

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: TAAT Lifestyle & Wellness Ltd. (the "Issuer").

Trading Symbol: TAAT

Date: September 29, 2020

1. New Options Granted:

Date of Grant: September 17, 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
Consultant 1	Consultant	No	1,000,000	\$1.19	Sep 17, 2025	Nil
Consultant 2	Consultant	No	1,227,500	\$1.19	Sep 17, 2025	500,000
Consultant 3	Consultant	No	625,000	\$1.19	Sep 17, 2025	Nil
Consultant 4	Consultant	No	75,000	\$1.19	Sep 17, 2025	Nil
Consultant 5	Consultant	No	50,000	\$1.19	Sep 17, 2025	Nil
Consultant 6	Consultant	No	22,500	\$1.19	Sep 17, 2025	Nil
Consultant 7	Consultant	No	10,000	\$1.19	Sep 17, 2025	Nil
Consultant 8	Consultant	No	10,000	\$1.19	Sep 17, 2025	Nil
Consultant 9	Consultant	No	20,000	\$1.19	Sep 17, 2025	Nil
Consultant 10	Consultant	No	20,000	\$1.19	Sep 17, 2025	50,000
Consultant 11	Consultant	No	20,000	\$1.19	Sep 17, 2025	50,000
Consultant 12	Consultant	No	10,000	\$1.19	Sep 17, 2025	Nil

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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
Consultant 13	Consultant	No	5,000	\$1.19	Sep 17, 2025	Nil
Consultant 14	Consultant	No	5,000	\$1.19	Sep 17, 2025	Nil

Total Number of optioned shares proposed for acceptance: 3,100,000 .

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
John Cumming	25,000	\$0.80	Feb 15, 2017	Feb 15, 2021
Kevin Ma	25,000	\$0.80	Feb 15, 2017	Feb 15, 2021
Consultants	67,500	\$0.80	Feb 15, 2017	Feb 15, 2021
Consultants	150,000	\$1.04	Jun 21, 2017	Jun 21, 2021
John Cumming	100,000	\$0.25	Jun 16, 2020	Jun 16, 2025
Kevin Ma	100,000	\$0.25	Jun 16, 2020	Jun 16, 2025
Joseph Deighan	1,000,000	\$0.25	Jun 16, 2020	Jun 16, 2025
Setti Coscarella	1,500,000	\$0.25	Jun 16, 2020	Jun 16, 2025
Joel Dumaresq	500,000	\$0.25	Jun 16, 2020	Jun 16, 2025
Consultants	3,064,070	\$0.25	Jun 16, 2020	Jun 16, 2025
Setti Coscarella	1,250,000	\$1.00	Aug 14, 2020	Aug 14, 2024

(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.

The Issuer's 20% rolling stock option plan was approved at the Issuer's annual general and special meeting held on August 14, 2020.

- (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.

76,092,916

- (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.

14.30%

- (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.

4,337,013

- (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.

Not applicable

- (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 September 29, 2020.

Joel Dumaresq
Name of Director or Senior
Officer

"Joel Dumaresq"
Signature

CFO and Director
Official Capacity