

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: AHG

Number of Outstanding Listed Securities: 52,051,028

Date: July 10, 2017

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 announced a change of the Company's auditors from Scarrow Yurman & Co. Professional Corporation to BDO Canada LLP. For full details, see news release dated and issued on June 2, 2017.

The Issuer announced the upcoming launch of a new clinical study on the effects of Cannabidiol (CBD) in the treatment of veterans suffering from Post-Traumatic Stress Disorder (PTSD). Veterans' activist, Wesley Clark Jr., who himself served in the US Military, will lead the study beginning in June 2017. Alternate Health will conduct the PTSD study at its newly acquired Neubauer Center in Lauderdale-By-The-Sea, Florida, with the help of veterans suffering the effects of PTSD. The study will research the results of CBD administered through Alternate Health's delivery systems technology, building on the company's research assets. The Issuer expects the results to bolster support and awareness of CBD in the medical community, with possible scientific breakthroughs forming the potential basis of new technology and patents. For full details, see news release dated and issued on June 6, 2017.

The Issuer announced reaching the positive cash flow milestone in the Issuer's first quarter of operation. The Issuer generated \$3.87 million in revenue in Q1, with operating expenses totalling \$5.04 million. A considerable portion of these expenses were non-recurring, share-based sales incentives targeted at its rapidly growing laboratory business. To better reflect the financial results of the Issuer in its Q1 earnings release, The Issuer reported Non IFRS measures including Adjusted (normalized) Net Income of \$1.1 million or \$0.03 per share and Non IFRS Adjusted EBITDA of \$1.4 million as defined in its May 30th press release. For full details, see news release dated and issued on June 7, 2017.

The Issuer issued a press release commenting on its marketing activities. The Issuer announced that it had engaged third party providers (Finsbury, CFN Media, Stockhouse, Investing Media Solutions, Money Channel, Planet Microcap, See Thru Equity and Canada Newswire) to provide public relations, marketing or other related services. Recently, the Issuer engaged an advertising and media firm to assist with a managed public awareness campaign, through paid third party agents and newsletter distributors. On June 6, 2017, the Issuer received notice from the OTC Markets about promotional activities in relation to the Issuer and its common shares, including certain promotional newsletter emails. The Issuer had not reviewed or seen these newsletters prior to publication and was not aware of the promotional nature of the materials. Neither the Issuer nor its officers, directors, and to the best of its knowledge, its controlling shareholders have directly, or indirectly, authorized or been involved in any way with the creation of the promotional materials. The Issuer has determined that certain statements included in these newsletters related to the Issuer and its business may be misleading and/or incomplete and readers should not place undue reliance on these newsletters. The Issuer encourages investors to review its filings and disclosures made with Canadian securities regulators, available at www.sedar.com and as posted on the filings and disclosure page for AHGIF on the OTC Markets website at www.otcmarkets.com. For full details, see news release dated and issued on June 8, 2017.

On June 14, 2017, the Issuer announced that it had reached an agreement to launch its CanaCard Patient Management System in all of National Access Cannabis (NAC)

clinics across Canada. National Access Cannabis operates ten clinics across Canada, with a specific focus on connecting patients with clear information on the legal treatment options available. In recognition of NAC's leadership in Canadian medical cannabis, the Issuer has made investments of close to \$1,000,000 in the NAC. The Issuer believes that this agreement creates a base for further expansion in the Canadian market, including the Issuer's cannabinoid research and delivery systems. The CanaCard Patient Management System is a cloud-based platform that manages the end-to-end transactions involved with providing safe access to medical cannabis for patients across Canada. The database connects patients, certified doctors and licensed producers with a complete set of patient management tools. We ensure the secure storage of personal data, account balances, transactional volume and research data. The Issuer will install the system in each of National Access Cannabis' ten clinics across Canada and any new NAC clinics will operate with CanaCard in the future. Revenues will be generated for both NAC and the Issuer from transaction fees charged on sales between patients and licensed producers of medical marijuana, compliant with Health Canada's rules and guidelines for medical cannabis in Canada. For full details, see news release dated and issued on June 14, 2017.

The Issuer announced that had entered into a consulting agreement (the 'Agreement') with a director and officer of the Issuer. Pursuant to the terms of the Agreement, for past services rendered, the Issuer will grant 200,000 warrants to purchase the Company's shares at a price of CAD\$3.05 per common share for a period of twenty-four (24) months from the date of issuance. The effective date of the grant is June 14, 2017. The Issuer has also entered into a consulting agreement with an internationally based consultant effective June 14, 2017 for the purposes of providing ongoing marketing, fundraising, and targeted promotions for and on behalf of the Issuer. Pursuant to the terms of the consulting agreement, the Issuer will issue 150,000 common shares at a deemed price of \$3.05, upon execution of consulting agreement; the Issuer will grant 750,000 warrants to purchase the Issuer's shares at a price of CAD\$3.05 per common share for a period of 18 months from the date of issuance. In addition, the Issuer will grant an additional 750,000 warrants, to purchase the Issuer's shares at a price of CAD\$4.00 per common share; the effective date of the grants is June 14, 2017. The common shares and warrants granted will be in accordance with Policies of the CSE and regulatory authorities. For full details, see news release dated and issued on June 19, 2017.

The Issuer announced that J. Bernard Rice, has joined the Issuer's Board of Directors. Mr. Rice is recognized as one of the world's leading experts in Information Technology. Mr. Rice has a wealth of enterprise business, experience and significant senior level relationships that are indispensable in developing many strategic partnerships. His Partner, General Wesley Clark and Mr. Rice are currently driving in a portfolio of companies with leadership capabilities in Cybersecurity, Green Energy, Medical technologies, Education and Real estate. Mr. Rice began his career with IBM in sales and held various sales leadership positions until 1983 when he entered IBM's finance fraternity. Mr. Rice's work in business case structure and portfolio analysis led him to a role as IBM's Finance

Director for Application Software in 1985. He was promoted several times such that by 1989 he was appointed Director of Finance, Planning and Administration for IBM's Southern Area. In that role, Mr. Rice was responsible for the staff functions of a \$3 billion business and he was instrumental in positioning IBM's Southeast Region as the leader in billable services. Mr. Rice became Chief Financial Officer and General Partner for the IBM Venture Capital Group in 1993 and then Vice President of Business development for IBM's Consumer Division in 1998. There he managed projects like IBM's partnership with Berkshire Hathaway and Hallmark for the development of its breakthrough on-line research and learning platforms. Mr. Rice also served as Chief Executive Officer of Edmark Inc., the IBM subsidiary that developed innovative educational software for children. In 2000 Mr. Rice orchestrated the spin-off of IBM's education content assets into Riverdeep Inc and was instrumental in Riverdeep becoming the fastest growing educational software company in the nation. Today, Riverdeep has educational products in some 45,000 schools in over 20 countries. Mr. Rice holds a B.A. from St. Anselm College (Manchester, New Hampshire) and a Masters in Business Administration in Marketing from Georgia State University. Mr. Rice also attended the IBM Presidents Program (a special Executive MBA program) at Harvard University. For full details, see news release dated and issued on June 30, 2017.

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

The Issuer's management team continued its efforts to raise market awareness, value, enhance the strength and diversity of the Board of Directors, research and development, agreements for expected product launches and other shareholder outreach initiatives. The Issuer's management also continue to seek new ventures 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 reached an agreement to launch its CanaCard Patient Management System in all of National Access Cannabis (NAC) clinics across Canada. Further details are set out above in Question 1, and in the Issuer's press release dated June 14, 2017.

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.

N/A

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.

On June 19, 2017, the Issuer announced the grant of 200,000 warrants, warrants to a director and officer of the Issuer. The Issuer also announced the grant of 1,500,000 warrants and the issuance of 150,000 common shares to a Consultant of the Issuer. The prices of the proposed grant of warrants and common shares were reserved on the date of the news release dated June 19, 2017.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Warrants	200,000	exercise price of \$3.05 expires June 15, 2019	N/A
Warrants	750,000	exercise price of \$3.05 expires December 15, 2018	N/A
Warrants	750,000	exercise price of \$4.00 expires December 15, 2018	N/A
Common Shares	150,000	Deemed price of \$3.05 per common share	N/A

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

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.

The Issuer's appointed Mr. J. Bernard Rice to the Issuers Board of Directors, disclosed in a press release dated June 30, 2017.

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

N/A

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 were 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 July 10, 2017

Marcelin O'Neill

Name of Director or Senior Officer

"Marcelin O'Neill"

Signature

Compliance Officer & Corporate Secretary

Official Capacity

Issuer Details Name of Issuer Alternate Health Corp.	For Month End: June 2017	Date of Report YY/MM/D 17/07/10
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 Compliance Officer & Corporate Secretary	Contact Telephone No. 604.569.4969
Contact Email Address: m.oneill@alternatehealth.ca	Web Site Address: www.alternatehealth.ca	