

The Issuer is an international company, with offices and operations spread out across Canada and the United States. Restrictions on both travel and office hours have caused delays in the preparations of these documents. As a response to the COVID-19 virus, Canadian securities regulators provided exemptive relief to issuers. The Issuer relied on British Columbia Instrument 51-515, Temporary Exemption from Certain Corporate Finance Requirements, which provides a 45-day extension from the usual April 29, 2020, required deadline.

The Issuer's Management, Directors and Insiders are subject to a trading blackout until the Company's 2019 Audited Financial Statements and MD&A and Third Quarter 2020 Interim Financial Statements and MD&A are filed, based on the instructions in Section 9 of National Policy 11-207, Failure to File Cease Trade Orders and Revocations in Multiple Jurisdictions. This Cease Trade Order only applies to Officers, Insiders and Directors of the Issuer.

On June 25, 2020, the Issuer provided an update to shareholders about the halt in trading issued on June 24, 2020, related to the late filing of the Company's annual financial statements. COVID19-related interruptions have caused delays in the preparation of these documents, but the Issuer and its auditors are currently working as fast as possible to finalize the statements.

The Issuer expects to submit the statements soon, in which time the trading halt will be lifted. Complications related to the COVID-19 pandemic caused a significant delay in the start of audit fieldwork related to the Company's Audited Annual Financial Statements and Management Discussion and Analysis for the year ended December 31, 2019 (the "Financial Statements").

The Issuer's international footprint left the Company particularly vulnerable to the COVID19 interruptions, as its officers and directors are spread out over eight cities in Canada and the United States. The COVID-19 lockdowns in both Canada and California coincided with scheduled fieldwork to complete the Company's annual audit. Office closures, travel bans, and health concerns made it impossible to begin the necessary fieldwork until June 2020.

Until the Financial Statements are filed, securities regulators have decided to issue a temporary Cease Trade Order ("CTO"). The Company had hoped to receive a further extension to filing deadlines, since lockdown orders are only just now being lifted in California, British Columbia and Ontario. However, regulators have chosen not to offer an extension beyond the Blanket Exemption the Company announced in press releases on May 4, 2020, and June 5, 2020.

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⁾
N/A	N/A	N/A	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.
N/A
- 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 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 September 29, 2020.

Scott Holtby
Name of Director or Senior
Officer

/s/ "Scott Holtby"
Signature
Vice President
Communications
Official Capacity

<i>Issuer Details</i> Name of Issuer Alternate Health Corp.	For Month End June 2020	Date of Report YY/MM/D 20/09/29
Issuer Address 400 – 725 Granville Street		
City/Province/Postal Code Vancouver, BC, V7Y 1G5	Issuer Fax No. ()	Issuer Telephone No. 416-607-5757
Contact Name Scott Holtby	Contact Position Vice President	Contact Telephone No. 416-607-5757
Contact Email Address s.holtby@alternatehealth.ca	Web Site Address <u>www.alternatehealth.ca</u> <u>www.alternatehealth.com</u>	

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