

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Sproutly Canada Inc. (the "Issuer").

Trading Symbol: SPR

Number of Outstanding Listed Securities: 180,336,775

Date: April 4, 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 March 18, 2019 the Issuer announced it's premium cannabis brand for the recreational market: CALIBER, designed for the cannabis connoisseur and delivered via the Issuer's craft cannabis flower production. The Issuer's anticipated beverage, edible and derivative products are expected to be marketed under a complimentary portfolio of brands.

CALIBER will be the brand under which the Issuer will market its high-quality, small-batch flower and smokable products produced in its Toronto Herbal Remedies (“THR”) production facility. THR is an indoor 16,600 sq. ft. production facility located centrally in the Greater Toronto Area (“GTA”). THR utilizes state-of-the-art production and climate-control technology and methods designed to pharma-grade standards which enables it to produce ‘top-shelf’ premium cannabis flower. Following the receipt of a sales license from Health Canada and ahead of distributing its flower products, the Issuer will roll out a CALIBER brand campaign in compliance with Health Canada's guidelines that will provide consumers with important product education and information, brand highlights, and the vision behind the brand.

On March 29, 2019 the Issuer announced it is currently negotiating with a beverage company regarding a potential partnership to jointly develop and market cannabis-infused beverages (the “Potential Transaction”). The Issuer remains optimistic that the Potential Transaction will be successfully completed by the end of April, however there can be no assurances that the Potential Transaction will be completed, or completed in a timely manner.

Provide a general overview and discussion of the activities of management. **See point 1 above.**

2. 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. **None.**
3. 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. **None.**
4. 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. **None.**
5. 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. **None.**
6. 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. **None.**
7. Describe the acquisition of new customers or loss of customers. **None.**

8. 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. **None.**
9. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs. **The Issuer's subsidiary, THR, hired Cole Siddons and Arlyn Bondoc as Production Technicians, and Elizabeth Abanes as Sanitation Technician. THR also terminated Michael Biagi (Sanitation Technician).**
10. Report on any labour disputes and resolutions of those disputes if applicable. **None.**
11. 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. **None.**
12. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness. **None.**
13. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Options	30,000	Stock options granted	N/A

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

14. Provide details of any loans to or by Related Persons. **None.**
15. Provide details of any changes in directors, officers or committee members. **None.**
16. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends. **None.**

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: April 4, 2019.

Craig Loverock
Name of Director or Senior Officer

s/ "Craig Loverock"
Signature

Chief Financial Officer
Official Capacity

Issuer Details Sproutly Canada Inc.	For Month End March 31, 2019	Date of Report YY/MM/D 2019/04/04
Issuer Address 1055 Dunsmuir Street, Suite 3318		
City/Province/Postal Code Vancouver/BC/V7X 1L2	Issuer Fax No. (N/A)	Issuer Telephone No. (778) 945-6868
Contact Name Craig Loverock	Contact Position CFO	Contact Telephone No. 647-984-1244
Contact Email Address Craig.loverock@sproutly.ca	Web Site Address www.sproutly.ca	