PRONTOFORMS

ProntoForms Corporation Announces Option Grant

OTTAWA, March 14, 2022 -- ProntoForms Corporation (TSXV: PFM**,** ProntoForms Corporation), the global leader in no-code app development platforms for field teams, today announced, pursuant to the requirements of the TSX Venture Exchange, that it has granted options as part of the overall remuneration and incentive program for its new employees, including options to purchase 100,000 common shares to directors of the company. These stock options are exercisable at $0.80 per share, being the closing price of ProntoForms' common shares on the TSX Venture Exchange on March 11, 2022, the trading day prior to the grant. Stock option grants are subject to necessary regulatory approvals.

About ProntoForms Corporation

ProntoForms is the global leader in no-code app development platforms for field teams. The Company's platform enables organizations to rapidly develop custom mobile apps with context and intelligence, empowering field teams to reliably complete complex work more effectively and safely.

The Company's subscribers harness the intuitive, secure, and scalable solution to improve asset uptime and CSAT, while also reducing compliance incidents and work stoppages. The Company is based in Ottawa, Canada, and trades on the TSXV under the symbol PFM. ProntoForms is the registered trademark of ProntoForms Inc., a wholly owned subsidiary of ProntoForms Corporation.

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Certain information in this press release may constitute forward-looking information. For example, statements about the Company's future growth or value are forward-looking information. This information is based on current expectations that are subject to significant risks and uncertainties that are difficult to predict. Actual results might differ materially from results suggested in any forward-looking statements. The Company assumes no obligation to update the forward-looking statements, or to update the reasons why actual results could differ from those reflected in the forward looking-statements unless and until required by securities laws applicable to the Company.