FORM 7

MONTHLY PROGRESS REPORT

Name of	Listed Issuer:	CITY VIEW GREEN F	HOLDINGS INC.	_(the "Issuer").
Trading S	Symbol:	CVGR		
Number o	of Outstanding	Listed Securities:	183,064,671	
Date: [December 5, 2	 2019		

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

The Issuer's continued focus during the month of November, 2019, was the build out of the 49 Easton Road, Brantford facility.

As announced November 12, 2019, the Issuer has put the cultivation build out and operations on hold until there is a strong business case to enter the cultivation market. The Issuer's focus, instead, is on extractions, edibles and distribution. Accordingly, the continued build out of the Issuer's facility is moving forward with a focus on designated areas for extractions and edibles.

2. Provide a general overview and discussion of the activities of management.

During the month of November, we continued to focus on the construction of the 49 Easton Road facility with the focus now on building out designated areas for extractions and edibles (refer to Item 1 above).

We continued due diligence of the Ontario numbered company that does business as "Blue Heaven Cafe" in furtherance of the letter of intent we signed relating to our potential acquisition of that company.

During the month of November, we closed the first tranche of our previously announced private placement issuing 2,001,333 units for gross proceeds of \$300,199.95 (refer to Item 14 below for further details).

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

N/A

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

N/A

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

N/A

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	N/A	
12.	Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.	
	N/A	
11.	Report on any labour disputes and resolutions of those disputes if applicable.	
	N/A	
10.	Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.	
	N/A	
9.	Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.	
	N/A	
8.	Describe the acquisition of new customers or loss of customers.	
	N/A	
7.	Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.	
	N/A	
6.	Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.	

13.	Provide details of any indebtedness incurred or repaid by the Issuer together with
	the terms of such indebtedness.

N/A

14. Provide details of any securities issued and options or warrants granted. N/A

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Common	2,001,333	Private placement @ \$0.15/unit.	Working capital
Shares		Each unit comprised of 1	
		common share + 1 warrant	
Warrants	2,001,333	Issued as part of the units	Any funds received
		referenced above; exercisable at	from the exercise of
		\$0.30/share for a period of 3	warrants will be used
		years	for working capital.

- (1) State aggregate proceeds and intended allocation of proceeds.
- 15. Provide details of any loans to or by Related Persons.

N/A

16. Provide details of any changes in directors, officers or committee members.

N/A

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

Refer to the Issuer's Form 2A Listing Statement dated February 27, 2019.

Certificate Of Compliance

The undersigned hereby certifies that:

- 1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
- 2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
- 3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
- 4. All of the information in this Form 7 Monthly Progress Report is true.

Dated December 5, 2019	
	lan MacDonald
	Name of Director or Senior
	Officer
	Va Musonald
	Signature
	<u>CEO</u>
	Official Capacity

Issuer Details Name of Issuer	For Month End	Date of Report YY/MM/D	
CITY VIEW GREEN HOLDINGS INC.	Nov. 2019	19/12/05	
Issuer Address 132 – 1173 Dundas Street East			
City/Province/Postal Code Toronto, Ontario M4M 3P1	Issuer Fax No. <i>N/A</i>	Issuer Telephone No. 519.751.2109	
Contact Name Ian MacDonald	Contact Position CEO	Contact Telephone No. <i>519.751.2109</i>	
Contact Email Address ian@cityviewgreen.ca	Web Site Address www.cityviewgreen.ca		