

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: PetroWorth Resources Inc. ("PetroWorth")

Trading Symbol: PTW

Number of Outstanding Listed Securities: 43,462,181

Date: November 4, 2009

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.

During September 2009, the Company:

- Completed interpretation of the 2-D seismic data recently acquired on its licensed property in Cape Breton, Nova Scotia
 - Continued discussions with a potential farm-in partners for the Company's east coast properties
 - Evaluated various activity options – i.e. drilling two wells on Cape Breton; conducting propane frac stimulation program at A-08 well in New Brunswick
 - Made additional progress in negotiations with natural gas transporting company to have compressed gas at E-08 & A-08 trucked to end users in New Brunswick.
2. Provide a general overview and discussion of the activities of management. 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.
- Management of PetroWorth was involved in the following activities:**
- Continued discussions with potential farm-in partners regarding all of the the company's properties onshore eastern Canada.
 - Continued negotiations with a natural gas distribution company and an industrial end user for the commercial tie-in of the Company's oil and natural gas wells (E-08 & A-08) in New Brunswick
 - Additional meetings with the Department of Natural Resources to resolve an outstanding issue in New Brunswick
 - Developed strategic plan for increasing activities onshore eastern Canada.
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 un Ontario securities law.
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.
4. 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.

5. 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.

No contracts or agreements between PetroWorth and any other parties expired or were terminated during this period.

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.

No acquisitions or dispositions of PetroWorth's assets occurred during this period.

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 hirings, terminations or lay-offs with details of anticipated length of lay-offs.

None during this period

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.

PetroWorth did not become a party to any legal proceedings during this period.

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

No indebtedness occurred during this period

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

No securities, options or warrants were granted during this period

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

No loans were made to or by Related Persons during this period.

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

No changes in directors, officers or committee members.

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

The price of oil and particularly natural gas will impact the revenues generated by any production resulting from PetroWorth's participation in the drilling and re-completion program in Alberta.

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 August 4, 2009

Neal Mednick

Name of Director or Senior
Officer

Signed
Signature

President
Official Capacity

<i>Issuer Details</i> Name of Issuer PetroWorth Resources Inc.	For Month End October 2009	Date of Report 11/04/2009
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Contact Name Neal Mednick	Contact Position President	Contact Telephone No. (416) 214-1551 ext. 225

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