FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **HYTN Innovations Inc. (the "Issuer")**

Trading Symbol: **HYTN**

Number of Outstanding Listed Securities: **62,259,837 (as at December 31, 2022)**

Date: **January 6, 2023**

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 is a craft-inspired cannabis company founded to provide consumers unparalleled cannabis experiences through the research, production, marketing, distribution and sale of premium quality cannabis products. The Issuer's current operations are located in Canada. Through its subsidiaries, HYTN and HYTN Cannabis, the Issuer focuses on producing premium cannabis products for recreational consumers throughout Canada, utilizing its purpose-built processing facilities located in the City of Kelowna in the Okanagan Valley Region of British Columbia, Canada. The Issuer is currently focused on taking raw cannabinoid distillate and researching, producing, marketing and distributing premium cannabis products. Initially the Issuer will launch its Infused Sparkling Beverages, followed by similarly flavoured Infused Edibles. The Issuer intends to strategically offer new product formats such as cannabis oils, vape technology, and topical products, as demand patterns emerge.

Global Outbreak of COVID-19 Disclosure: The actual and threatened spread of the virus globally has had a material adverse effect on the regional economies in which the Issuer operates and could continue to result in negative impacts on the stock market, including trading prices of the Issuer's shares, and the ability to raise capital and could impact the Issuer's operations.

During the month of December 2022, the Issuer actively continued general and corporate operations.

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

During the month of December 2022, management continued to support and control the Issuer's business activities, develop the Issuer's business, and search for strategic business relationships.

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.

None to report during the month of December 2022.

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.

None to report during the month of December 2022.

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.

None to report during the month of December 2022.

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.

None to report during the month of December 2022.

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.

None to report during the month of December 2022.

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

None to report during the month of December 2022.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

None to report during the month of December 2022.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

None to report during the month of December 2022.

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

None to report during the month of December 2022.

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.

None to report during the month of December 2022.

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

None to report during the month of December 2022.

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

Security	Number Issued	Details of Issuance	Use of Proceeds (1)
No Securities Were Issued During the Month of December 2022.			

(1) Aggregate proceeds and intended allocation of proceeds

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

None to report during the month of December 2022.

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

None to report during the month of December 2022.

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

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Form 2A - Listing Statement dated February 18, 2022 (the "**Listing Statement**"), under the heading "Item 17. Risk Factors" and in the Issuer's Management's Discussion and Analysis under the heading "Risks and Uncertainties". The Listing Statement was posted on the CSE website on February 18, 2022. In addition, the Listing Statement and the Management's Discussion and Analysis dated August 26, 2022 can be viewed under the Issuer's profile on SEDAR (www.sedar.com).

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 7 Monthly Progress Report is true.

Dated January6, 2023

Paul More
Name of Director or Senior Officer

/s/ Paul More
Signature

Chief Financial Officer and Corporate Secretary
Official Capacity

Issuer Details Name of Issuer HYTN Innovations Inc.	For Month End December 2022	Date of Report YYYY / MM / DD 2023 / 01 / 06
Issuer Address 12 E. 4th Avenue Vancouver, BC, V5T 1E8	Issuer Fax No. N/A	Issuer Telephone No. 866-590-9289
Contact Name Paul More	Contact Position Chief Financial Officer and Corporate Secretary	Contact Telephone No. 866-590-9289
Contact Email Address Invest@hytn.life	Web Site Address www.hytn.life	