

FORM 11**NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT**Name of Listed Issuer: Field Trip Health Ltd. (the "Issuer").Trading Symbol: FTRPDate: December 31, 2020**1. New Options Granted:**Date of Grant: December 31, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Dominique Morisano	Employee	No	10,000.00	\$4.09	December 31, 2030	60,000
Dr. Kiran Chekka	Advisor	No	25,000.00	\$4.09	December 31, 2030	N/A
Dr. Michael Muench	Advisor	No	25,000.00	\$4.09	December 31, 2030	N/A
Dr. Phillip Farley	Advisor	No	25,000.00	\$4.09	December 31, 2030	N/A
Michael O'Dowd	Consultant	No	10,000.00	\$4.09	December 31, 2030	N/A
Kevin Callahan	Consultant	No	25,000.00	\$4.09	December 31, 2030	N/A
Deran Young	Advisor	No	25,000.00	\$4.09	December 31, 2030	N/A
Colleen Kimmayyong	Employee	No	5,000.00	\$4.09	December 31, 2030	N/A
Donna Wong	Consultant	Yes	50,000.00	\$4.09	December 31, 2020	N/A

Total Number of optioned shares proposed for acceptance: **200,000****FORM 11 – NOTICE OF PROPOSED STOCK OPTION GRANT
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2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Former holders of options of Newton Energy	74,453	\$1.84	2018-01-04 2019-05-10	2023-01-04 2024-05-10
Laura Daubney	35,000	\$0.50	2019-08-01	2030-03-29
Brandon Goode	100,000	\$0.50	2019-09-02	2030-03-29
Marshall Tyler	125,000	\$0.50	2019-09-16	2030-03-29
Melissa Nutter	100,000	\$0.50	2019-09-16	2030-03-29
Amardeep Manhas	215,000	\$0.50	2019-10-14	2030-03-29
Michael Ehlers	236,806	\$0.50	2019-10-17	2030-03-29
Matthew Emmer	100,000	\$0.50	2019-10-21	2030-03-29
Tyler Dyck	120,000	\$0.50	2019-11-04	2030-03-29
Umaish Rahim	15,000	\$0.50	2019-11-07	2030-03-29
Andrew Jordan	100,000	\$0.50	2019-11-18	2030-03-29
Skylar Rote	25,000	\$0.50	2019-11-26	2030-03-29
Michael Verbora	250,000	\$0.50	2019-11-29	2030-03-29
Sharon Bhella	25,000	\$0.50	2020-01-27	2030-03-29
Alec Sherman	15,000	\$0.50	2020-01-29	2030-03-29
Living Earth Realty Corp.	50,000	\$0.50	2020-02-01	2030-03-29
Amber Amendola	50,000	\$0.50	2020-02-03	2030-03-29
Kori Harrison	150,000	\$0.50	2020-02-10	2030-03-29
Daniel Sinukoff	15,000	\$0.50	2020-02-18	2030-03-29
Nathan Bryson	300,000	\$0.50	2020-03-01	2030-03-29
Ben Medrano	100,000	\$0.50	2020-03-01	2030-03-29
Josh Campbell	25,000	\$0.50	2020-03-02	2030-03-29
Judy Zhu	15,000	\$0.50	2020-03-09	2030-03-29
Wes Hall	100,000	\$0.50	2020-03-13	2030-03-29
Sabina Pillai	25,000	\$0.50	2020-03-16	2030-03-29
M.D. Randall Alan Scharlach	25,000	\$0.50	2020-03-30	2030-03-29
Michael Auerbach	25,000	\$0.50	2020-04-01	2030-03-31
Estuary Ventures LLC	100,000	\$0.50	2020-04-02	2030-04-01
Dieter Weinand	100,000	\$0.50	2020-04-02	2030-04-01
Martha Kezemidis	25,000	\$0.50	2020-04-24	2030-04-23
Monica Mina	25,000	\$0.50	2020-05-08	2030-05-07
Dominique Morisano	20,000	\$0.50	2020-05-13	2030-05-12

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Onur Yildirim	100,000	\$0.50	2020-05-15	2030-05-14
David Eritzoe	25,000	\$0.50	2020-05-15	2030-05-14
Jan Derksen	25,000	\$0.50	2020-05-15	2030-05-14
Matt Johnson	25,000	\$0.50	2020-05-20	2030-05-19
Chris Kimbrell	25,000	\$0.50	2020-05-20	2030-05-19
Cannaconnect	100,000	\$0.50	2020-05-21	2030-05-20
Adam Wright	50,000	\$0.50	2020-05-21	2030-05-20
Alexandra Ortiz	25,000	\$0.50	2020-06-01	2030-05-31
Kurtis Kilgour	50,000	\$2.00	2020-07-06	2030-07-05
Paula Amy Hewitt	100,000	\$2.00	2020-07-27	2030-07-26
Kevin Mok	10,000	\$2.00	2020-08-04	2030-08-03
Dominique Morisano	20,000	\$2.00	2020-08-10	2030-08-09
Navdeep Bhasin	35,000	\$2.00	2020-08-10	2030-08-09
Hasret Alakus	25,000	\$2.00	2020-08-10	2030-08-09
Shantale Person	15,000	\$2.00	2020-08-13	2030-08-12
John Bottos	30,000	\$2.00	2020-08-17	2030-08-16
Vivian Gagliano	50,000	\$2.00	2020-09-07	2030-09-06
Matei Olaru	25,000	\$2.00	2020-08-22	2030-08-21
Dr. Andrew Weil	25,000	\$2.00	2020-08-28	2030-08-27
Tucker Max	25,000	\$2.00	2020-08-31	2030-08-30
M.D. Randall Alan Scharlach	25,000	\$2.00	2020-09-15	2030-09-14
Jen Mckelvie	25,000	\$2.00	2020-09-15	2030-09-14
Alec Sherman	10,000	\$2.00	2020-09-16	2030-09-15
Mark Shortt	60,000	\$2.00	2020-09-30	2030-09-29
Sheryl Kingsberg	25,000	\$2.00	2020-09-21	2030-09-20
Kevin Mok	5,000	\$2.00	2020-09-21	2030-09-20
Matthew Emmer	14,000	\$2.00	2020-09-21	2030-09-20
Thomas Cole	10,000	\$2.00	2020-10-01	2030-09-30
Drs. Jeanine Souren	25,000	\$2.00	2020-10-01	2030-09-30
Mona Irmischer	6,750	\$2.00	2020-10-01	2030-09-30
Drew Puxty	10,000	\$2.00	2020-10-01	2030-09-30
Fleur van den Elzen	15,000	\$2.00	2020-10-01	2030-09-30
Ashmark Inc.	126,673	\$2.00	2020-10-01	2022-09-30
CIFC Capital Corp	25,000	\$2.00	2020-10-01	2022-09-30
Navdeep Dhaliwal	25,000	\$2.00	2020-10-01	2030-09-30
Tatiana Santini	20,000	\$2.68	2020-11-02	2030-11-01

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Valerie Elba	10,000	\$2.68	2020-11-02	2030-11-01
Cary Urowitz	15,000	\$2.68	2020-11-02	2030-11-01
Dominique Morisano	20,000	\$2.68	2020-11-02	2030-11-01
Ben Medrano	10,000	\$4.60	2020-12-01	2030-12-01
Conrad Page	10,000	\$4.60	2020-12-01	2030-12-01
Brice Aminou	40,000	\$4.60	2020-12-01	2030-12-01

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

Not applicable.

- (b) State the date of the news release announcing the grant of options.

Not applicable.

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

Total issued and outstanding common shares of the Issuer on the date of the grant was 37,954,943.

- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

784,000 options or 2.07% are intended as Incentive Stock Options. The Company notes that as per its previous Form 7 dated December 4, 2020 only 10,000 options were classified as incentive stock options. 774,000 options granted prior to October 1, 2020 were previously incorrectly misclassified as non-incentive options on its Form 7 dated December 4, 2020 and have been classified as incentive stock options on this submission.

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.

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The maximum number of Common Shares reserved for issuance under the Plan pursuant to Options not intended as Incentive Stock Options shall be 15% of the issued and outstanding Common Shares from time to time, on a non-diluted basis. As of December 31, 2020, there are 5,693,241 total options available under the plan, and 1,621,512 remaining shares reserved for issuance.

The maximum number of Common Shares reserved for issuance under the Plan pursuant to Incentive Stock Options is 7,500,000. There are 6,716,000 remaining shares reserved for issuance.

- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

\$4.50

- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

Not applicable.

4. 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 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated: December 31, 2020.

Joseph Del Moral
Name of Director or Senior
Officer

DocuSigned by:

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Signature

CEO
Official Capacity