FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Canada House Wellness Group Inc. the “Issuer”).

Trading Symbol: CHV

Number of Outstanding Listed Securities: 151,722,162

Date: February 14, 2018

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.

During November 2017, the Issuer and its subsidiaries continued to focus on the expansion of its clinic network. In addition, the Issuer initiated substantial upgrades to its security system, upgrades to its floor plan, mechanical and HVAC systems to support proven commercial production methods as well as commencing expansion design work to include a larger

vault, staging area and an extraction lab to support the Nutrional High joint venture.

2. Provide a general overview and discussion of the activities of management. **During the month of November 2017, management was focused on the activities mentioned previously as well as proceeding with a convertible debenture unit financing.**

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**

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. **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. **During November 2017, the Company spent approximately $17,000 on leasehold improvements.**

8. Describe the acquisition of new customers or loss of customers. **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**

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **During the month of November 2017, the Company hired 4 new employees and terminated 5 employees.**

11. Report on any labour disputes and resolutions of those disputes if applicable. **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**

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

During the month of November 2017, the Company borrowed $750,000 from companies controlled by shareholders. The amount is non-interest bearing and repayable on demand.

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

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Common shares	512,100	Shares were issued for services rendered and as consideration for interest and financing charges on debt.	N/A

(1) State aggregate proceeds and intended allocation of proceeds.

15. Provide details of any loans to or by Related Persons.

As at November 30, 2017, the Issuer owed approximately $108,000 to shareholders and companies with shareholders in common of the Issuer. The amounts are non-interest bearing and payable on demand. As at November 30, 2017, the Company was owed $35,000 by its former CEO. The amount is non-interest bearing and was due during August 2017. As at November 30, 2017 the Issuer owed approximately $1,768,000, including accrued interest, pursuant to promissory notes issued to shareholders bearing interest at 5% per annum. The principal and accrued interest are payable on August 1, 2018. As at November 30, 2017, the Issuer was owed $20,000 by a company with shareholders in common of the issuer. The debt is repayable in annual increments of $10,000 with the final payment due June 21, 2019. As at November 30, 2017, the Issuer was owed approximately $314,000 by shareholders and companies with shareholders in common of the Issuer. The amounts are non-interest bearing and payable on demand.

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. **N/A**

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 February 14, 2018.

Michael Johnston
Name of Director or Senior Officer

(S) Michael Johnston
Signature
Chief Financial Officer
Official Capacity

Issuer Details Name of Issuer Canada House Wellness Group Inc.	For Month End November 2017	Date of Report YY/MM/D 18/02/14
Issuer Address 1773 Bayly Street		
City/Province/Postal Code Pickering, ON L1W 2Y7	Issuer Fax No. (905) 492-8420	Issuer Telephone No. (844) 696-3349
Contact Name Michael Johnston	Contact Position CFO	Contact Telephone No. (416) 947-0464 Extension 232
Contact Email Address mike@fa.ca	Web Site Address www.canadahouse.ca	