

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: AHG

Number of Outstanding Listed Securities: 67,668,763

Date: January 7, 2019

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 December 10, 2018 the Issuer announced that the Issuer had closed a non-brokered private placement of 12,739,000 common shares at a price of CAD\$0.40 per common share for aggregate gross proceeds of CAD\$5,095,000. The common shares are subject to a four month and one day hold period in accordance with Canadian securities laws. The funds will

support Alternate Health's distribution and product development activities in addition to being used for general working capital purposes. For full details, see news release dated and issued on December 10, 2018.

On December 11, 2018 the Issuer announced that its Board of Directors has appointed the Issuer's founder, Howard Mann, as CEO effective immediately. Mr. Mann has also been elected to the Board of Directors. Outgoing CEO, Dr. Michael Murphy, will stay on as Chairman of the Board and continue to work closely with executive management to ensure a smooth transition. Howard Mann founded Alternate Health in 2014 and was instrumental in the Issuer's growth and public listing at the beginning of 2017. A committed supporter of the Issuer, Mr. Mann has not sold a single share since listing, demonstrating his confidence in the future of the Issuer. His extensive background in software development, marketing, and intellectual property provides the expertise the Issuer requires to accomplish its strategic priorities and drive profitability. With his sharp entrepreneurial instincts and business acumen, Mr. Mann is focused on delivering consistent revenue from the Issuer's assets. For full details, see news release dated and issued on December 11, 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.

N/A

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.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
common shares	12,739,000	\$0.40 per common share, gross proceeds of \$5,095,000	distribution and product development activities, and general working capital

(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.

Mr. Howard Mann was appointed a director and CEO of the Issuer on December 10, 2018.

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 January 7, 2019

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: December 2018	Date of Report YY/MM/D 19/01/07
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	