

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: The Alkaline Water Company Inc. (the "Issuer" or "Company").

Trading Symbol: WTER

Number of Outstanding Listed Securities: 148,009,280

Date: February 6, 2023

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 producer of premium bottled alkaline water sold under the brand name Alkaline88®. There have been no material changes or developments with the Issuer's business over the past month. COVID-19 has not had any material negative effects on the Issuer's business during the past month.

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

There have been no changes to management during the past month, and current management has operated the Issuer's business during the past month consistent with prior months' operations.

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.

Nothing Material

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.

Nothing Material

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.

Nothing Material

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 provides details of the relationship.

None

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

Nothing Material

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.

Nothing Material

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

Nothing Material

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.

Nothing material.

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.

On January 11, 2023, the Company issued an aggregate of 78,821 shares of our common stock in consideration for services rendered. Of 78,821 shares of our common stock we issued, 19,230 shares were issued at a deemed price of US\$0.52 per share, 30,612 shares were issued at a deemed price of US\$0.49 per share and 28,979 shares were issued at a deemed price of US\$0.5176 per share. We issued these shares to one U.S. Person.

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.

No known material trends.


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 CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated February 6, 2023

David A. Guarino
Name of Director/Senior Officer


Signature

CFO and Director
Official Capacity

Issuer Details		For Month End	Date of Report
Name of Issuer The Alkaline Water Company Inc.		January 2023	YY/MM/DD 2023/02/06
Issuer Address 8541 E. Anderson Drive, Suite 100			
City/Province/Postal Code Scottsdale, AZ 85255	Issuer Fax No. N/A	Issuer Telephone No. 480.656.2423	
Contact Name David A. Guarino	Contact Position CFO and Director	Contact Telephone No. 480.656.2423	
Contact Email Address david@alkaline88.com	Web Site Address www.alkalinewaterco.com		