



Form 7

MONTHLY PROGRESS REPORT for August

Name of CNQ Issuer: Cougar Minerals Corp.

Trading Symbol: COU

Number of Outstanding Quoted Securities: 74,299,033

Date: September 9, 2010

Report on Business

1. Cougar Minerals Corp. (the "Issuer") is a Canadian mineral exploration company that has an interest in a petroleum and natural gas mineral lease, located in the George field, two kilometres northwest of Fairview, Alberta. The Issuer has paid \$100,000 to the vendors and is obliged to drill a well to a minimum depth of 1,125 metres to earn 75% working interest in the lease until payout, which will revert to 60% of working interest after payout. The lease is freehold and not subject to the newly announced Crown tax royalty increase announced by the Province of Alberta.

The issuer has the exclusive right to explore for coal on 37,280 hectares of land located south of Hudson Bay, Saskatchewan, and south of the recent impressive discoveries of thermal coal made by Goldsource Mines Inc.

The Issuer's primary exploration focus in 2009 is on its holdings close to San Gold Corporation's Rice Lake Mine located approximately 200 km northeast of Winnipeg, Manitoba, near the town of Bissett, known as the Outback and Bill claims. The Issuer acquired, by way of option, 19 claims totalling 3,050 hectares in area, the western boundary of which is located approximately 6 km from San Gold's Rice Lake Mine. The Rice Lake Mine is located in the Rice Lake Greenstone Belt approximately 100 kilometres west of Goldcorp's highly productive Red Lake Mine in Ontario.

2. In July, 2009, an exploration program was conducted on the Outback and Bill claims. On July 31, 2009, the Issuer announced that it had optioned a 100% interest in the Wyatt Property located in the Garner Lake area, in the Rice Lake area of Manitoba. In order to exercise the option, the Issuer must pay the vendors a total of \$57,500 and issue a total of 1,200,000 shares over a 2 year period. There is a 3% NSR on the property, of which the Issuer can purchase 1.5% from the vendors for \$1,500,000. The first payment was made in July 2010.

In August 2009, the Issuer optioned a 100% interest in the Vena Property in the Rice Lake area of Manitoba. To exercise the option, Cougar must pay the vendors a total of

\$57,500 and issue a total of 950,000 shares over a two-year period. Cougar may purchase one-half of a 3 per cent net smelter returns royalty from the vendors for #1.5 million.

On August 19, 2009, the Issuer announced the completion of a flow-through and non flow-through non-brokered private placement of a total of 25,690,000 shares at \$0.05/share for total proceeds of \$1,280,000.

On October 26, 2009, the Issuer announced a non-brokered private placement at \$0.15/share with one-half of a warrant for total proceeds of \$749,900.

- 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.**

NONE

4. There were no drilling, exploration or production programs amended or abandoned during the month of August, 2010, other than as described above.
5. In August, 2010, the Issuer did not enter into any new business relationships.
6. No other agreements or contracts expired or were terminated by the Issuer in August, 2010.
7. The Issuer did not acquire or dispose of any of its assets in June, 2010, other than as described above.
8. The Issuer did not acquire or lose any customers in August, 2010.
9. There were no new developments on the Issuer's intangible products in August, 2010.
10. There Issuer did not hire, terminate or lay off any employees in August, 2010.
11. The Issuer was not involved in any labour disputes in August, 2010.
12. There were no legal proceedings to which the Issuer was a party in August, 2010.
13. There was no indebtedness incurred or repaid by the Issuer in August, 2010.
14. The Issuer issued the following securities in August, 2010:

Security	Number issued	Details of Issuance	Use of Proceeds
Common shares	400,000	Vena Property see #2	0
Common shares	200,000	Exercise of options	0
Common Shares	3,555,000	Exercise of Warrants	

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

In August, 2010, there were no loans to or by Related Persons to the Issuer.

16. The Board of Directors and officers of the Company are:

Ross Blusson – Director

Mike Elson – Director, President

Chris Grove – Director

Larry Johnson – Chief Financial Officer

Alicia Milne – Corporate Secretary

17. Trends that may impact the Issuer:

Mineral property exploration and development:

- a. All of the properties on which the Issuer owns or on which the Issuer has an option to earn an interest are currently in the exploration stage only and are without known bodies of commercial ore or minerals. Development of any of the properties will only follow upon obtaining satisfactory results of property assessment.
- b. Mineral exploration and development involves a high degree of risk and few properties which are explored are ultimately developed into producing mines. There is no assurance that the Company's exploration and development activities will result in any discoveries of commercial bodies of ore minerals. The long-term profitability of the Issuer's operations will be in part directly related to the cost and success of its exploration and subsequent evaluation programs, which may be affected by a number of factors. These include the particular attributes of the mineral deposit including the quantity and quality of the ore, proximity to or cost to develop infrastructure for extraction, financing costs, mineral prices and the competitive nature of the industry.
- c. Governmental regulations including those relating to prices, taxes, royalties, land tenure and use, the environment and the importing and exporting of minerals are of key importance to the Issuer. The effects of these factors cannot be accurately predicted, but any combination of them may result in the Issuer not receiving an adequate return on invested capital.
- d. Substantial expenditures are also required to establish reserves, to develop processes to extract the resources and, in the case of new properties, to develop the extraction and processing facilities and infrastructure at any site chosen for extraction. In the absence of cash flow from operations, the Company relies on capital markets and joint venture partners to fund its exploration and evaluation activities. There can be no assurance that adequate funding will be available for these purposes when required.

Oil & Gas exploration and development:

- a. The oil and gas industry is subject to extensive controls and regulations governing its operations (including land tenure, exploration, development, production, refining, transportation and marketing) imposed by legislation enacted by various levels of government, all of which should be carefully considered by investors in the oil and gas industry
- b. Oil and natural gas operations involve many risks that even a combination of experience, knowledge and careful evaluation may not be able to overcome. The long term commercial success of the Company depends on its ability to find, acquire, develop and commercially produce oil and natural gas reserves. Without the continual addition of new reserves, any existing reserves the Company may have at any particular time and the production therefrom will decline over time as such existing reserves are explored.
- c. Oil and gas exploration is intensely competitive in all its phases and involves a high degree of risk. The Company competes with numerous other participants in the search for, and the acquisition of, oil and natural gas properties and in the marketing of oil and natural gas. The Company's competitors include oil and natural gas companies that have substantially greater financial resources, staff and facilities than those of the Company.

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 was no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNQ 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 CNQ requirements (as defined in CNQ Policy 10).

Dated: September 9, 2010

Mike Elson

Name of Director or Senior Officer

"Mike Elson"

Signature

Director

Official Capacity

Issuer Details		
<u>Name of Issuer</u>	<u>For Month End</u>	<u>Date of Report</u>
Cougar Minerals Corp.	August 31, 2010	2010/09/01
<u>Issuer Address</u>		
410, 890 West Pender Street		
<u>City/Province/Postal Code</u>	<u>Issuer Fax No.</u>	<u>Issuer Telephone No.</u>
Vancouver, BC, V6C 1J9	604-685-6961	604-685-6989
<u>Contact Name</u>	<u>Contact Position</u>	<u>Contact Telephone No.</u>
Mike Elson	President and Director	604-685-6989
<u>Contact Email Address</u>	<u>Website</u>	
elson506@shaw.ca	http://www.cougarminerals.com	