dispensary, and wholesale distribution of high margin Cannabis THC and Hemp CBD products under the Vapen Brand. Vapen MJ expansion plans include partnering with cannabis license holders and hemp farms in multiple states within the US.

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.

On July 10, 2019 the Issuer announced the launch of its exclusive THC-Free CBD Inhalers. The inhalers feature technology for a precisely metered dose of THC-free, pharmaceutical grade CBD.

The line offers three flavors, Raw, Bubblegum and Strawberry, and is available in 1,000 milligram (mg) canisters that deliver 10 mg per puff for a total of 100 puffs per inhaler.

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 trademarks.

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.

100,000 restricted shares were issued July 29, 2019 as part of a warrant exercise.

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.

a) Cannabis-related Practices or Activities are Illegal Under U.S. Federal Laws

The concepts of "medical cannabis" and "retail cannabis" do not exist under U.S. federal law. The Federal Controlled Substances Act classifies "marijuana" as a Schedule I drug. Under U.S. federal law, a Schedule I drug or substance has a high potential for abuse, no accepted medical use in the United States, and a lack of safety for the use of the drug under medical supervision. As such, cannabis-related practices or activities, including without limitation, the manufacture, importation, possession, use or distribution of cannabis are illegal under U.S. federal law. Strict compliance with state laws with respect to cannabis will neither absolve the Issuer of liability under U.S. federal law, nor will it provide a defense to any federal proceeding which may be brought against the Issuer. Any such proceedings brought against the Issuer may adversely affect the Issuer's operations and financial performance.

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: **August 7, 2019**

Robert J. Brilon

Name of Director or Senior Officer

“Robert J. Brilon”

Signature

President and CFO

Official Capacity

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| Issuer Details Name of Issuer Vapen MJ Ventures Corporation | For Month End July, 2019 | Date of Report YY/MM/DD 19/08/07 |
| Issuer Address 1980 1075 West Georgia Street | | |
| City/Province/Postal Code Vancouver, British Columbia, V6E 3C9 | Issuer Fax No. (778) 329-9361 | Issuer Telephone No. (604) 688-9588 |
| Contact Name Robert J. Brilon | Contact Position President and CFO | Contact Telephone No. (602) 620 9725 |
| Contact Email Address bob@VapenMJ.com | Web Site Address www.VapenMJ.com | |