

## 2019 DISTRIBUTION SCHEDULE – Integrity Viking Funds

The following record dates, ex-dividend dates, reinvestment dates and payable dates are estimated and are subject to change by the respective Board of Trustees. The tax character of the payouts will be determined at the end of the calendar year.

| Daily Accrual Funds  |   |               |              |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
|--|---|---------------|--------------|---------------|--------------|-------|-------|---------|--------|-------|-------|---------|--------|-------|-------|---------|--------|-------|-------|---------|--------|-------|-------|---------|--------|-------|-------|---------|--------|-------|-------|---------|--------|-------|-------|---------|--------|-------|-------|---------|---------|-------|-------|----------|---------|-------|-------|----------|---------|-------|-------|----------|--------|-------------|-------------|---------------|--------------|----------|----------|----------|----------|
| <p><b>Integrity High Income Fund</b><br/>Class A (ticker: IHFAX, cusip: 45890C887)<br/>Class C (ticker: IHFCX, cusip: 45890C879)<br/>Class I (ticker: IHFIX, cusip: 45890C663)</p> <p><b>Kansas Municipal Fund</b><br/>Class A (ticker: KSMUX, cusip: 926826702)<br/>Class I (ticker: KSITX, cusip: 926826801)</p> <p><b>Maine Municipal Fund</b><br/>Class A (ticker: MEMUX, cusip: 926826884)<br/>Class I (ticker: MEIMX, cusip: 926826876)</p> <p><b>Nebraska Municipal Fund</b><br/>Class A (ticker: NEMUX, cusip: 926826868)<br/>Class I (ticker: NEITX, cusip: 926826850)</p> <p><b>Oklahoma Municipal Fund</b><br/>Class A (ticker: OKMUX, cusip: 926826827)<br/>Class I (ticker: OKMIX, cusip: 926826819)</p> <p><b>Viking Tax-Free Fund for Montana</b><br/>Class A (ticker: VMTTX, cusip 926826108)<br/>Class I (ticker: VMTIX, cusip 926826504)</p> <p><b>Viking Tax-Free Fund for North Dakota</b><br/>Class A (ticker: VNDFX, cusip: 926826207)<br/>Class I (ticker: VNDIX, cusip: 926826603)</p> | <p style="text-align: center;"><b>Accrual Income Dividend Schedule</b></p> <table border="1"> <thead> <tr> <th>Record Date</th> <th>Ex-Div Date</th> <th>Reinvest Date</th> <th>Payable Date</th> </tr> </thead> <tbody> <tr><td>daily</td><td>daily</td><td>1/31/19</td><td>2/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>2/28/19</td><td>3/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>3/29/19</td><td>4/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>4/30/19</td><td>5/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>5/31/19</td><td>6/3/19</td></tr> <tr><td>daily</td><td>daily</td><td>6/28/19</td><td>7/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>7/31/19</td><td>8/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>8/30/19</td><td>9/3/19</td></tr> <tr><td>daily</td><td>daily</td><td>9/30/19</td><td>10/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>10/31/19</td><td>11/1/19</td></tr> <tr><td>daily</td><td>daily</td><td>11/29/19</td><td>12/2/19</td></tr> <tr><td>daily</td><td>daily</td><td>12/31/19</td><td>1/2/20</td></tr> </tbody> </table> <p style="text-align: center;"><b>Capital Gains (if applicable)</b></p> <table border="1"> <thead> <tr> <th>Record Date</th> <th>Ex-Div Date</th> <th>Reinvest Date</th> <th>Payable Date</th> </tr> </thead> <tbody> <tr> <td>12/26/19</td> <td>12/27/19</td> <td>12/27/19</td> <td>12/30/19</td> </tr> </tbody> </table> | Record Date   | Ex-Div Date  | Reinvest Date | Payable Date | daily | daily | 1/31/19 | 2/1/19 | daily | daily | 2/28/19 | 3/1/19 | daily | daily | 3/29/19 | 4/1/19 | daily | daily | 4/30/19 | 5/1/19 | daily | daily | 5/31/19 | 6/3/19 | daily | daily | 6/28/19 | 7/1/19 | daily | daily | 7/31/19 | 8/1/19 | daily | daily | 8/30/19 | 9/3/19 | daily | daily | 9/30/19 | 10/1/19 | daily | daily | 10/31/19 | 11/1/19 | daily | daily | 11/29/19 | 12/2/19 | daily | daily | 12/31/19 | 1/2/20 | Record Date | Ex-Div Date | Reinvest Date | Payable Date | 12/26/19 | 12/27/19 | 12/27/19 | 12/30/19 |
| Record Date  | Ex-Div Date   | Reinvest Date | Payable Date |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 1/31/19       | 2/1/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 2/28/19       | 3/1/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 3/29/19       | 4/1/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 4/30/19       | 5/1/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 5/31/19       | 6/3/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 6/28/19       | 7/1/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 7/31/19       | 8/1/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 8/30/19       | 9/3/19       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 9/30/19       | 10/1/19      |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 10/31/19      | 11/1/19      |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 11/29/19      | 12/2/19      |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| daily  | daily   | 12/31/19      | 1/2/20       |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| Record Date  | Ex-Div Date   | Reinvest Date | Payable Date |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |
| 12/26/19   | 12/27/19  | 12/27/19      | 12/30/19     |               |              |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |        |       |       |         |         |       |       |          |         |       |       |          |         |       |       |          |        |             |             |               |              |          |          |          |          |

| Quarterly Paying Funds  |   |               |              |               |              |         |         |         |        |         |         |         |        |         |         |         |         |          |          |          |        |             |             |               |              |          |          |          |          |
|---|---|---------------|--------------|---------------|--------------|---------|---------|---------|--------|---------|---------|---------|--------|---------|---------|---------|---------|----------|----------|----------|--------|-------------|-------------|---------------|--------------|----------|----------|----------|----------|
| <p><b>Integrity Dividend Harvest Fund</b><br/>Class A (ticker: IDIVX, cusip: 45890C754)<br/>Class C (ticker: IDHCX, cusip: 45890C721)<br/>Class I (ticker: IDHIX, cusip: 45890C655)</p> <p><b>Integrity Energized Dividend Fund</b><br/>Class A (ticker: NRGDX, cusip: 45890C713)<br/>Class C (ticker: NRGUX, cusip: 45890C697)<br/>Class I (ticker: NRIGX, cusip: 45890C648)</p> | <p style="text-align: center;"><b>Quarterly Income Dividend Schedule</b></p> <table border="1"> <thead> <tr> <th>Record Date</th> <th>Ex-Div Date</th> <th>Reinvest Date</th> <th>Payable Date</th> </tr> </thead> <tbody> <tr><td>3/28/19</td><td>3/29/19</td><td>3/29/19</td><td>4/1/19</td></tr> <tr><td>6/27/19</td><td>6/28/19</td><td>6/28/19</td><td>7/1/19</td></tr> <tr><td>9/27/19</td><td>9/30/19</td><td>9/30/19</td><td>10/1/19</td></tr> <tr><td>12/30/19</td><td>12/31/19</td><td>12/31/19</td><td>1/2/20</td></tr> </tbody> </table> <p style="text-align: center;"><b>Capital Gains (if applicable)</b></p> <table border="1"> <thead> <tr> <th>Record Date</th> <th>Ex-Div Date</th> <th>Reinvest Date</th> <th>Payable Date</th> </tr> </thead> <tbody> <tr> <td>12/26/19</td> <td>12/27/19</td> <td>12/27/19</td> <td>12/30/19</td> </tr> </tbody> </table> | Record Date   | Ex-Div Date  | Reinvest Date | Payable Date | 3/28/19 | 3/29/19 | 3/29/19 | 4/1/19 | 6/27/19 | 6/28/19 | 6/28/19 | 7/1/19 | 9/27/19 | 9/30/19 | 9/30/19 | 10/1/19 | 12/30/19 | 12/31/19 | 12/31/19 | 1/2/20 | Record Date | Ex-Div Date | Reinvest Date | Payable Date | 12/26/19 | 12/27/19 | 12/27/19 | 12/30/19 |
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| 3/28/19   | 3/29/19   | 3/29/19       | 4/1/19       |               |              |         |         |         |        |         |         |         |        |         |         |         |         |          |          |          |        |             |             |               |              |          |          |          |          |
| 6/27/19   | 6/28/19   | 6/28/19       | 7/1/19       |               |              |         |         |         |        |         |         |         |        |         |         |         |         |          |          |          |        |             |             |               |              |          |          |          |          |
| 9/27/19   | 9/30/19   | 9/30/19       | 10/1/19      |               |              |         |         |         |        |         |         |         |        |         |         |         |         |          |          |          |        |             |             |               |              |          |          |          |          |
| 12/30/19  | 12/31/19  | 12/31/19      | 1/2/20       |               |              |         |         |         |        |         |         |         |        |         |         |         |         |          |          |          |        |             |             |               |              |          |          |          |          |
| Record Date   | Ex-Div Date   | Reinvest Date | Payable Date |               |              |         |         |         |        |         |         |         |        |         |         |         |         |          |          |          |        |             |             |               |              |          |          |          |          |
| 12/26/19  | 12/27/19  | 12/27/19      | 12/30/19     |               |              |         |         |         |        |         |         |         |        |         |         |         |         |          |          |          |        |             |             |               |              |          |          |          |          |

## Yearly Paying Funds

### Williston Basin/Mid-North America Stock Fund

Class A (ticker: ICPAX, cusip: 45890C606)

Class C (ticker: ICPUX, cusip: 45890C747)

Class I (ticker: ICWIX, cusip: 45890C689)

### Integrity Growth & Income Fund

Class A (ticker: IGIAX, cusip: 45890C846)

Class C (ticker: IGIUX, cusip: 45890C739)

Class I (ticker: IGIVX, cusip: 45890C671)

### Income and Capital Gains (if applicable)

| Record Date | Ex-Div Date | Reinvest Date | Payable Date |
|-------------|-------------|---------------|--------------|
| 12/26/19    | 12/27/19    | 12/27/19      | 12/30/19     |

## Key Terms

**Record Date**—Shareholders must own shares on the record date to be eligible to receive a distribution.

**Ex-Dividend Date**—Each fund's share price (net asset value) is reduced by the amount of the per-share distribution on this date.

**Reinvestment Date**—Distribution amounts are reinvested in fund shares on this date for shareholders who elect this option.

**Payable Date**—Distribution amounts are mailed by check on this date to shareholders of record who receive distributions in cash.

## Rules for Quarterly & Yearly Paying Funds (not Daily Accrual Funds)

Ex-Dividend Date = Record Date + 1 Trading day

Reinvestment Date = Ex-Dividend Date

Payable Date = Reinvestment Date (or Ex-Dividend Date) + 1 Trading day

## Rules for Daily Accrual Funds

When does a shareholder start accruing on a purchase? Settlement date

When does a shareholder stop accruing on a redemption? Settlement date

What is the payment frequency? Monthly

How is the accrual period calculated? Based on the calendar month

When does the fund pay dividends? Reinvested dividends are paid on last business day of month and cash dividends are paid on first business day of following month.