

FORM 7

MONTHLY PROGRESS REPORT FOR July 2016

Name of CNSX Issuer: **JDF EXPLORATIONS INC.** (the "Issuer").

Trading Symbol: **JDF**

Number of Outstanding Listed Securities: **40,313,049 as at July 31, 2016**

Date: **September 2016**

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.

Presently, the Issuer does not have any cash flow from operations.

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

During the month of July 2016 Management continued to work to raise capital to develop its work and permitting programs.

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.

This item is not applicable to the Issuer

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.

This item is not applicable to the Issuer for the month of July 2016.

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.

The Issuer did not enter into any new contracts for the month of July 2016.

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.

During July 2016, there were no expiries or termination of any contracts or agreements between the issuer, its affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

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.

This item is not applicable to the Issuer for the Month of July 2016.

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

This item is not applicable as the Issuer has no customers or products for sale.

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.

This item is not applicable to the issuer

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

This item is not applicable to the Issuer.

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

This item is not applicable to the Issuer.

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.

This item is not applicable to the Issuer.

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

The Issuer did not incur or repay any debt during June 2016.

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

N/A

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

The Issuer did not loan any funds to Related Persons in July 2016.

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

The Issuer did not make any changes to its directors, officers or committee members in July 2016.

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 Item 17 of the Issuer's Annual Listing Statement "Risk Factors".

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 **September, 2016**

Ravinder Pannu

Name of Director or Senior
Officer

/s/ "Ravinder Pannu"

Signature –
Director/CEO/President

CEO & President Official Capacity <i>Issuer Details</i> Name of Issuer JDF EXPLORATIONS INC.	For Month End July, 2016	Date of Report YY/MM/DD 16/09/29
Issuer Address 500-666 Burrard Street		
City/Province/Postal Code VANCOUVER, BC, V6C 3P6	Issuer Fax No.	Issuer Telephone No. (604) 728-2507
Contact Name Ravinder Pannu	Contact Position CEO	Contact Telephone No. (604) 728-2507
Contact Email Address ravinbc5@gmail.com	Web Site Address N/A	