FORM 7

MONTHLY PROGRESS REPORT

Name of CSE Issuer: LeanLife Health Inc. (the "*Issuer*").

Trading Symbol: LLP

Number of Outstanding Listed Securities: **95,285,318**

Date: **April 1, 2019**

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.

   On March 14, the Company signed an agreement with Ecovatec Solutions Inc. to provide the Company the use of its facilities for testing. LeanLife expects the testing to commence within the coming weeks.

2. Provide a general overview and discussion of the activities of management.
   LeanLife Health's management continues to seek new markets and distribution outlets for its products in the north American and European markets.

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.
   Not applicable.

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.
   Not applicable.

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.

   On March 14, the Company signed an agreement with Ecovatec Solutions Inc. to provide the Company the use of its facilities for testing. The Testing Agreement flows from the recent Letter of Intent LeanLife signed with Ecovatec. LeanLife expects the testing to commence within the coming weeks.

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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.
   Not applicable.

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.
   Not applicable

8. Describe the acquisition of new customers or loss of customers.
   Not applicable.

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.
   Not applicable.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.
    Not applicable

11. Report on any labour disputes and resolutions of those disputes if applicable.
    Not applicable.

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.
    Not applicable.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.
    Not applicable.

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

    On March 8, the Company granted 3,000,000,000 stock options at a price of $0.07 per common share to certain directors and consultants of the Company. As per the Company's Stock Option Plan, the options granted are exercisable until March 8, 2024. The Options and underlying common shares are subject to a four-month hold period. Grant of the options is subject to the approval of the CSE.

15. Provide details of any loans to or by Related Persons.
    Not applicable.

16. Provide details of any changes in directors, officers or committee members.
    Not applicable.

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

The Company's primary source of funding is through the issuance of share capital. When the capital markets are depressed, the Company's activity level normally declines accordingly. As capital markets strengthen and the Company is able to secure equity financing with favourable terms, the Company's activity levels and the size and scope of planned projects will typically increase.

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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 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 **April 1, 2019**

STAN LIS
Name of Director or Senior Officer

/s/ Stan Lis
Signature

CEO- Director
Official Capacity

Issuer Details *Name of Issuer* **LeanLife Health Inc.**	*For Month End* **March 2019**	*Date of Report* *YY/MM/DD* **19/04/01**
Issuer Address **Suite 380 – 580 Hornby Street**		
City/Province/Postal Code **Vancouver, BC, V6C 3B6**	*Issuer Fax No.* **604-677-5531**	*Issuer Telephone No.* **604-764-0518**
Contact Name Stan Lis	*Contact Position* **CEO**	*Contact Telephone No.* **604-764-0518**
Contact Email Address slis@leanlifehealth.com	*Web Site Address* **www.leanlifehealth.com**	

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