

Integrity Viking Funds

2009 Year-End Distributions

Record date:	December 29, 2009
Ex-dividend date:	December 30, 2009
Reinvest/payment date:	December 30, 2009

	<u>Per Share Distributions</u>	<u>Total Distributed</u>
Integrity Fund of Funds (IFOFX)		
Income Dividend	0.00287198724	\$2,100.14
Short-term Capital Gain	No Distribution	\$0.00
Long-term Capital Gain	No Distribution	\$0.00
Integrity Growth & Income Fund (IGIAX)		
Income Dividend	0.35877568139	\$312,570.07
Short-term Capital Gain	No Distribution	\$0.00
Long-term Capital Gain	No Distribution	\$0.00
Williston Basin/Mid-North America Stock Fund (ICPAX)		
Income Dividend	0.00761597758	\$2,770.45
Short-term Capital Gain	No Distribution	\$0.00
Long-term Capital Gain	No Distribution	\$0.00
Viking Small-Cap Value Fund (VSVAX)		
Income Dividend	0.05363968246	\$14,023.62
Short-term Capital Gain	No Distribution	\$0.00
Long-term Capital Gain	No Distribution	\$0.00
Viking Large-Cap Value Fund (VLVAX)		
Income Dividend	0.23083667105	\$79,714.04
Short-term Capital Gain	No Distribution	\$0.00
Long-term Capital Gain	No Distribution	\$0.00

The following funds will not make year-end distributions:

Integrity High Income Fund - Classes A and C (IHFA and IHFC)

Kansas Insured Intermediate Fund (KSIM)

Kansas Municipal Fund (KSMUX)

Maine Municipal Fund (MEMUX)

Nebraska Municipal Fund (NEMUX)

New Hampshire Municipal Fund (NHMUX)

Oklahoma Municipal Fund (OKMUX)

Viking Tax-Free Fund For Montana (VMTTX)

Viking Tax-Free Fund For North Dakota (VNDFX)