

HISTORICAL FINANCIAL & OPERATIONAL INFORMATION – MAR/22 (UNAUDITED) ⁽¹⁾⁽²⁾⁽³⁾

(Amounts stated in \$ millions, except as noted)

	2022	2021				2020				Annual	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	2021	2020
SUMMARY FINANCIAL RESULTS											
Petroleum and natural gas sales	499.6	434.5	369.2	299.8	280.1	202.6	139.1	112.7	172.4	1,383.6	626.7
Net income (loss)	16.6	101.0	292.7	(74.3)	(82.5)	311.5	(23.3)	(75.7)	(235.1)	236.9	(22.7)
<i>Per share – diluted (\$/share)</i>	<i>0.11</i>	<i>0.70</i>	<i>2.06</i>	<i>(0.56)</i>	<i>(0.62)</i>	<i>2.35</i>	<i>(0.17)</i>	<i>(0.57)</i>	<i>(1.76)</i>	<i>1.67</i>	<i>(0.17)</i>
Cash from (used in) operating activities	174.9	191.8	97.0	112.1	81.3	53.2	11.4	(14.2)	30.5	482.1	80.9
<i>Per share – diluted (\$/share) ⁽⁴⁾</i>	<i>1.20</i>	<i>1.33</i>	<i>0.68</i>	<i>0.84</i>	<i>0.61</i>	<i>0.40</i>	<i>0.09</i>	<i>(0.11)</i>	<i>0.23</i>	<i>3.39</i>	<i>0.61</i>
Adjusted funds flow ⁽⁴⁾	237.8	174.6	148.4	86.0	90.9	67.9	29.5	19.0	33.5	499.8	150.0
<i>Per share – diluted (\$/share) ⁽⁴⁾</i>	<i>1.63</i>	<i>1.21</i>	<i>1.04</i>	<i>0.65</i>	<i>0.69</i>	<i>0.51</i>	<i>0.22</i>	<i>0.14</i>	<i>0.25</i>	<i>3.51</i>	<i>1.12</i>
Free cash flow ⁽⁴⁾	103.4	99.0	73.8	(2.4)	21.6	0.6	(23.4)	(27.7)	(63.2)	191.8	(113.7)
<i>Per share – diluted (\$/share) ⁽⁴⁾</i>	<i>0.71</i>	<i>0.69</i>	<i>0.52</i>	<i>(0.02)</i>	<i>0.16</i>	<i>0.01</i>	<i>(0.17)</i>	<i>(0.21)</i>	<i>(0.47)</i>	<i>1.36</i>	<i>(0.85)</i>
Total assets	4,095.5	3,885.1	3,882.9	3,655.6	3,583.1	3,497.0	3,041.9	3,066.4	3,009.5	3,885.1	3,497.0
Long-term debt	302.6	386.3	522.4	608.4	712.7	813.5	792.7	754.9	651.5	386.3	813.5
Net debt ⁽⁴⁾	361.2	456.7	576.8	724.5	761.7	854.1	836.5	810.7	771.9	456.7	854.1
Total liabilities	1,343.3	1,278.7	1,471.8	1,601.1	1,548.1	1,459.2	1,336.5	1,343.2	1,293.1	1,278.7	1,459.2
Common shares outstanding (millions) ⁽⁵⁾	140.0	139.2	133.2	133.3	132.8	132.3	133.8	133.8	133.3	139.2	132.3
Wtd. avg shares – diluted (millions) ⁽⁵⁾	145.8	144.1	142.7	132.9	132.5	132.6	133.8	133.7	133.3	142.8	133.3
Capital expenditures by region											
Grande Prairie ⁽⁶⁾	76.8	57.7	53.1	66.5	51.3	64.3	46.1	36.7	49.8	228.6	196.9
Kaybob	31.1	3.8	1.7	3.9	5.0	1.8	2.7	1.8	10.1	14.5	16.4
Central Alberta and Other	0.1	2.6	9.7	11.8	1.2	0.8	0.2	0.8	2.8	25.3	4.6
Corporate	9.0	1.6	1.6	1.2	1.8	(1.8)	1.5	1.5	1.1	6.2	2.3
Capital expenditures	117.0	65.7	66.1	83.4	59.3	65.1	50.5	40.8	63.8	274.6	220.2
Land and property acquisitions	29.2	2.6	2.8	0.1	–	–	–	0.6	–	5.4	0.6
SALES VOLUMES											
Natural gas (MMcf/d)	272.9	284.8	269.7	273.1	273.1	256.3	224.0	253.2	261.5	275.2	248.7
Condensate and oil (Bbl/d)	31,375	32,342	32,177	29,543	29,854	25,752	19,782	22,823	21,899	30,989	22,565
Other NGLs (Bbl/d) ⁽⁷⁾	5,276	5,462	5,017	4,938	5,170	4,987	3,952	3,817	4,539	5,147	4,325
Total (Boe/d)	82,137	85,265	82,150	79,995	80,540	73,460	61,064	68,839	70,022	82,001	68,340
<i>% Liquids</i>	<i>45%</i>	<i>44%</i>	<i>45%</i>	<i>43%</i>	<i>43%</i>	<i>42%</i>	<i>39%</i>	<i>39%</i>	<i>38%</i>	<i>44%</i>	<i>39%</i>
Sales volumes by region (Boe/d)											
Grande Prairie	54,737	56,035	54,586	49,345	47,385	37,782	27,237	31,039	28,214	51,869	31,076
Kaybob	20,726	21,725	21,054	22,688	24,938	27,056	25,477	29,561	32,700	22,588	28,685
Central Alberta and Other	6,674	7,505	6,510	7,962	8,217	8,622	8,350	8,239	9,108	7,544	8,579
Total	82,137	85,265	82,150	79,995	80,540	73,460	61,064	68,839	70,022	82,001	68,340
PARAMOUNT REALIZED PRICES											
Natural gas (\$/Mcf)	5.18	4.76	3.89	3.01	3.14	2.83	1.94	1.94	2.25	3.72	2.25
Condensate and oil (\$/Bbl)	117.53	94.46	84.42	77.96	69.20	52.03	48.74	29.05	55.92	81.91	46.47
Other NGLs (\$/Bbl) ⁽⁷⁾	61.64	54.61	47.05	32.11	32.29	20.61	18.10	12.28	10.75	41.84	15.63
Petroleum & natural gas sales (\$/Boe)	67.59	55.40	48.86	41.18	38.64	29.97	24.76	17.99	27.05	46.23	25.05

HISTORICAL FINANCIAL & OPERATIONAL INFORMATION – MAR/22 (UNAUDITED) ⁽¹⁾⁽²⁾⁽³⁾

(Amounts stated in \$ millions, except as noted)

	2022	2021				2020				Annual	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	2021	2020
COMMODITY PRICES - BENCHMARKS											
Natural gas											
AECO daily spot (\$/GJ)	4.49	4.41	3.41	2.93	2.99	2.50	2.12	1.89	1.93	3.44	2.11
AECO monthly index (\$/GJ)	4.35	4.68	3.36	2.70	2.77	2.62	2.04	1.81	2.03	3.38	2.12
Dawn (\$/MMBtu)	5.63	5.86	5.18	3.43	3.72	2.97	2.44	2.28	2.35	4.55	2.51
NYMEX (US\$/MMBtu)	4.57	4.85	4.32	2.97	2.73	2.76	2.13	1.76	1.87	3.72	2.13
Malin – monthly index (US\$/MMBtu)	5.66	5.99	4.12	2.75	2.70	2.93	1.90	1.52	2.27	3.89	2.15
Condensate and oil											
Edmonton light sweet (\$/Bbl)	117.66	92.14	84.18	76.29	68.62	49.17	49.05	31.45	52.02	80.31	45.39
West Texas Intermediate (US\$/Bbl)	94.29	77.19	70.56	66.03	57.84	42.66	40.93	27.84	46.17	67.91	39.40
Other NGLs											
Conway – propane (\$/Bbl)	68.42	65.95	61.80	42.96	48.77	30.32	26.02	23.79	19.19	54.87	24.83
Belvieu – butane (\$/Bbl)	84.46	78.18	70.48	48.32	50.35	36.10	30.23	23.77	31.82	61.83	30.48
NETBACK ⁽³⁾⁽⁴⁾											
Netback (\$/Boe)											
Petroleum and natural gas sales	67.59	55.40	48.86	41.18	38.64	29.97	24.76	17.99	27.05	46.23	25.05
Royalties	(10.31)	(6.69)	(4.09)	(3.43)	(2.57)	(1.73)	(0.77)	(0.57)	(1.84)	(4.24)	(1.25)
Operating expense	(12.07)	(11.61)	(11.02)	(11.23)	(11.63)	(11.80)	(11.10)	(9.99)	(14.49)	(11.37)	(11.88)
Transportation and NGLs processing ⁽⁸⁾	(4.24)	(3.33)	(4.01)	(4.16)	(3.84)	(3.63)	(4.95)	(4.04)	(3.70)	(3.83)	(4.05)
Sales of commodities purchased	6.59	2.82	4.14	1.85	1.18	2.43	1.90	1.10	2.89	2.52	2.10
Commodities purchased	(6.64)	(2.85)	(4.16)	(1.86)	(1.21)	(2.51)	(1.96)	(1.02)	(2.93)	(2.54)	(2.12)
Netback	40.92	33.74	29.72	22.35	20.57	12.73	7.88	3.47	6.98	26.77	7.85
Risk management contract settlements	(6.72)	(9.23)	(7.81)	(7.44)	(4.51)	1.18	1.75	2.05	1.10	(7.29)	1.50
Netback including risk management contract settlements	34.20	24.51	21.91	14.91	16.06	13.91	9.63	5.52	8.08	19.48	9.35
<i>Royalty rate ⁽⁴⁾</i>	15.6%	12.1%	8.4%	8.3%	6.7%	5.9%	3.2%	3.3%	6.9%	9.2%	5.1%
Netback											
Natural gas revenue ⁽⁹⁾	127.1	124.7	96.5	74.8	77.3	66.7	40.0	44.7	53.6	373.3	204.9
Condensate and oil revenue	331.9	281.1	249.9	209.6	185.9	123.3	88.7	60.3	111.4	926.5	383.8
Other NGLs revenue ⁽⁷⁾	29.3	27.4	21.7	14.4	15.0	9.5	6.6	4.3	4.4	78.6	24.7
Royalty and other revenue	11.3	1.3	1.1	1.0	1.9	3.1	3.8	3.4	3.0	5.2	13.3
Petroleum and natural gas sales	499.6	434.5	369.2	299.8	280.1	202.6	139.1	112.7	172.4	1,383.6	626.7
Royalties	(76.2)	(52.5)	(30.9)	(24.9)	(18.6)	(11.7)	(4.3)	(3.6)	(11.7)	(127.0)	(31.3)
Operating expense	(89.2)	(91.0)	(83.3)	(81.8)	(84.3)	(79.8)	(62.4)	(62.6)	(92.3)	(340.4)	(297.1)
Transportation and NGLs processing ⁽⁸⁾	(31.3)	(26.1)	(30.3)	(30.3)	(27.9)	(24.6)	(27.8)	(25.3)	(23.6)	(114.5)	(101.3)
Sales of commodities purchased	48.8	22.1	31.3	13.5	8.6	16.4	10.7	6.9	18.4	75.5	52.4
Commodities purchased	(49.1)	(22.3)	(31.4)	(13.6)	(8.8)	(17.0)	(11.0)	(6.4)	(18.7)	(76.1)	(53.1)
Netback	302.6	264.7	224.6	162.7	149.1	85.9	44.3	21.7	44.5	801.1	196.3
Risk management contract settlements	(49.7)	(72.4)	(59.0)	(54.1)	(32.7)	7.9	9.8	12.9	7.0	(218.3)	37.6
Netback including risk management contract settlements	252.9	192.3	165.6	108.6	116.4	93.8	54.1	34.6	51.5	582.8	233.9

HISTORICAL FINANCIAL & OPERATIONAL INFORMATION – MAR/22 (UNAUDITED) ⁽¹⁾⁽²⁾⁽³⁾

(Amounts stated in \$ millions, except as noted)

SUMMARY INCOME STATEMENT

	2022	2021				2020				Annual	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	2021	2020
Revenue	472.2	404.1	369.6	288.3	270.1	207.3	145.4	116.0	179.1	1,332.1	647.8
Gain (loss) on risk management contracts	(152.0)	14.1	(47.0)	(75.7)	(81.2)	(24.1)	(2.1)	(7.3)	42.3	(189.8)	8.9
	320.2	418.2	322.6	212.6	188.9	183.2	143.3	108.7	221.4	1,142.3	656.7
Operating expense	89.2	91.0	83.3	81.8	84.3	79.8	62.4	62.6	92.3	340.4	297.1
Transportation and NGLs processing	31.3	26.1	30.3	30.3	27.9	24.6	27.8	25.3	23.6	114.5	101.3
Commodities purchased	49.1	22.3	31.4	13.6	8.8	17.0	11.0	6.4	18.7	76.1	53.1
General and administrative	9.3	11.9	10.4	10.6	8.7	9.1	7.8	5.8	10.2	41.6	32.9
Share-based compensation	7.5	7.7	3.0	2.1	6.0	6.8	5.6	0.6	–	18.8	13.0
Depletion, depreciation and impairment (reversals)	79.3	100.4	(209.8)	99.9	142.6	(239.1)	29.0	60.8	170.1	133.1	20.8
Exploration and evaluation	16.0	9.2	6.7	2.1	20.9	8.8	1.7	11.5	11.9	38.9	34.0
(Gain) loss on sale of oil and gas assets	(1.7)	–	(32.3)	1.6	(41.4)	(0.1)	8.0	3.1	(2.3)	(72.1)	8.7
Interest and financing	4.7	9.0	8.7	12.6	16.7	17.8	17.1	9.3	9.5	47.1	53.7
Accretion of asset retirement obligations	10.8	10.5	10.6	10.8	10.8	11.2	11.0	10.7	10.5	42.6	43.4
Closure costs	–	–	–	–	–	–	–	–	–	–	–
Transaction and reorganization costs	–	–	–	–	–	–	–	3.0	–	–	3.0
Settlement of dissent payment entitlement	–	–	–	22.6	–	–	–	–	–	22.6	–
Other	0.8	(7.5)	(1.5)	16.9	8.2	0.2	3.7	(1.1)	5.3	16.2	8.2
Expenses	296.3	280.6	(59.2)	304.9	293.5	(63.9)	185.1	198.0	349.8	819.8	669.2
Income (loss) before tax	23.9	137.6	381.8	(92.3)	(104.6)	247.1	(41.8)	(89.3)	(128.4)	322.5	(12.5)
Deferred income tax expense (recovery)	7.3	36.6	89.1	(18.0)	(22.1)	(64.4)	(18.5)	(13.6)	106.7	85.6	10.2
Net income (loss)	16.6	101.0	292.7	(74.3)	(82.5)	311.5	(23.3)	(75.7)	(235.1)	236.9	(22.7)

CASH FROM OPERATING ACTIVITIES / ADJUSTED FUNDS FLOW ⁽⁴⁾

Net income (loss)	16.6	101.0	292.7	(74.3)	(82.5)	311.5	(23.3)	(75.7)	(235.1)	236.9	(22.7)
Risk management contracts	102.3	(86.5)	(12.0)	21.6	48.5	32.1	11.9	20.1	(35.3)	(28.5)	28.7
Share-based compensation	7.5	7.7	3.0	2.1	6.0	6.8	5.6	0.6	–	18.8	13.0
Depletion, depreciation and impairment (reversals)	79.3	100.4	(209.8)	99.9	142.6	(239.1)	29.0	60.8	170.1	133.1	20.8
Exploration and evaluation	13.4	6.3	5.1	0.3	19.1	6.7	–	9.6	9.3	30.9	25.5
(Gain) loss on sale of oil and gas assets	(1.7)	–	(32.3)	1.6	(41.4)	(0.1)	8.0	3.1	(2.3)	(72.1)	8.7
Accretion of asset retirement obligations	10.8	10.5	10.6	10.8	10.8	11.2	11.0	10.7	10.5	42.6	43.4
Settlement of on dissent payment entitlement	–	–	–	22.6	–	–	–	–	–	22.6	–
Change in fair value of securities - warrants	–	–	–	–	–	–	3.3	(3.2)	1.5	–	1.7
Deferred income tax	7.3	36.6	89.1	(18.0)	(22.1)	(64.4)	(18.5)	(13.6)	106.7	85.6	10.2
Other	(0.3)	2.7	0.4	1.1	0.9	1.1	0.7	1.4	1.1	4.9	4.5
Asset retirement obligations settled	(14.8)	(7.0)	(6.9)	(3.2)	(8.4)	(0.1)	(0.7)	(4.0)	(30.3)	(25.4)	(35.0)
Change in non-cash working capital	(45.5)	20.1	(42.9)	47.6	7.9	(12.5)	(15.6)	(24.0)	34.3	32.7	(17.9)
Cash from (used in) operating activities	174.9	191.8	97.0	112.1	81.3	53.2	11.4	(14.2)	30.5	482.1	80.9
Change in non-cash working capital	45.5	(20.1)	42.9	(47.6)	(7.9)	12.5	15.6	24.0	(34.3)	(32.7)	17.9
Geological and geophysical expense	2.6	2.9	1.6	1.8	1.6	2.1	1.7	1.9	2.6	8.0	8.5
Asset retirement obligations settled	14.8	7.0	6.9	3.2	8.4	0.1	0.7	4.0	30.3	25.4	35.0
Closure costs	–	–	–	–	–	–	–	–	–	–	–
Provisions	–	–	–	16.5	7.5	–	0.1	0.3	4.4	24.0	4.7
Settlements	–	(7.0)	–	–	–	–	–	–	–	(7.0)	–
Transaction and reorganization costs	–	–	–	–	–	–	–	3.0	–	–	3.0
Adjusted funds flow	237.8	174.6	148.4	86.0	90.9	67.9	29.5	19.0	33.5	499.8	150.0

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(Amounts stated in \$ millions, except as noted)

2022	2021				2020				Annual	
Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	2021	2020

FREE CASH FLOW ⁽⁴⁾

Adjusted funds flow	237.8	174.6	148.4	86.0	90.9	67.9	29.5	19.0	33.5	499.8	150.0
Capital expenditures	(117.0)	(65.7)	(66.1)	(83.4)	(59.3)	(65.1)	(50.5)	(40.8)	(63.8)	(274.6)	(220.2)
Geological and geophysical expense	(2.6)	(2.9)	(1.6)	(1.8)	(1.6)	(2.1)	(1.7)	(1.9)	(2.6)	(8.0)	(8.5)
Asset retirement obligations settled	(14.8)	(7.0)	(6.9)	(3.2)	(8.4)	(0.1)	(0.7)	(4.0)	(30.3)	(25.4)	(35.0)
Free cash flow	103.4	99.0	73.8	(2.4)	21.6	0.6	(23.4)	(27.7)	(63.2)	191.8	(113.7)

SUMMARY BALANCE SHEET

Assets											
Current assets	221.7	156.7	158.1	172.2	136.0	114.9	102.7	110.8	127.2	156.7	114.9
Risk management – long-term	4.3	0.7	0.5	–	–	–	–	0.8	–	0.7	–
Lease receivable	–	0.5	1.0	1.6	2.1	2.8	3.4	4.0	4.7	0.5	2.8
Dissent payment entitlement	–	–	–	–	89.3	89.3	89.3	–	–	–	89.3
Investment in securities	479.2	372.1	302.9	228.2	129.9	59.5	30.9	124.8	38.0	372.1	59.5
Exploration and evaluation	534.0	539.9	544.6	555.9	563.2	612.1	626.9	633.3	642.5	539.9	612.1
Property, plant and equipment, net	2,338.5	2,269.7	2,283.9	2,007.6	1,988.6	1,959.6	1,593.3	1,615.4	1,633.6	2,269.7	1,959.6
Deferred income tax	517.8	545.5	591.9	690.1	674.0	658.8	595.4	577.3	563.5	545.5	658.8
Total assets	4,095.5	3,885.1	3,882.9	3,655.6	3,583.1	3,497.0	3,041.9	3,066.4	3,009.5	3,885.1	3,497.0
Liabilities and shareholders' equity											
Current liabilities	404.3	256.0	330.1	371.6	298.4	217.3	173.5	182.1	238.1	256.0	217.3
Long-term debt	302.6	386.3	522.4	608.4	712.7	813.5	792.7	754.9	651.5	386.3	813.5
Risk management – long-term	–	3.1	6.4	8.7	10.4	19.4	23.1	24.1	22.8	3.1	19.4
Asset retirement obligation and other – long-term	636.4	633.3	612.9	612.4	526.6	409.0	347.2	382.1	380.7	633.3	409.0
Shareholders' equity	2,752.2	2,606.4	2,411.1	2,054.5	2,035.0	2,037.8	1,705.4	1,723.2	1,716.4	2,606.4	2,037.8
Total liabilities and shareholders' equity	4,095.5	3,885.1	3,882.9	3,655.6	3,583.1	3,497.0	3,041.9	3,066.4	3,009.5	3,885.1	3,497.0
NET DEBT CALCULATION ⁽⁴⁾											
Cash and cash equivalents	(1.5)	(1.7)	(1.4)	(2.0)	(7.4)	(4.6)	(1.1)	(1.6)	(5.7)	(1.7)	(4.6)
Accounts receivable	(207.8)	(139.7)	(140.1)	(105.6)	(117.7)	(97.7)	(74.6)	(78.0)	(68.5)	(139.7)	(97.7)
Prepaid expenses	(8.4)	(7.3)	(13.8)	(8.9)	(8.0)	(9.9)	(14.4)	(8.4)	(9.5)	(7.3)	(9.9)
Accounts payable and accrued liabilities	276.3	219.1	209.7	232.6	182.1	152.8	133.9	143.8	204.1	219.1	152.8
Long-term debt	302.6	386.3	522.4	608.4	712.7	813.5	792.7	754.9	651.5	386.3	813.5
Net debt	361.2	456.7	576.8	724.5	761.7	854.1	836.5	810.7	771.9	456.7	854.1

RESERVES ⁽¹⁰⁾

Reserves	Proved		Proved plus Probable	
	2021	2020	2021	2020
Natural gas (Bcf)	1,034.0	1,014.4	2,009.9	1,994.3
NGLs (MBbl)	146,264	126,080	296,918	258,217
Crude Oil (MBbl)	20,881	16,176	30,561	41,431
Total (MBoe)	339,476	311,317	662,469	632,025
Future Net Revenue NPV₁₀	3,573	1,875	6,235	3,649

HISTORICAL FINANCIAL & OPERATIONAL INFORMATION – MAR/22 (UNAUDITED)

(Amounts stated in \$ millions, except as noted)

- (1) Some rows and columns may not add due to rounding.
- (2) Certain comparative figures have been reclassified to conform with the current presentation.
- (3) Readers are referred to the Product Type Information section and the Specified Financial Measures section of this document.
- (4) Adjusted funds flow, free cash flow and net debt are capital management measures. Netback and netback including risk management contract settlements are non-GAAP financial measures. Netback and Netback including risk management contract settlements presented on a \$/Boe or \$/Mcf basis are non-GAAP ratios. Each measure, other than net income, that is presented on a per share – diluted, \$/Mcf, \$/Boe or rate basis is a supplementary financial measure. Refer to the "Specified Financial Measures" section for more information on these measures. Prior period free cash flow results have been reclassified to conform with the current years' presentation.
- (5) Common Shares and weighted average shares outstanding are presented net of shares held in trust under the Company's restricted share unit plan. The number of Common Shares held in trust under the Company's restricted share unit plan that reduced the Common Shares outstanding at the end of the following periods were (Common Shares): Q1 2022: 1.5 million, Q4 2021: 1.5 million, Q3 2021: 1.5 million, Q2 2021: 1.5 million, Q1 2021: 1.9 million, Q4 2020: 1.9 million, Q3 2020: 0.4 million and Q2 2020: 0.4 million.
- (6) Total capital expenditures for 2019 includes capital spending related to the Karr 6-18 natural gas facility prior to its sale.
- (7) Other NGLs means ethane, propane and butane.
- (8) Includes downstream natural gas, NGLs and oil transportation costs and NGLs fractionation costs.
- (9) Natural gas revenue presented as \$/Mcf.
- (10) Reserves evaluated by McDaniel & Associates Consultants Ltd. ("McDaniel") as of December 31, 2021 and December 31, 2020 in accordance with National Instrument 51-101 definitions, standards and procedures. Reserves are gross reserves representing working interest before royalties. Net present values of future net revenue were determined using forecast prices and costs and do not represent fair market value. Readers should refer to the Company's annual information forms for the years ended December 31, 2021 and December 31, 2020 which are available on SEDAR at www.sedar.com or on the Company's website at www.paramountres.com, for a complete description of the McDaniel reports and the material assumptions, limitations and risk factors pertaining thereto.

Product Type Information

This document refers to sales volumes of "natural gas", "condensate and oil", "NGLs", "Other NGLs" and "Liquids". "Natural gas" refers to conventional natural gas and shale gas combined. "Condensate and oil" refers to condensate, light and medium crude oil and tight oil combined. "NGLs" refers to condensate and Other NGLs combined. "Other NGLs" refers to ethane, propane and butane combined. "Liquids" refers to condensate and oil and Other NGLs combined. Below is a complete breakdown of sales volumes for applicable periods by the specific product types of shale gas, conventional natural gas, NGLs, tight oil and light and medium crude oil. Numbers may not add due to rounding.

	2022	2021				2020				Annual	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	2021	2020
SALES VOLUMES – TOTAL COMPANY BY PRODUCT TYPE											
Shale gas (MMcf/d)	213.1	220.4	207.1	205.8	197.8	170.7	141.0	156.0	158.9	207.9	156.7
Conventional natural gas (MMcf/d)	59.8	64.4	62.6	67.3	75.3	85.6	83.0	97.2	102.6	67.3	92.0
Natural gas (MMcf/d)	272.9	284.8	269.7	273.1	273.1	256.3	224.0	253.2	261.5	275.2	248.7
Condensate (Bbl/d)	29,098	29,797	29,670	26,784	27,017	22,782	17,020	19,615	17,908	28,328	19,334
Other NGLs (Bbl/d)	5,276	5,462	5,017	4,938	5,170	4,987	3,952	3,817	4,539	5,147	4,325
NGLs (Bbl/d)	34,374	35,259	34,687	31,722	32,187	27,769	20,972	23,432	22,447	33,475	23,659
Tight oil (Bbl/d)	403	497	475	494	479	437	457	381	575	487	462
Light and Medium crude oil (Bbl/d)	1,874	2,048	2,032	2,265	2,358	2,533	2,305	2,827	3,416	2,174	2,768
Crude oil (Bbl/d)	2,277	2,545	2,507	2,759	2,837	2,970	2,762	3,208	3,991	2,661	3,230
Total (Boe/d)	82,137	85,265	82,150	79,995	80,540	73,460	61,064	68,839	70,022	82,001	68,340
SALES VOLUMES – BY REGION BY PRODUCT TYPE											
GRANDE PRAIRIE REGION											
Shale gas (MMcf/d)	151.4	156.5	145.8	132.2	120.6	92.7	66.0	76.8	73.1	138.8	77.2
Conventional natural gas (MMcf/d)	1.1	2.4	2.2	2.1	2.0	1.6	1.3	1.5	1.5	2.2	1.4
Natural gas (MMcf/d)	152.5	158.9	148.0	134.3	122.6	94.3	67.3	78.3	74.6	141.0	78.6
Condensate (Bbl/d)	26,042	26,272	26,639	24,086	23,974	19,635	13,959	16,292	14,058	25,253	15,991
Other NGLs (Bbl/d)	3,267	3,276	3,274	2,874	2,984	2,429	2,060	1,680	1,680	3,103	1,964
NGLs (Bbl/d)	29,309	29,548	29,913	26,960	26,958	22,064	16,019	17,972	15,738	28,356	17,955
Tight oil (Bbl/d)	–	–	–	–	–	–	–	–	–	–	–
Light and medium crude oil (Bbl/d)	6	6	9	4	–	–	1	17	39	5	14
Crude oil (Bbl/d)	6	6	9	4	–	–	1	17	39	5	14
Total (Boe/d)	54,737	56,035	54,586	49,345	47,385	37,782	27,237	31,039	28,214	51,869	31,076

HISTORICAL FINANCIAL & OPERATIONAL INFORMATION – MAR/22 (UNAUDITED)

(Amounts stated in \$ millions, except as noted)

	2022	2021				2020				Annual	
	Q1	Q4	Q3	Q2	Q1	Q4	Q3	Q2	Q1	2021	2020
KAYBOB REGION											
Shale gas (MMcf/d)	35.7	35.6	36.9	39.3	42.1	41.9	40.4	44.4	48.6	38.6	43.8
Conventional natural gas (MMcf/d)	53.6	56.8	54.4	58.0	65.8	76.3	73.4	87.1	91.6	58.6	82.1
Natural gas (MMcf/d)	89.3	92.4	91.3	97.3	107.9	118.2	113.8	131.5	140.2	97.2	125.9
Condensate (Bbl/d)	2,130	2,184	2,072	2,319	2,611	2,631	2,577	2,954	3,385	2,295	2,885
Other NGLs (Bbl/d)	1,558	1,788	1,415	1,569	1,677	1,953	1,363	1,718	2,218	1,612	1,812
NGLs (Bbl/d)	3,688	3,972	3,487	3,888	4,288	4,584	3,940	4,672	5,603	3,907	4,697
Tight oil (Bbl/d)	322	355	368	354	342	299	308	203	394	355	301
Light and medium crude oil (Bbl/d)	1,832	2,000	1,979	2,224	2,321	2,480	2,257	2,762	3,343	2,129	2,709
Crude oil (Bbl/d)	2,154	2,355	2,347	2,578	2,663	2,779	2,565	2,965	3,737	2,484	3,010
Total (Boe/d)	20,726	21,725	21,054	22,688	24,938	27,056	25,477	29,561	32,700	22,588	28,685
CENTRAL ALBERTA AND OTHER REGION											
Shale gas (MMcf/d)	26.0	28.2	24.4	34.3	35.1	36.1	34.6	34.8	37.1	30.5	35.7
Conventional natural gas (MMcf/d)	5.1	5.3	6.0	7.2	7.5	7.7	8.3	8.6	9.6	6.5	8.5
Natural gas (MMcf/d)	31.1	33.5	30.4	41.5	42.6	43.8	42.9	43.4	46.7	37.0	44.2
Condensate (Bbl/d)	926	1,341	959	379	433	515	484	369	465	781	458
Other NGLs (Bbl/d)	451	398	328	495	509	605	529	419	641	432	549
NGLs (Bbl/d)	1,377	1,739	1,287	874	942	1,120	1,013	788	1,106	1,213	1,007
Tight oil (Bbl/d)	81	142	107	140	136	138	149	178	180	131	161
Light and Medium crude oil (Bbl/d)	36	42	44	37	37	54	47	48	33	40	46
Crude oil (Bbl/d)	117	184	151	177	173	192	196	226	213	171	207
Total (Boe/d)	6,674	7,505	6,510	7,962	8,217	8,622	8,350	8,239	9,108	7,544	8,579

SPECIFIED FINANCIAL MEASURES

Non-GAAP Financial Measures

Netback and netback including risk management contract settlements are non-GAAP financial measures. These measures are not standardized measures under IFRS and might not be comparable to similar financial measures presented by other issuers. These measures should not be considered in isolation or construed as alternatives to their most directly comparable measure disclosed in the Company's primary financial statements or other measures of financial performance calculated in accordance with IFRS.

Netback equals petroleum and natural gas sales (the most directly comparable measure disclosed in the Company's primary financial statements) plus sales of commodities purchased less royalties, operating expense, transportation and NGLs processing expense and commodities purchased. Sales of commodities purchased and commodities purchased are treated as corporate items and not allocated to individual regions or properties. Netback is used by investors and Management to compare the performance of the Company's producing assets between periods.

Netback including risk management contract settlements equals netback after including (or deducting) risk management contract settlements received (paid). Netback including risk management contract settlements is used by investors and Management to assess the performance of the producing assets after incorporating Management's risk management strategies.

Non-GAAP Ratios

Netback and netback including risk management contract settlements presented on a \$/Boe of \$/Mcf basis are non-GAAP ratios as they each have a non-GAAP financial measure as a component. These measures are not standardized measures under IFRS and might not be comparable to similar financial measures presented by other issuers. These measures should not be considered in isolation or construed as alternatives to their most directly comparable measure disclosed in the Company's primary financial statements or other measures of financial performance calculated in accordance with IFRS.

Netback on a \$/Boe of \$/Mcf basis is calculated by dividing netback (a non-GAAP financial measure) for the applicable period by the total production during the period in Boe or Mcf. Netback including risk management contract settlements on a \$/Boe or \$/Mcf basis is calculated by dividing netback including risk management contract settlements for the applicable period by the total production during the period in Boe or Mcf. These measures are used by investors and management to assess netback and netback including risk management contract settlements on a unit of production basis.

HISTORICAL FINANCIAL & OPERATIONAL INFORMATION – MAR/22 (UNAUDITED)

(Amounts stated in \$ millions, except as noted)

Capital Management Measures

Adjusted funds flow, free cash flow and net debt are capital management measures that Paramount utilizes in managing its capital structure. These measures are not standardized measures and therefore may not be comparable with the calculation of similar measures by other entities. Refer to Note 15 – Capital Management Measures in the Company's unaudited interim condensed consolidated financial statements as at and for the three months ended March 31, 2022 for a description of the composition and use of these measures. Reconciliations of adjusted funds flow and free cash flow to cash from operating activities, the most directly comparable measure disclosed in the Company's primary financial statements, and calculations of net debt are provided in this document for the applicable periods.

Supplementary Financial Measures

This document contains supplementary financial measures expressed as: (i) cash from operating activities, adjusted funds flow and free cash flow on a per share – diluted basis and (ii) realized prices, petroleum and natural gas sales, adjusted funds flow, revenue, royalties, operating expenses, transportation and NGLs processing expenses, sales of commodities purchased and commodities purchased on a \$/Bbl, \$/Mcf or \$/Boe basis and (iii) royalty rate.

Cash from operating activities, adjusted funds flow and free cash flow on a per share – diluted basis are calculated by dividing cash from operating activities, adjusted funds flow or free cash flow, as applicable, over the referenced period by the weighted average diluted shares outstanding during the period determined in accordance under IFRS.

Revenue, petroleum and natural gas sales, adjusted funds flow, royalties, operating expenses, transportation and NGLs processing expenses, sales of commodities purchased and commodities purchased on a \$/Bbl, \$/Mcf or \$/Boe basis are calculated by dividing the petroleum and natural gas sales, adjusted funds flow, royalties, operating expenses, transportation and NGLs processing expenses, sales of commodities purchased or commodities purchased, as applicable, over the referenced period by the aggregate applicable units of production (Bbl, Mcf or Boe) during such period.

Royalty rate is calculated by dividing royalties by petroleum and natural gas sales less royalty and other revenue.

Advisory

This document summarizes certain historical financial and operational information of the Company for the ease of reference of readers. This document should be read in conjunction with the Company's annual information form, financial statements and management's discussion and analysis for each of the periods referenced. These documents, which contain important additional information and disclosure necessary to understand the summary information provided herein, are available on SEDAR at www.sedar.com and on the Company's website at www.paramountres.com.

Oil and Gas Measures and Definitions

The term "liquids" includes oil, condensate and Other NGLs (ethane, propane and butane). NGLs consist of condensate and Other NGLs.

Abbreviations

Liquids		Natural Gas	
Bbl	Barrels	Mcf	Thousands of cubic feet
Bbl/d	Barrels per day	MMcfd	Millions of cubic feet per day
NGLs	Natural gas liquids	GJ	Gigajoule
Condensate	Pentane and heavier hydrocarbons	GJ/d	Gigajoule per day
WTI	West Texas Intermediate	MMbtu	Millions of British thermal units
Oil Equivalent		MMbtu/d	Millions of British thermal units per day
Boe	Barrels of oil equivalent	NYMEX	New York Mercantile Exchange
Boe/d	Barrels of oil equivalent per day	AECO	AECO-C reference price

This document contains disclosures expressed as "Boe", "\$/Boe", "MBoe", "MMBoe" and "Boe/d". Natural gas equivalency volumes have been derived using the ratio of six thousand cubic feet of natural gas to one barrel of oil when converting natural gas to Boe. Equivalency measures may be misleading, particularly if used in isolation. A conversion ratio of six thousand cubic feet of natural gas to one barrel of oil is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the well head. For the three months ended March 31, 2022, the value ratio between crude oil and natural gas was approximately 27:1. This value ratio is significantly different from the energy equivalency ratio of 6:1. Using a 6:1 ratio would be misleading as an indication of value.

Additional information respecting the Company's oil and gas properties and operations is provided in the Company's annual information form for the year ended December 31, 2021 which is available on SEDAR at www.sedar.com.