

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Harvest Health & Recreation, Inc. (the "Issuer").

Trading Symbol: HARV

Number of Outstanding Listed Securities: 67,580,634 subordinate voting shares

Date: March 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.

The Issuer ("Harvest") operates 12 retail dispensaries across Arizona, California, Maryland, Pennsylvania, and Florida, with six cultivation and production facilities across the country, and additional stores opening in March. The company owns licensing rights to operate up to 103 retail dispensaries and has several other license applications pending. To date, Harvest has won or acquired 60 licenses

across 12 states, inclusive of third-party application submittals. The company currently also has 45 license applications outstanding across 10 states.

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

During the month, Harvest continued to execute on its business plan, as detailed in its Listing Statement. The company is well positioned for 2019 growth.

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.

In the first quarter of 2019, the Issuer is expanding sales of CBx products in California, Maryland, Arizona, and Florida, in addition to Colorado where CBx products originated. This distribution is consistent with the company's business plan: to take market leading products and sell them across the country through the company's national footprint.

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 continues to build its customer base across its operating facilities.

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.

During February, Harvest entered a definitive agreement to acquire Falcon International Corp. ("Falcon"), a California cannabis company and leader in cultivation, manufacturing, wholesale distribution and brand development. Harvest will use Falcon as the backbone of its California operations and foundation for national brand distribution. During the Month, Harvest also entered into a binding agreement for it to acquire six additional licenses in Arizona. Upon closing, Harvest will control 16 licenses throughout its home state of Arizona, the country's third largest cannabis market.

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

The Issuer continues to build its customer base across its operating facilities.

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.

The Issuer continues to execute its business plan to expand its brands and take market leading products and sell them across the country through the company's national footprint.

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

During the month, Harvest continued to hire employees to facilitate the expansion of its footprint and execute its business plan.

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.

No indebtedness was incurred during the month. Harvest made regularly scheduled debt repayments of \$2.3 million in February, of which \$2.1 million was related to the first instalment of the CBx acquisition notes.

14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued/Granted	Details of Issuance	Use of Proceeds ⁽¹⁾
Subordinate Voting Shares	62,300	A Shareholder holding 623 Multiple Voting Shares converted shares to Subordinate Voting Shares	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.

During the month, Paul Nowak, VP of Design and Construction, resigned his position with the company.

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

Numerous states are contemplating or implementing new or revised cannabis laws and regulations for medical and adult-use cannabis programs.

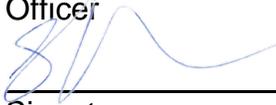
The 115th United States Congress has for consideration, in the current session the Strengthening the Tenth Amendment Through Entrusting States Act (STATES Act S.3032) that would reschedule cannabis under federal law, allowing states to regulate medical and adult-use cannabis.

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: March 7, 2019

Sean Berberian
 Name of Director or Senior
 Officer

 Signature

General Counsel
 Official Capacity

Issuer Details		For Month End	Date of Report
Name of Issuer		February	07/03/2019
Harvest Health & Recreation, Inc.			
Issuer Address			
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City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
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