

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Alternate Health Corp. (the "Issuer").

Trading Symbol: AHG

Number of Outstanding Listed Securities: 54,888,096

Date: November 2, 2018

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.

On October 12, 2018 the Issuer announced that it had closed the final tranche of a non-brokered private placement of 909,091 common shares at a price of CAD\$0.43 (USD\$0.33) per common share for aggregate gross proceeds of US\$300,000. The first tranche in the amount of US\$585,000 (1,772,726 shares) closed on August 28, 2018. The common shares are subject to a four month and one day hold period in

accordance with Canadian securities laws. The Issuer also announced the appointment of Stephen Bugbee as SVP, Technology. Stephen Bugbee is a technology consultant who specializes in sales, marketing, business development, management and operations in the technology sector. His proven track record in taking companies to profitability is second to none. Stephen initially worked with many large brands in the entertainment space at the inception of the Internet assisting companies like Carsey Werner, King World and the Coca Cola Company to embrace early rich media technologies. This was followed by helping Digital Island acquire Software, Sandpiper Networks and Exodus prior to preparing the company for the Cable and Wireless acquisition. For the past 15+ years Stephen has helped many companies reach heightened profitability by utilizing his experience and skill-set to Director manage and drive revenue. Also announced on the same date, was the cessation of Jade Green acting in the capacity of VP, Sales and Marketing for the Issuer. For full details, see news release dated and issued on October 12, 2018.

On October 17, 2018, the Issuer announced that it had signed an arms-length agreement on October 16, 2018, to acquire 100% of Four Twenty Inc., receiving coveted cannabis distribution, manufacturing, processing and cultivation permits as part of the agreement. Four Twenty Inc. also holds a five-year lease with an extension and purchase option on a 14,800 square foot, licensed facility in Humboldt County, California. Four Twenty Inc. was established in 2015 by George Mull, a distinguished attorney and one of California's foremost experts in the legal cannabis industry. Originally founded to provide consulting and legal advice for cannabis licensing and operations, Four Twenty Inc. has developed strong relationships with an extensive network of premiere cultivators throughout Humboldt County. These relationships form a key competitive advantage as the Issuer and Four Twenty Inc. expand into cannabis distribution and product development.

Highlights of the Four Twenty Acquisition:

- As part of the acquisition, the Issuer will receive valid California distribution, manufacturing, processing and cultivation permits and licenses. The formal Request to Transfer permits/licenses to the Issuer's designated subsidiary is expected to be processed by Humboldt County in less than 30 days.
- Four Twenty Inc.'s lease is on a 14,800 square foot facility on nine acres in Humboldt County, fully licensed for commercial cannabis activity with plans to immediately commence operations.
- The facility is strategically located in the heart of California's *Emerald Triangle*, an award-winning growing region famous for AAA grade cannabis.
- The agreement includes the *Humboldt Ave. Cannabis* label, with plans to immediately distribute Humboldt Ave. branded products across the state.
- Four Twenty Inc. maintains professional relationships with the region's top cultivators, providing expert legal advice and consulting services.

- According to reporting in the San Francisco Chronicle, cannabis production contributes nearly \$400 million* annually to the local economy. With its strategic location in Humboldt County, coupled with its extensive cultivator relationships, the Issuer is well positioned to secure exclusive cannabis distribution contracts from this significant market.

Peter Fimrite: *"Allure of Legal Weed is fueling a land rush in Emerald Triangle."* San Francisco Chronicle, May 27, 2016

The Issuer plans on operating the Four Twenty Inc. subsidiary primarily as a distribution and packaging consulting company. Four Twenty Inc. will continue its management consulting and compliance advice activities with cultivators, but with a focus on incentivizing exclusive distribution deals. The manufacturing, processing, distribution and cultivation permits will be transferred to subsidiaries of Alternate Health. Alternate Health will earn revenues from associated distribution, processing, packaging and transport fees.

Terms of the Agreement:

As consideration for the acquisition, Four Twenty Inc. founder, George Mull, will receive 1,000,000 warrants for common stock in Alternate Health Corp. The warrants have a five-year term with an exercise price per share of CDN\$ 0.57. In addition, the Issuer is entering a management contract with George Mull or an entity controlled by George for a fee equal to 20% of net income, defined as revenue less all expenses from certain operations of Alternate Health to be mutually agreed. For full details, see news release dated and issued on October 17, 2018.

Private Placement of Common Shares:

On October 31, 2018 the Issuer announced that it is undertaking a non-brokered private placement of Common Shares ("Shares") under prospectus exemptions available under applicable securities legislation and signing a financial advisory service agreement for warrant consideration.

The non-brokered private placement of Shares is for up to 13,750,000 common shares at a price of CAD\$0.40 per Share for aggregate gross proceeds of up to CAD\$5,500,000. The Issuer may pay finder's fees as permitted by applicable securities laws and the policies of the CSE. The common shares will be subject to a four month and one day hold period in accordance with Canadian securities laws. In addition to funding expansion opportunities in product distribution and CBD marketing, private placement proceeds will be used in expanding the Issuer's CanaPass/StatePass and for general working capital purposes.

Warrant issue:

As of Oct 30, 2018, the Issuer is granting 1,000,000 common share purchase warrants ("Warrants") to an independent arm's length consultant for financial advisory services. Each warrant is exercisable at a price of \$0.42 in four tranches of 250,000 warrants. The Warrants are exercisable for a period of 3 years from the date of issuance of each tranche. The first tranche Warrants will be issued on October 30, 2018, with the subsequent three tranches every 30 days. The warrants

are subject to applicable hold periods under securities laws and the Issuer's filings with the Canadian Securities Exchange and securities regulatory authorities. For full details, see news release dated and issued on October 31, 2018.

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

The Issuer's management team has remained focused on its objectives and operational goals, and is on track to attain them; while it continues its efforts to raise market awareness, value, enhance the strength and diversity of the Board of Directors and Officers of the Issuer, research and development, and other shareholder outreach initiatives. The Issuer's management also continue to seek new revenue streams and opportunities to develop and increase the stakeholder's value and profitability of the Issuer.

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.

N/A

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.

The Issuer announced that it had signed an arms-length agreement on October 16, 2018, to acquire 100% of Four Twenty Inc., obtaining cannabis distribution, manufacturing, processing and cultivation permits as part of the agreement.

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.

N/A

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.

The Issuer announced that it had signed an arms-length agreement on October 16, 2018, to acquire 100% of Four Twenty Inc., obtaining cannabis distribution, manufacturing, processing and cultivation permits as part of the agreement. Four Twenty Inc. was established in 2015 by George Mull, a distinguished attorney and one of California's foremost experts in the legal cannabis industry. As consideration for the acquisition, Four Twenty Inc. founder, George Mull, will receive 1,000,000 warrants for common stock in the Issuer. The warrants have a five-year term with an exercise price per share of CDN\$ 0.57. In addition, the Issuer is entering a management contract with George Mull or an entity controlled by George for a fee equal to 20% of net income, defined as revenue less all expenses from certain operations of the Issuer to be mutually agreed.

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

N/A

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.

N/A

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

N/A

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.

N/A.

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.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
common shares	909,091	CAD\$0.43/ USD\$0.33	USD\$300,000 general working capital
warrants	1,000,000	CAD\$0.57 expires: October 15, 2023	N/A asset acquisition
warrants	1,000,000 in 4 tranches ⁽²⁾ of 250,000 each	CAD\$0.42 expires: 3 years from the date of issuance of each tranche	N/A financial advisory services

(1) State aggregate proceeds and intended allocation of proceeds.

(2) 250,000 warrants issued on October 30, November 30, December 30, 2018 and January 30, 2019

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.

Ms. Jade Green, former VP of Sales and Marketing, ceased to be an Officer of the Issuer. Stephen Bugbee was appointed as SVP, Technology.

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

The political evolution and progression of the legalities surrounding the use of cannabidiol for medical, and cannabis for recreational purposes, will continue to impact and benefit the product development segment of the Issuer's business. The legalization of cannabis in Canada and California bodes well for the Issuer's plans for expansion.

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 **November 2, 2018**

Marcelin O'Neill

 Name of Director or Senior Officer

/s/ "Marcelin O'Neill"

 Signature

Chief Compliance Officer

 Official Capacity

Issuer Details Name of Issuer Alternate Health Corp.	For Month End: October 2018	Date of Report YY/MM/D 18/11/02
Issuer Address 309-1485 West 6th Ave.		
City/Province/Postal Code Vancouver, BC, V6H4G1	Issuer Fax No. 604.736.8254	Issuer Telephone No. 604.569.4969
Contact Name Marcelin O'Neill	Contact Position Chief Compliance Officer	Contact Telephone No. 604.569.4969
Contact Email Address: m.oneill@alternatehealth.ca	Web Site Address: www.alternatehealth.ca www.alternatehealth.com	