

FORM 7

MONTHLY PROGRESS REPORT

Name of CSE Issuer: Big Rock Labs Inc. (the "Issuer").

Trading Symbol: BLA

Number of Outstanding Listed Securities: 20,230,000

Date: December 1, 2016 – Reporting on November 2016

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.

Big Rock Labs ("Big Rock" or the "Company") (CSE: BLA) (FSE: BR1) is an emerging Canadian technology company that specializes in digital product research and development. The Company is currently exploring a change of business and name change. The transaction is expected to be completed in the first half of 2017.

On November 25, 2016 the Company published a news release titled "Big Rock Labs Abandons Original Change of Business Plan; Stock Trading Resumes".

Despite shareholder approval, the Company announced on November 25, 2016 that after an extensive period of due diligence and because of the large capital requirements and lack of suitable and fairly-priced real estate assets, the Company decided to abandon its original plan to become a real estate company.

As the Company's board of directors had not approved the change of business from a technology company to a real estate company, Big Rock is currently exploring all strategic options for the future, including remaining a technology company but potentially bringing on a new management team and new assets. This could include a Reverse Takeover (RTO) transaction with a private company that wants to go public to fund future growth opportunities.

Discussions with potential candidates from a variety of industries are ongoing. An update will follow once Big Rock has reached a definitive agreement on another transaction. In the meantime, the stock of Big Rock Labs has resumed trading.

2. Provide a general overview and discussion of the activities of management.
CEO Harald Seemann established business relationships with potential business partners and investors for future financings of the Company.
CFO Jens Brandt established business relationships with potential business partners of the Company.
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.
Nothing to report.
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.
Nothing to report.

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.
Nothing to report.
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.
Nothing to report.
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 assets were acquired or disposed of.
8. Describe the acquisition of new customers or loss of customers.
Nothing to report.
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.
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.
Nothing to report.
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.
Nothing to report.

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

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

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

None.

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

Nothing to report.

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

Big Rock's products are designed to appeal to the fast-growing, so-called "sharing economy", which eliminates the middle men and democratizes the global economy. Jeremy Rifkin, author of "The Zero Marginal Cost Society", says the success of businesses such as Airbnb --- the online marketplace where people can book or list a room, house or even a castle --- is about the emergence of a new economic system alongside the traditional capitalist market, potentially leading to what he calls a "paradigm shift in the economy."

Although the Company believes that expectations and assumptions on which forward-looking information is based are reasonable, undue reliance should not be placed on forward-looking information because the Company can give no assurance that the information will prove to be correct. Forward-looking statements contained in this report are made as of the date of this report. The Company disclaims any intent or obligation to update publicly any forward-looking information, whether as a result of new information, future events or results or otherwise, other than as required by applicable securities laws.

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 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 December 1, 2016

Harald Seemann

Name of Senior Officer

/s/ "Harald Seemann"

Signature

CEO and Director

Official Capacity

<i>Issuer Details</i> Name of Issuer Big Rock Labs Inc.	For Month End November 2016	Date of Report December 1, 2016
Issuer Address 119 Spadina Avenue Suite 1203		
City/Province/Postal Code Toronto, Ontario M5V 2L1	Issuer Fax No. None	Issuer Telephone No. 416 879 1989
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