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

Petroleum & natural gas sales (\$/Boe)

| | | 2022 | 2022 2021 | | | 20 | 120 | Annual | | | |
|--|---------|---------|-----------|---------|---------|---------|---------|---------|---------|---------|---------|
| | Q3 | Q2 | Q1 | Q4 | Q3 | Q2 | Q1 | Q4 | Q3 | 2021 | 2020 |
| SUMMARY FINANCIAL RESULTS | | | • | | • | • | · | | • | | |
| Petroleum and natural gas sales | 618.9 | 536.2 | 499.6 | 434.5 | 369.2 | 299.8 | 280.1 | 202.6 | 139.1 | 1,383.6 | 626.7 |
| Net income (loss) | 221.9 | 182.2 | 16.6 | 101.0 | 292.7 | (74.3) | (82.5) | 311.5 | (23.3) | 236.9 | (22.7) |
| Per share – diluted (\$/share) | 1.51 | 1.24 | 0.11 | 0.70 | 2.06 | (0.56) | (0.62) | 2.35 | (0.17) | 1.67 | (0.17) |
| Cash from operating activities | 248.9 | 318.9 | 174.9 | 191.8 | 97.0 | 112.1 | 81.3 | 53.2 | 11.4 | 482.1 | 80.9 |
| Per share – diluted (\$/share) (4) | 1.69 | 2.16 | 1.20 | 1.33 | 0.68 | 0.84 | 0.61 | 0.40 | 0.09 | 3.39 | 0.61 |
| Adjusted funds flow (4) | 334.3 | 258.3 | 237.8 | 174.6 | 148.4 | 86.0 | 90.9 | 67.9 | 29.5 | 499.8 | 150.0 |
| Per share – diluted (\$/share) (4) | 2.27 | 1.75 | 1.63 | 1.21 | 1.04 | 0.65 | 0.69 | 0.51 | 0.22 | 3.51 | 1.12 |
| Free cash flow (4) | 137.5 | 68.3 | 103.4 | 99.0 | 73.8 | (2.4) | 21.6 | 0.6 | (23.4) | 191.8 | (113.7) |
| Per share – diluted (\$/share) (4) | 0.93 | 0.46 | 0.71 | 0.69 | 0.52 | (0.02) | 0.16 | 0.01 | (0.17) | 1.36 | (0.85) |
| Total assets | 4,261.3 | 4,076.2 | 4,095.5 | 3,885.1 | 3,882.9 | 3,655.6 | 3,583.1 | 3,497.0 | 3,041.9 | 3,885.1 | 3,497.0 |
| Investments in securities | 451.3 | 468.8 | 479.2 | 372.1 | 302.9 | 228.2 | 129.9 | 59.5 | 30.9 | 372.1 | 59.5 |
| Long-term debt | 306.3 | 227.7 | 302.6 | 386.3 | 522.4 | 608.4 | 712.7 | 813.5 | 792.7 | 386.3 | 813.5 |
| Net debt (4) | 347.0 | 374.0 | 361.2 | 456.7 | 576.8 | 724.5 | 761.7 | 854.1 | 836.5 | 456.7 | 854.1 |
| Total liabilities | 1,201.2 | 1,186.3 | 1,343.3 | 1,278.7 | 1,471.8 | 1,601.1 | 1,548.1 | 1,459.2 | 1,336.5 | 1,278.7 | 1,459.2 |
| Common shares outstanding (millions) (5) | 141.2 | 141.2 | 140.0 | 139.2 | 133.2 | 133.3 | 132.8 | 132.3 | 133.8 | 139.2 | 132.3 |
| Wtd. avg shares – diluted (millions) (5) | 146.9 | 147.4 | 145.8 | 144.1 | 142.7 | 132.9 | 132.5 | 132.6 | 133.8 | 142.8 | 133.3 |
| Capital expenditures by region | | | | | | | | | | | |
| Grande Prairie | 133.5 | 107.2 | 76.8 | 57.7 | 53.1 | 66.5 | 51.3 | 64.3 | 46.1 | 228.6 | 196.9 |
| Kaybob | 30.8 | 57.9 | 31.1 | 3.8 | 1.7 | 3.9 | 5.0 | 1.8 | 2.7 | 14.5 | 16.4 |
| Central Alberta and Other | 0.2 | 0.8 | 0.1 | 2.6 | 9.7 | 11.8 | 1.3 | 0.8 | 0.2 | 25.3 | 4.6 |
| Fox Drilling and Cavalier Energy | 10.8 | 3.7 | 1.1 | 1.0 | 1.9 | 1.1 | 1.0 | 0.5 | 0.3 | 4.9 | 1.6 |
| Corporate | 9.0 | 14.5 | 7.9 | 0.6 | (0.3) | 0.1 | 0.7 | (2.3) | 1.2 | 1.3 | 0.7 |
| Capital expenditures | 184.3 | 184.1 | 117.0 | 65.7 | 66.1 | 83.4 | 59.3 | 65.1 | 50.5 | 274.6 | 220.2 |
| Land and property acquisitions | 65.5 | 37.8 | 29.2 | 2.6 | 2.8 | 0.1 | _ | _ | _ | 5.4 | 0.6 |
| SALES VOLUMES | | | | | | | | | | | |
| Natural gas (MMcf/d) | 315.9 | 267.2 | 272.9 | 284.8 | 269.7 | 273.1 | 273.1 | 256.3 | 224.0 | 275.2 | 248.7 |
| Condensate and oil (Bbl/d) | 38,804 | 27,750 | 31,375 | 32,342 | 32,177 | 29,543 | 29,854 | 25,752 | 19,782 | 30,989 | 22,565 |
| Other NGLs (Bbl/d) (6) | 6,144 | 5,021 | 5,276 | 5,462 | 5,017 | 4,938 | 5,170 | 4,987 | 3,952 | 5,147 | 4,325 |
| Total (Boe/d) | 97,601 | 77,312 | 82,137 | 85,265 | 82,150 | 79,995 | 80,540 | | 61,064 | 82,001 | 68,340 |
| % Liquids | 46% | 42% | 45% | 44% | 45% | 43% | 43% | 42% | 39% | 44% | 39% |
| Salas valumas by ragion (Pag/d) | | | | | | | | | | | |
| Sales volumes by region (Boe/d) Grande Prairie | 65,981 | 48,736 | 54,737 | 56,035 | 54,586 | 49,345 | 47,385 | 37,782 | 27,237 | 51,869 | 31,076 |
| Kaybob | 24,021 | 21,642 | 20,726 | 21,725 | 21,054 | 22,688 | 24,938 | 27,056 | 25,477 | 22,588 | 28,685 |
| Central Alberta and Other | 7,599 | 6,934 | 6,674 | 7,505 | 6,510 | 7,962 | 8,217 | 8,622 | 8,350 | 7,544 | 8,579 |
| Total | 97,601 | 77,312 | 82,137 | 85,265 | 82,150 | 79,995 | 80,540 | 73,460 | 61,064 | 82,001 | 68,340 |
| | | | | | | | | | | | |
| PARAMOUNT REALIZED PRICES | | | | | | | | | | | |
| Natural gas (\$/Mcf) | 6.39 | 6.75 | 5.18 | 4.76 | 3.89 | 3.01 | 3.14 | 2.83 | 1.94 | 3.72 | 2.25 |
| Condensate and oil (\$/Bbl) | 112.56 | 134.65 | 117.53 | 94.46 | 84.42 | 77.96 | 69.20 | 52.03 | 48.74 | 81.91 | 46.47 |
| Other NGLs (\$/Bbl) (6) | 51.20 | 62.80 | 61.64 | 54.61 | 47.05 | 32.11 | 32.29 | 20.61 | 18.10 | 41.84 | 15.63 |
| Petroleum & natural das sales (\$/Roe) | 68 92 | 76 22 | 67 50 | 55.40 | 18 86 | /11 12 | 38 64 | 20.07 | 24.76 | 16 23 | 25.05 |

68.92

76.22

67.59

55.40

48.86

38.64

29.97

24.76

46.23

41.18

25.05

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

| | 2022 | | 2021 | | | | 2020 | | Annual | | |
|--|---------|---------|---------|---------|---------|---------|---------|----------|---------|---------|---------|
| | Q3 | Q2 | Q1 | Q4 | Q3 | Q2 | Q1 | Q4 | Q3 | 2021 | 2020 |
| COMMODITY PRICES - BENCHMARKS | | | | | | | | | | | |
| Natural gas | | | | | | | | İ | | | |
| AECO daily spot (\$/GJ) | 3.95 | 6.86 | 4.49 | 4.41 | 3.41 | 2.93 | 2.99 | 2.50 | 2.12 | 3.44 | 2.11 |
| AECO monthly index (\$/GJ) | 5.50 | 5.95 | 4.35 | 4.68 | 3.36 | 2.70 | 2.77 | 2.62 | 2.04 | 3.38 | 2.12 |
| Dawn (\$/MMbtu) | 9.61 | 9.28 | 5.63 | 5.86 | 5.18 | 3.43 | 3.72 | 2.97 | 2.44 | 4.55 | 2.51 |
| NYMEX (US\$/MMbtu) | 7.91 | 7.49 | 4.57 | 4.85 | 4.32 | 2.97 | 2.73 | 2.76 | 2.13 | 3.72 | 2.13 |
| Malin – monthly index (US\$/MMBtu) | 7.96 | 6.74 | 5.66 | 5.99 | 4.12 | 2.75 | 2.70 | 2.93 | 1.90 | 3.89 | 2.15 |
| Condensate and oil | | | | | | | | | | | |
| Edmonton light sweet (\$/Bbl) | 116.77 | 136.34 | 117.66 | 92.14 | 84.18 | 76.29 | 68.62 | 49.17 | 49.05 | 80.31 | 45.39 |
| West Texas Intermediate (US\$/BbI) | 91.56 | 108.41 | 94.29 | 77.19 | 70.56 | 66.03 | 57.84 | 42.66 | 40.93 | 67.91 | 39.40 |
| Other NGLs | | | | | | | | | | | |
| Conway – propane (\$/BbI) | 58.39 | 65.27 | 68.42 | 65.95 | 61.80 | 42.96 | 48.77 | 30.32 | 26.02 | 54.87 | 24.83 |
| Belvieu – butane (\$/Bbl) | 63.73 | 80.62 | 84.46 | 78.18 | 70.48 | 48.32 | 50.35 | 36.10 | 30.23 | 61.83 | 30.48 |
| NETBACK (3)(4) | | | | | | | | | | | |
| Netback (\$/Boe) | | | | | | | | İ | | | |
| Petroleum and natural gas sales | 68.92 | 76.22 | 67.59 | 55.40 | 48.86 | 41.18 | 38.64 | 29.97 | 24.76 | 46.23 | 25.05 |
| Royalties | (9.96) | (12.11) | (10.31) | (6.69) | (4.09) | (3.43) | (2.57) | (1.73) | (0.77) | (4.24) | (1.25) |
| Operating expense | (12.25) | (12.61) | (12.07) | (11.61) | (11.02) | (11.23) | (11.63) | (11.80) | (11.10) | (11.37) | (11.88) |
| Transportation and NGLs processing (7) | (3.83) | (4.37) | (4.24) | (3.33) | (4.01) | (4.16) | (3.84) | (3.63) | (4.95) | (3.83) | (4.05) |
| Sales of commodities purchased | 8.67 | 6.06 | 6.59 | 2.82 | 4.14 | 1.85 | 1.18 | 2.43 | 1.90 | 2.52 | 2.10 |
| Commodities purchased | (8.51) | (5.84) | (6.64) | (2.85) | (4.16) | (1.86) | (1.21) | (2.51) | (1.96) | (2.54) | (2.12) |
| Netback | 43.04 | 47.35 | 40.92 | 33.74 | 29.72 | 22.35 | 20.57 | 12.73 | 7.88 | 26.77 | 7.85 |
| Risk management contract settlements | (4.94) | (8.79) | (6.72) | (9.23) | (7.81) | (7.44) | (4.51) | 1.18 | 1.75 | (7.29) | 1.50 |
| Netback including risk management | 38.10 | 38.56 | 34.20 | 24.51 | 21.91 | 14.91 | 16.06 | 13.91 | 9.63 | 19.48 | 9.35 |
| contract settlements | | 30.30 | | | 21.91 | 14.31 | | | 9.00 | 19.40 | |
| Royalty rate (4) | 14.5% | 16.0% | 15.6% | 12.1% | 8.4% | 8.3% | 6.7% | 5.9% | 3.2% | 9.2% | 5.1% |
| Netback | | | | | | | | <u> </u> | | | |
| Natural gas revenue (8) | 185.7 | 164.0 | 127.1 | 124.7 | 96.5 | 74.8 | 77.3 | 66.7 | 40.0 | 373.3 | 204.9 |
| Condensate and oil revenue | 401.8 | 340.0 | 331.9 | 281.1 | 249.9 | 209.6 | 185.9 | 123.3 | 88.7 | 926.5 | 383.8 |
| Other NGLs revenue (6) | 28.9 | 28.7 | 29.3 | 27.4 | 21.7 | 14.4 | 15.0 | 9.5 | 6.6 | 78.6 | 24.7 |
| Royalty and other revenue | 2.5 | 3.5 | 11.3 | 1.3 | 1.1 | 1.0 | 1.9 | 3.1 | 3.8 | 5.2 | 13.3 |
| Petroleum and natural gas sales | 618.9 | 536.2 | 499.6 | 434.5 | 369.2 | 299.8 | 280.1 | 202.6 | 139.1 | 1,383.6 | 626.7 |
| Royalties | (89.4) | (85.2) | (76.2) | (52.5) | (30.9) | (24.9) | (18.6) | (11.7) | (4.3) | (127.0) | (31.3) |
| Operating expense | (110.0) | (88.7) | (89.2) | (91.0) | (83.3) | (81.8) | (84.3) | (79.8) | (62.4) | (340.4) | (297.1) |
| Transportation and NGLs processing (7) | (34.4) | (30.8) | (31.3) | (26.1) | (30.3) | (30.3) | (27.9) | (24.6) | (27.8) | (114.5) | (101.3) |
| Sales of commodities purchased | 77.9 | 42.7 | 48.8 | 22.1 | 31.3 | 13.5 | 8.6 | 16.4 | 10.7 | 75.5 | 52.4 |
| Commodities purchased | (76.4) | (41.1) | (49.1) | (22.3) | (31.4) | (13.6) | (8.8) | (17.0) | (11.0) | (76.1) | (53.1) |
| Netback | 386.6 | 333.1 | 302.6 | 264.7 | 224.6 | 162.7 | 149.1 | 85.9 | 44.3 | 801.1 | 196.3 |
| Risk management contract settlements | (44.4) | (61.9) | (49.7) | (72.4) | (59.0) | (54.1) | (32.7) | 7.9 | 9.8 | (218.3) | 37.6 |
| Netback including risk management contract settlements | 342.2 | 271.2 | 252.9 | 192.3 | 165.6 | 108.6 | 116.4 | 93.8 | 54.1 | 582.8 | 233.9 |
| | | | | • | | | | • | | | |

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

SUMMARY INCOME STATEMENT

Revenue

Gain (loss) on risk management contracts

Operating expense

Transportation and NGLs processing

Commodities purchased

General and administrative

Share-based compensation

Depletion, depreciation and impairment (reversals)

Exploration and evaluation

(Gain) loss on sale of oil and gas assets

Interest and financing

Accretion of asset retirement obligations

Closure costs

Transaction and reorganization costs

Settlement of dissent payment entitlement

Other

Expenses

Income (loss) before tax

Deferred income tax expense (recovery)

Net income (loss)

CASH FROM OPERATING ACTIVITIES / ADJUSTED FUNDS FLOW (4)

Net income (loss)

Risk management contracts

Share-based compensation

Depletion, depreciation and impairment (reversals)

Exploration and evaluation

(Gain) loss on sale of oil and gas assets

Accretion of asset retirement obligations

Settlement of on dissent payment entitlement

Change in fair value of securities - warrants

Deferred income tax

Other

Asset retirement obligations settled

Change in non-cash working capital

Cash from operating activities

Change in non-cash working capital Geological and geophysical expense

Asset retirement obligations settled

Closure costs

Provisions

Settlements

Transaction and reorganization costs

Adjusted funds flow

| 53.9 55.5 7.3 36.6 89.1 (18.0) (22.1) (64.4) (18.5) 85.6 10.2 | | 2022 | | | 20 | 21 | | 20 | 20 | Ann | ual |
|--|-----------|-----------|-------------------|-------|---------|--------|---------|---------|----------|---------|--------|
| 14.1 | Q3 | Q2 | Q1 | Q4 | Q3 | Q2 | Q1 | Q4 | Q3 | 2021 | 2020 |
| 14.1 | | | | | | | | | | | |
| 14.1 | 607.4 | 493.7 | 472.2 | 404.1 | 369.6 | 288.4 | 270.1 | 207.3 | 145.4 | 1.332.1 | 647.8 |
| 609.8 452.4 320.2 418.2 322.6 212.7 188.9 183.2 143.3 1,142.3 656.7 | | | | i . | | | | | | | |
| 110.0 | | | | | | | | | | | |
| 34.4 30.8 31.3 26.1 30.3 30.3 27.9 24.6 27.8 114.5 101.3 | ł | | | | | | | 1 | | 1 | |
| 76.4 | | | | | | | | | | 1 | |
| 9.7 10.2 9.3 11.9 10.4 10.6 8.7 9.1 7.8 41.6 32.9 | | | | | | | | | | | |
| 3.2 | | | | | | | | | | | |
| 3.0 | | 1.5 | 7.5 | | | | | 6.8 | 5.6 | 18.8 | |
| (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0.1) 8.0 (72.1) 8.7 | 88.0 | 23.5 | 79.3 | 100.4 | (209.8) | 99.9 | 142.6 | (239.1) | 29.0 | 133.1 | 20.8 |
| 11.4 | 3.0 | 6.9 | 16.0 | 9.2 | 6.7 | 2.1 | 20.9 | 8.8 | 1.7 | 38.9 | 34.0 |
| 11.4 | (0.4) | 0.2 | (1.7) | _ | (32.3) | 1.6 | (41.4) | (0.1) | 8.0 | (72.1) | 8.7 |
| 11.4 | 3.3 | 0.6 | | 9.0 | | 12.6 | 16.7 | | 17.1 | | 53.7 |
| Color | 11.4 | 11.1 | 10.8 | 10.5 | 10.6 | 10.8 | 10.8 | 11.2 | 11.0 | 42.6 | 43.4 |
| Columbia | - | _ | _ | - | _ | _ | _ | _ | _ | - | _ |
| (5.0) 0.1 0.8 (7.5) (1.5) 17.0 8.2 0.2 3.7 16.2 8.2 334.0 214.7 296.3 280.6 (59.2) 305.0 293.5 (63.9) 185.1 819.8 669.2 275.8 237.7 23.9 137.6 381.8 (92.3) (104.6) 247.1 (41.8) 322.5 (12.5) 53.9 55.5 7.3 36.6 89.1 (18.0) (22.1) (64.4) (18.5) 85.6 10.2 (12.9) 182.2 16.6 101.0 292.7 (74.3) (82.5) 311.5 (23.3) 236.9 (22.7) (| _ | _ | - | - | - | | _ | _ | - | ! | 3.0 |
| 334.0 | - | - | _ | _ | _ | | _ | _ | _ | | _ |
| 275.8 237.7 23.9 137.6 381.8 (92.3) (104.6) 247.1 (41.8) 322.5 (12.5) 53.9 55.5 7.3 36.6 89.1 (18.0) (22.1) (64.4) (18.5) 85.6 10.2 221.9 182.2 16.6 101.0 292.7 (74.3) (82.5) 311.5 (23.3) 236.9 (22.7) (46.8) (20.6) 102.3 (86.5) (12.0) 21.6 48.5 32.1 11.9 (28.5) 28.7 3.2 1.5 7.5 7.7 3.0 2.1 6.0 6.8 5.6 18.8 13.0 88.0 23.5 79.3 100.4 (209.8) 99.9 142.6 (239.1) 29.0 133.1 20.8 0.7 5.0 13.4 6.3 5.1 0.3 19.1 6.7 - 30.9 25.5 (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0. | (5.0) | | | (7.5) | (1.5) | | | 0.2 | 3.7 | | 8.2 |
| 53.9 55.5 7.3 36.6 89.1 (18.0) (22.1) (64.4) (18.5) 85.6 10.2 221.9 182.2 16.6 101.0 292.7 (74.3) (82.5) 311.5 (23.3) 236.9 (22.7) (46.8) (20.6) 102.3 (86.5) (12.0) 21.6 48.5 32.1 11.9 (28.5) 28.7 3.2 1.5 7.5 7.7 3.0 2.1 6.0 6.8 5.6 18.8 13.0 88.0 23.5 79.3 100.4 (209.8) 99.9 142.6 (239.1) 29.0 133.1 20.8 0.7 5.0 13.4 6.3 5.1 0.3 19.1 6.7 - 30.9 25.5 (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0.1) 8.0 (72.1) 8.7 11.4 11.1 10.8 10.5 10.6 10.8 10.8 11.2 | 334.0 | | 296.3 | 280.6 | (59.2) | 305.0 | 293.5 | (63.9) | | 819.8 | 669.2 |
| 221.9 182.2 16.6 101.0 292.7 (74.3) (82.5) 311.5 (23.3) 236.9 (22.7) (46.8) (20.6) 102.3 (86.5) (12.0) 21.6 48.5 32.1 11.9 (28.5) 28.7 3.2 1.5 7.5 7.7 3.0 2.1 6.0 6.8 5.6 18.8 13.0 88.0 23.5 79.3 100.4 (29.8) 99.9 142.6 (239.1) 29.0 133.1 20.8 0.7 5.0 13.4 6.3 5.1 0.3 19.1 6.7 - 30.9 25.5 (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0.1) 8.0 (72.1) 8.7 11.4 11.1 10.8 10.5 10.6 10.8 10.8 11.2 11.0 42.6 43.4 - - - - - - - - - 22.6 <td>275.8</td> <td>237.7</td> <td>23.9</td> <td>137.6</td> <td></td> <td>(92.3)</td> <td>(104.6)</td> <td>247.1</td> <td>(41.8)</td> <td>322.5</td> <td>(12.5)</td> | 275.8 | 237.7 | 23.9 | 137.6 | | (92.3) | (104.6) | 247.1 | (41.8) | 322.5 | (12.5) |
| 221.9 182.2 16.6 101.0 292.7 (74.3) (82.5) 311.5 (23.3) 236.9 (22.7) (46.8) (20.6) 102.3 (86.5) (12.0) 21.6 48.5 32.1 11.9 (28.5) 28.7 3.2 1.5 7.5 7.7 3.0 2.1 6.0 6.8 5.6 18.8 13.0 0.7 5.0 13.4 6.3 5.1 0.3 19.1 6.7 - 30.9 25.5 (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0.1) 8.0 (72.1) 8.7 11.4 11.1 10.8 10.5 10.6 10.8 10.8 11.2 11.0 42.6 43.4 - - - - - - - - - - 22.6 - - - 2.6 - - - - - - - - | 53.9 | 55.5 | 7.3 | 36.6 | | (18.0) | (22.1) | (64.4) | (18.5) | 85.6 | 10.2 |
| (46.8) (20.6) 102.3 (86.5) (12.0) 21.6 48.5 32.1 11.9 (28.5) 28.7 3.2 1.5 7.5 7.7 3.0 2.1 6.0 6.8 5.6 18.8 13.0 88.0 23.5 79.3 100.4 (299.8) 99.9 142.6 (239.1) 29.0 133.1 20.8 0.7 5.0 13.4 6.3 5.1 0.3 19.1 6.7 - 30.9 25.5 (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0.1) 8.0 (72.1) 8.7 11.4 11.1 10.8 10.5 10.6 10.8 10.8 11.2 11.0 42.6 43.4 - - - - - - - - 22.6 - - - 22.6 - - - 22.6 - - - 33.3 - 1.7 4. | 221.9 | 182.2 | 16.6 | 101.0 | 292.7 | (74.3) | (82.5) | 311.5 | (23.3) | 236.9 | (22.7) |
| (46.8) (20.6) 102.3 (86.5) (12.0) 21.6 48.5 32.1 11.9 (28.5) 28.7 3.2 1.5 7.5 7.7 3.0 2.1 6.0 6.8 5.6 18.8 13.0 88.0 23.5 79.3 100.4 (299.8) 99.9 142.6 (239.1) 29.0 133.1 20.8 0.7 5.0 13.4 6.3 5.1 0.3 19.1 6.7 - 30.9 25.5 (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0.1) 8.0 (72.1) 8.7 11.4 11.1 10.8 10.5 10.6 10.8 10.8 11.2 11.0 42.6 43.4 - - - - - - - - 22.6 - - - 22.6 - - - 22.6 - - - 33.3 - 1.7 4. | | | | | | · | | | | | |
| 3.2 1.5 7.5 7.7 3.0 2.1 6.0 6.8 5.6 18.8 13.0 88.0 23.5 79.3 100.4 (29.8) 99.9 142.6 (239.1) 29.0 133.1 20.8 0.7 5.0 13.4 6.3 5.1 0.3 19.1 6.7 - 30.9 25.5 (0.4) 0.2 (1.7) - (32.3) 1.6 (41.4) (0.1) 8.0 (72.1) 8.7 11.4 11.1 10.8 10.5 10.6 10.8 10.8 11.2 11.0 42.6 43.4 - - - - - - - 22.6 - - - 22.6 - - - - - - - - 33.3 - 1.7 53.9 55.5 7.3 36.6 89.1 (18.0) (22.1) (64.4) (18.5) 85.6 10.2 | | | | | | | | | | | |
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| 53.9 55.5 7.3 36.6 89.1 (18.0) (22.1) (64.4) (18.5) 85.6 10.2 (0.3) (3.6) (0.3) 2.7 0.4 1.1 0.9 1.1 0.7 4.9 4.5 (10.2) (4.0) (14.8) (7.0) (6.9) (3.2) (8.4) (0.1) (0.7) (25.4) (35.0) (72.5) 68.1 (45.5) 20.1 (42.9) 47.6 7.9 (12.5) (15.6) 32.7 (17.9) 248.9 318.9 174.9 191.8 97.0 112.1 81.3 53.2 11.4 482.1 80.9 72.5 (68.1) 45.5 (20.1) 42.9 (47.6) (7.9) 12.5 15.6 (32.7) 17.9 2.3 1.9 2.6 2.9 1.6 1.8 1.6 2.1 1.7 8.0 8.5 10.2 4.0 14.8 7.0 6.9 3.2 8.4 0.1 | _ | _ | _ | | | | | _ | - | | 4 7 |
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| 0.4 1.6 - - - 16.5 7.5 - 0.1 24.0 4.7 - - - - - - - - (7.0) - | | | 1 1 .0 | ' | 0.5 | | | J. 1 | J.1 — | 20.7 | - |
| - (7.0) (7.0) - | | | _ | _ | _ | | | _ | 0.1 | 24 0 | 47 |
| | - | | _ | | | | | _ | | i | |
| 9.0 | _ | | _ | | | | | _ | | 1 | |
| 334.3 258.3 237.8 174.6 148.4 86.0 90.9 67.9 29.5 499.8 150.0 | | | 237.8 | | | | | 67.9 | | | |

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

FREE CASH FLOW (4)

Adjusted funds flow

Capital expenditures

Geological and geophysical expense

Asset retirement obligations settled

Free cash flow

SUMMARY BALANCE SHEET

Assets

Current assets

Risk management – long-term

Lease receivable

Dissent payment entitlement

Investment in securities

Exploration and evaluation

Property, plant and equipment, net

Deferred income tax

Total assets

Liabilities and shareholders' equity

Current liabilities

Long-term debt

Risk management - long-term

Asset retirement obligation and other - long-term

Shareholders' equity

Total liabilities and shareholders' equity

NET DEBT CALCULATION (4)

Cash and cash equivalents

Accounts receivable

Prepaid expenses

Accounts payable and accrued liabilities

Long-term debt

Net debt

RESERVES (9)

Reserves

Natural gas (Bcf) NGLs (MBbl)

Crude Oil (MBbl)

Total (MBoe)

Future Net Revenue NPV₁₀

| 2022 | | | | 20 | 21 | | 20 | 20 | Annual | | |
|---------|---------|---------|---------|---------|---------|-------------|-------------|-------------|---------|-------------|--|
| Q3 | Q2 | Q1 | Q4 | Q3 | Q2 | Q1 | Q4 | Q3 | 2021 | 2020 | |
| | | | | | | | | | | | |
| 334.3 | 258.3 | 237.8 | 174.6 | 148.4 | 86.0 | 90.9 | 67.9 | 29.5 | 499.8 | 150.0 | |
| (184.3) | (184.1) | (117.0) | (65.7) | (66.1) | (83.4) | (59.3) | (65.1) | (50.5) | (274.6) | (220.2) | |
| (2.3) | (1.9) | (2.6) | (2.9) | (1.6) | (1.8) | (1.6) | (2.1) | (1.7) | (8.0) | (8.5) | |
| (10.2) | (4.0) | (14.8) | (7.0) | (6.9) | (3.2) | (8.4) | (0.1) | (0.7) | (25.4) | (35.0) | |
| 137.5 | 68.3 | 103.4 | 99.0 | 73.8 | (2.4) | 21.6 | 0.6 | (23.4) | 191.8 | (113.7) | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| 050.5 | 400 5 | 004.7 | 450.7 | 450.4 | 470.0 | 400.0 | 444.0 | 400.7 | 450.7 | 4440 | |
| 250.5 | 166.5 | 221.7 | 156.7 | 158.1 | 172.2 | 136.0 | 114.9 | 102.7 | 156.7 | 114.9 | |
| 8.5 | 7.6 | 4.3 | 0.7 | 0.5 | 1.0 | - 0.4 | - | 2.4 | 0.7 | _ | |
| _ | _ | _ | 0.5 | 1.0 | 1.6 | 2.1 89.3 | 2.8 89.3 | 3.4 89.3 | 0.5 | 2.8 89.3 | |
| 451.3 | 468.8 | 479.2 | 372.1 | 302.9 | 228.2 | 129.9 | 59.5 | 30.9 | 372.1 | 59.5 | |
| 529.1 | 529.6 | 534.0 | 539.9 | 544.6 | 555.9 | 563.2 | 612.1 | 626.9 | 539.9 | 612.1 | |
| 2,612.3 | 2,441.6 | 2,338.5 | 2,269.7 | 2,283.9 | 2,007.6 | 1,988.6 | 1,959.6 | 1,593.3 | 2,269.7 | 1,959.6 | |
| 409.6 | 462.1 | 517.8 | 545.5 | 591.9 | 690.1 | 674.0 | 658.8 | 595.4 | 545.5 | 658.8 | |
| 4,261.3 | 4,076.2 | 4,095.5 | 3,885.1 | 3,882.9 | 3,655.6 | 3,583.1 | 3,497.0 | 3,041.9 | 3,885.1 | 3,497.0 | |
| | | | | | | · | | | | | |
| | | | | | | | | | | | |
| 342.8 | 417.6 | 404.3 | 256.0 | 330.1 | 371.6 | 298.4 | 217.3 | 173.5 | 256.0 | 217.3 | |
| 306.3 | 227.7 | 302.6 | 386.3 | 522.4 | 608.4 | 712.7 | 813.5 | 792.7 | 386.3 | 813.5 | |
| _ | _ | - | 3.1 | 6.4 | 8.7 | 10.4 | 19.4 | 23.1 | 3.1 | 19.4 | |
| 552.1 | 541.0 | 636.4 | 633.3 | 612.9 | 612.4 | 526.6 | 409.0 | 347.2 | 633.3 | 409.0 | |
| 3,060.1 | 2,889.9 | 2,752.2 | 2,606.4 | 2,411.1 | 2,054.5 | 2,035.0 | 2,037.8 | 1,705.4 | 2,606.4 | 2,037.8 | |
| 4,261.3 | 4,076.2 | 4,095.5 | 3,885.1 | 3,882.9 | 3,655.6 | 3,583.1 | 3,497.0 | 3,041.9 | 3,885.1 | 3,497.0 | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| (2.2) | (1.2) | (1.5) | (1.7) | (1.4) | (2.0) | (7.4) | (4.6) | (1.1) | (1.7) | (4.6) | |
| (219.0) | (147.9) | (207.8) | (139.7) | (140.1) | (105.6) | (117.7) | (97.7) | (74.6) | (139.7) | (97.7) | |
| (13.8) | (11.5) | (8.4) | (7.3) | (13.8) | (8.9) | (8.0) | (9.9) | (14.4) | (7.3) | (9.9) | |
| 275.7 | 306.9 | 276.3 | 219.1 | 209.7 | 232.6 | 182.1 | 152.8 | 133.9 | 219.1 | 152.8 | |
| 306.3 | 227.7 | 302.6 | 386.3 | 522.4 | 608.4 | 712.7 | 813.5 | 792.7 | 386.3 | 813.5 | |
| 347.0 | 374.0 | 361.2 | 456.7 | 576.8 | 724.5 | 761.7 | 854.1 | 836.5 | 456.7 | 854.1 | |

| | Pro | oved | Proved plus Probable | | | | | | |
|---|---------|---------|----------------------|---------|--|--|--|--|--|
| | 2021 | 2020 | 2021 | 2020 | | | | | |
| ĺ | 1,034.0 | 1,014.4 | 2,009.9 | 1,994.3 | | | | | |
| | 146,264 | 126,080 | 296,918 | 258,217 | | | | | |
| | 20,881 | 16,176 | 30,561 | 41,431 | | | | | |
| | 339,476 | 311,317 | 662,469 | 632,025 | | | | | |
| | 3,573 | 1,875 | 6,235 | 3,649 | | | | | |

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

- Some rows and columns may not add due to rounding.
- Certain comparative figures have been reclassified to conform with the current presentation.
- Readers are referred to the Product Type Information section and the Specified Financial Measures section of this document.
- (2) (3) (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 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 year's presentation.
- 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): Q3 2022: 0.8 million Q2 2022: 0.8 million, Q1 2022: 1.5 million, Q4 2021: 1.5 million, Q3 2021: 1.5 million, Q2 2021: 1.5 million, Q1 2022: 1.9 million, Q4 2020: 1.9 million and Q3 2020: 0.4 million.
- Other NGLs means ethane, propane and butane.
- Includes downstream natural gas, NGLs and oil transportation costs and NGLs fractionation costs.
- Natural gas revenue presented as \$/Mcf.
- 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 | |
|---|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | Q3 | Q2 | Q1 | Q4 | Q3 | Q2 | Q1 | Q4 | Q3 | 2021 | 2020 |
| SALES VOLUMES – TOTAL COMPANY BY PRODUCT TYPE | | | | | | | | | | | |
| Shale gas (MMcf/d) | 253.8 | 203.7 | 213.1 | 220.4 | 207.1 | 205.8 | 197.8 | 170.7 | 141.0 | 207.9 | 156.7 |
| Conventional natural gas (MMcf/d) | 62.1 | 63.5 | 59.8 | 64.4 | 62.6 | 67.3 | 75.3 | 85.6 | 83.0 | 67.3 | 92.0 |
| Natural gas (MMcf/d) | 315.9 | 267.2 | 272.9 | 284.8 | 269.7 | 273.1 | 273.1 | 256.3 | 224.0 | 275.2 | 248.7 |
| Condensate (Bbl/d) | 35,747 | 25,374 | 29,064 | 29,797 | 29,670 | 26,784 | 27,017 | 22,782 | 17,020 | 28,328 | 19,334 |
| Other NGLs (Bbl/d) | 6,144 | 5,021 | 5,276 | 5,462 | 5,017 | 4,938 | 5,170 | 4,987 | 3,952 | 5,147 | 4,325 |
| NGLs (Bbl/d) | 41,891 | 30,395 | 34,340 | 35,259 | 34,687 | 31,722 | 32,187 | 27,769 | 20,972 | 33,475 | 23,659 |
| Tight oil (Bbl/d) | 449 | 402 | 437 | 497 | 475 | 494 | 479 | 437 | 457 | 487 | 462 |
| Light and medium crude oil (Bbl/d) | 2,608 | 1,974 | 1,874 | 2,048 | 2,032 | 2,265 | 2,358 | 2,533 | 2,305 | 2,174 | 2,768 |
| Crude oil (Bbl/d) | 3,057 | 2,376 | 2,311 | 2,545 | 2,507 | 2,759 | 2,837 | 2,970 | 2,762 | 2,661 | 3,230 |
| Total (Boe/d) | 97,601 | 77,312 | 82,137 | 85,265 | 82,150 | 79,995 | 80,540 | 73,460 | 61,064 | 82,001 | 68,340 |
| | | | | | | | | | | | |
| SALES VOLUMES – BY REGION BY PRODUCT TYPE | | | | | | | | | | | |
| GRANDE PRAIRIE REGION | | | | | | | | | | | |
| Shale gas (MMcf/d) | 188.2 | 138.8 | 151.4 | 156.5 | 145.8 | 132.2 | 120.6 | 92.7 | 66.0 | 138.8 | 77.2 |
| Conventional natural gas (MMcf/d) | 1.4 | 1.0 | 1.1 | 2.4 | 2.2 | 2.1 | 2.0 | 1.6 | 1.3 | 2.2 | 1.4 |
| Natural gas (MMcf/d) | 189.6 | 139.8 | 152.5 | 158.9 | 148.0 | 134.3 | 122.6 | 94.3 | 67.3 | 141.0 | 78.6 |
| Condensate (Bbl/d) | 30,610 | 22,511 | 26,042 | 26,272 | 26,639 | 24,086 | 23,974 | 19,635 | 13,959 | 25,253 | 15,991 |
| Other NGLs (Bbl/d) | 3,758 | 2,914 | 3,267 | 3,276 | 3,274 | 2,874 | 2,984 | 2,429 | 2,060 | 3,103 | 1,964 |
| NGLs (Bbl/d) | 34,368 | 25,425 | 29,309 | 29,548 | 29,913 | 26,960 | 26,958 | 22,064 | 16,019 | 28,356 | 17,955 |
| Light and medium crude oil (Bbl/d) | 5 | 5 | 6 | 6 | 9 | 4 | - | _ | 1 | 5 | 14 |
| Crude oil (Bbl/d) | 5 | 5 | 6 | 6 | 9 | 4 | - | _ | 1 | 5 | 14 |
| Total (Boe/d) | 65,981 | 48,736 | 54,737 | 56,035 | 54,586 | 49,345 | 47,385 | 37,782 | 27,237 | 51,869 | 31,076 |

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

| | | 2022 | | | 2021 | | | | 2020 | | Annual | |
|------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--|
| | Q3 | Q2 | Q1 | Q4 | Q3 | Q2 | Q1 | Q4 | Q3 | 2021 | 2020 | |
| KAYBOB REGION | | | | | | | | | | | | |
| Shale gas (MMcf/d) | 38.5 | 37.9 | 35.7 | 35.6 | 36.9 | 39.3 | 42.1 | 41.9 | 40.4 | 38.6 | 43.8 | |
| Conventional natural gas (MMcf/d) | 54.8 | 56.7 | 53.6 | 56.8 | 54.4 | 58.0 | 65.8 | 76.3 | 73.4 | 58.6 | 82.1 | |
| Natural gas (MMcf/d) | 93.3 | 94.6 | 89.3 | 92.4 | 91.3 | 97.3 | 107.9 | 118.2 | 113.8 | 97.2 | 125.9 | |
| Condensate (Bbl/d) | 4,157 | 2,092 | 2,130 | 2,184 | 2,072 | 2,319 | 2,611 | 2,631 | 2,577 | 2,295 | 2,885 | |
| Other NGLs (Bbl/d) | 1,666 | 1,585 | 1,558 | 1,788 | 1,415 | 1,569 | 1,677 | 1,953 | 1,363 | 1,612 | 1,812 | |
| NGLs (Bbl/d) | 5,823 | 3,677 | 3,688 | 3,972 | 3,487 | 3,888 | 4,288 | 4,584 | 3,940 | 3,907 | 4,697 | |
| Tight oil (Bbl/d) | 208 | 253 | 322 | 355 | 368 | 354 | 342 | 299 | 308 | 355 | 301 | |
| Light and medium crude oil (Bbl/d) | 2,434 | 1,946 | 1,832 | 2,000 | 1,979 | 2,224 | 2,321 | 2,480 | 2,257 | 2,129 | 2,709 | |
| Crude oil (Bbl/d) | 2,642 | 2,199 | 2,154 | 2,355 | 2,347 | 2,578 | 2,663 | 2,779 | 2,565 | 2,484 | 3,010 | |
| Total (Boe/d) | 24,021 | 21,642 | 20,726 | 21,725 | 21,054 | 22,688 | 24,938 | 27,056 | 25,477 | 22,588 | 28,685 | |
| CENTRAL ALBERTA AND OTHER REGION | | | | | | | | | | | | |
| Shale gas (MMcf/d) | 27.1 | 27.0 | 26.0 | 28.2 | 24.4 | 34.3 | 35.1 | 36.1 | 34.6 | 30.5 | 35.7 | |
| Conventional natural gas (MMcf/d) | 5.9 | 5.8 | 5.1 | 5.3 | 6.0 | 7.2 | 7.5 | 7.7 | 8.3 | 6.5 | 8.5 | |
| Natural gas (MMcf/d) | 33.0 | 32.8 | 31.1 | 33.5 | 30.4 | 41.5 | 42.6 | 43.8 | 42.9 | 37.0 | 44.2 | |
| Condensate (Bbl/d) | 980 | 771 | 892 | 1,341 | 959 | 379 | 433 | 515 | 484 | 781 | 458 | |
| Other NGLs (Bbl/d) | 720 | 522 | 451 | 398 | 328 | 495 | 509 | 605 | 529 | 432 | 549 | |
| NGLs (Bbl/d) | 1,700 | 1,293 | 1,343 | 1,739 | 1,287 | 874 | 942 | 1,120 | 1,013 | 1,213 | 1,007 | |
| Tight oil (Bbl/d) | 241 | 149 | 115 | 142 | 107 | 140 | 136 | 138 | 149 | 131 | 161 | |
| Light and medium crude oil (Bbl/d) | 169 | 23 | 36 | 42 | 44 | 37 | 37 | 54 | 47 | 40 | 46 | |
| Crude oil (Bbl/d) | 410 | 172 | 151 | 184 | 151 | 177 | 173 | 192 | 196 | 171 | 207 | |
| Total (Boe/d) | 7,599 | 6,934 | 6,674 | 7,505 | 6,510 | 7,962 | 8,217 | 8,622 | 8,350 | 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 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 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 basis is calculated by dividing netback (a non-GAAP financial measure) for the applicable period by the total production during the period in Boe. Netback including risk management contract settlements on a \$/Boe basis is calculated by dividing netback including risk management contract settlements for the applicable period by the total production during the period in Boe. These measures are used by investors and management to assess netback and netback including risk management contract settlements on a unit of production basis.

(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 and nine months ended September 30, 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.

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 are calculated by dividing the petroleum and natural gas sales, adjusted funds flow, revenue, royalties, operating expenses, transportation and NGLs processing expenses, sales of commodities purchased and commodities purchased, as applicable, over the referenced period by the aggregate units (Bbl, Mcf or Boe) produced 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 | MMcf/d | Millions of cubic feet per day |
| NGLs | Natural gas liquids | GJ | Gigajoules |
| Condensate | Pentane and heavier hydrocarbons | GJ/d | Gigajoules per day |
| WTI | West Texas Intermediate | MMBtu | Millions of British Thermal Units |
| | | MMBtu/d | Millions of British Thermal Units per day |
| Oil Equivalent | | NYMEX | New York Mercantile Exchange |
| Boe | Barrels of oil equivalent | AECO | AECO-C reference price |
| Boe/d | Barrels of oil equivalent per day | | |

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 nine months ended September 30, 2022, the value ratio between crude oil and natural gas was approximately 23:1. 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.