

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Poko Innovations Inc. (the "Issuer").

Trading Symbol: POKO _____

Number of Outstanding Listed Securities: 80,201,562

Date: August 8th 2022 _____

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 supplies services to businesses in the wellness sector, including a reliable payment gateway service for high-risk industries, high-quality CBD-derived products and other natural health supplements, both as finished brands and as whitelabel. The Issuer continues to build a community in these industries through education using its online media websites & social network.

Skincare - The issuer is now stocking the POKO brand in 124 stockists.

Poko NEW Stockists - 11 in the month of July

Onboarding process with large distributors chains continues to be a focus

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

The issuer (Poko) wins silver and bronze awards at the Free From awards celebrating natural products. The Free From Skin Care Awards celebrate and encourage skincare manufacturers who create cosmetics that exclude some of the allergens, fragrances and other ingredients sometimes associated with skin and health issues, ethical and environmental concerns, and which some consumers may need to or want to avoid, especially if looking for more 'allergy friendly' or natural cosmetics, and struggling to find suitable products

The issuer (Poko) continues sponsorship of Marie Keating's Cancer support community. Mobile Information Units giving away Daily Poko SPF 50 moisturisers samples to raise awareness on UV protection and of the Poko brand.

The issuer (Poko) attends Evergreen Health Store's 30th Anniversary alongside other health brands, Revive Active, Nature's Plus, Trilogy and more

The issuer (Poko) launches one day pop up at McCabes Blanchardstown Dublin

The issuer (Poko) launches one day pop up at Lavelles Pharmacy Galway

The issuer (Poko) launches one day pop up at OSullivan's Ennis in Clare

The issuer (Poko) announced as finalist for three of their products at the Free From Skincare Awards: Hempsoriasis Balm, Soothing Serum and Brightening Rosewater Toner

The issuer (Poko) Poko's Brightening Rosewater Toner wins bronze and silver medals at the Free From Skincare Awards

The issuer (Poko) Poko enters The Beauty Shortlist Awards 2023

The issuer, Canndid enters The Wellbeing Awards 2023

The issuer (Poko) books a spot at Product Guru's Huddle event in Manchester in October

The issuer (Poko) books a spot with Product Guru's Health and Beauty Pop up Shop in London Islington in September

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 trade-marks.**

Not applicable

10. **Report on any employee hirings, 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.**

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

Security	Number Issued	Details of Issuance	Use of Proceeds⁽¹⁾

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

Not Applicable

- 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.**

Not applicable

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 authorised 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 .

Name of Director or Senior Officer David Hughes

Signature *David Hughes*

Official Capacity

CEO

Issuer Details Poko Innovations Inc.	For Month- June 22	Date of Report 06.07.22
Issuer Address 1000 Sherbrooke Street West, Suite 2700		
City/Province/Postal Code Montreal, QC H3A 3G4	Issuer Fax No. ()	Issuer Telephone No. 705-266-6795
Contact Name Michael Porter	Contact Position Chairman	Contact Telephone No +1 973 865 9357
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