FORM 7
MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Metalite Resources Inc.** (the "**Issuer**").

Trading Symbol: **METL**

Number of Outstanding Listed Securities: **16,356,458 common shares**

Date: **August 3, 2026 (reporting on July 2026)**

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.

   The Issuer is a Canadian junior mineral exploration company focused on Arthur's Seat Gold project in New South Wales, Australia and critical metals projects in Canada.

   On July 13, 2026 the Issuer announced that it completed its previously announced acquisition of a 100% interest in the Launay Gold Property (the

"Transaction"), a district-scale gold project located in Québec's prolific Abitibi Greenstone Belt and had appointed Alex Storcheus as Executive Chairman of Metalite. See press release here.

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

   Management continued to support and control the Issuer's business activities and develop the Issuer's business by evaluating potential projects in the mineral exploration sector and finding ways to advance its Arthur Seat Project in NSW, Australia.

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.

   Not applicable.

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.

   Not applicable.

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 trademarks.

   Not applicable.

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

    In connection with completion of the Transaction, the board of directors of the Issuer appointed Alex Storcheus as a director and Executive Chairman of the Issuer, effective July 13, 2026. Mr. Storcheus has more than 15 years of experience in investment banking and capital markets and has served as a senior executive and director of Canadian public companies. See press release here.

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**.

    The Issuer continues to issue stock options and other equity compensation to employee, consultants, and members of the Board of Directors under its compensation plan. In addition, the Issuer issued the following security:

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Common Sharees	***6,000,000***	***Shares issued for the acquisition of 100% undivided interest in the Launay Gold Property***	***N/A***

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

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.

Not applicable.

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

The trends and risks which are likely to impact the Issuer are detailed in the most recent Management's Discussion and Analysis under the heading "Risks and Uncertainties", which can be viewed under the Issuer's profile on SEDAR+ (www.sedarplus.ca) and in its Quarterly Listing Statement (CSE Form 5) on the Issuer's Disclosure Page available on the Canadian Securities Exchange's website (https://thecse.com/listings/metalite-resources-inc/).

Trends and risks are also identified in the Issuer's Listing Statement filed as CSE Form 2A dated April 13, 2020, under the heading "Risk Factors", available on the Canadian Securities Exchange's website (https://thecse.com/listings/metalite-resources-inc/).

[Remainder of page intentionally left blank]

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 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 3, 2026.**

Chris Hazelton
Name of Director or Senior Officer

/s/ "Chris Hazelton"
Signature

Chief Executive Officer
Official Capacity

Issuer Details **Metalite Resources Inc.**	*For Month End* **July 31, 2026**	*Date of Report (Y/M/D)* **2026/08/03**
Issuer Address **120 Adelaide Street West, Suite 900**		
City/Province/Postal Code **Toronto, Ontario, M5H 3V1**	*Issuer Fax No.* **N/A**	*Issuer Telephone No.* **(647) 660-8718**
Contact Name **Chris Hazelton**	*Contact Position* **CEO**	*Contact Telephone No.* **(647) 660-8718**
Contact Email Address **info@metaliteresources.com**	*Web Site Address* **www.metaliteresources.com**	