

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: AHG

Number of Outstanding Listed Securities: 76,551,663

Date: September 9, 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 August 22, 2019, the Issuer announced that Company plans to monetize its extensive software and education databases of over 60,000 contacts through a targeted marketing program for its hemp-derived CBD products.

The Issuer currently has an aggregate total of over 60,000 contacts with a demonstrated focus in cannabinoid medicine, across Blaine Labs and the Company's software assets. The databases include the Issuer's electronic medical records (EMR) systems, FlorPass and CanaPass, active in Florida and across Canada and the Company's active contacts and social media database of the Issuer's education subsidiary, Alternate Medical Media.

On August 22, 2019, the Issuer announced that the Company granted a total of 40,000 stock options to a consultant at an exercise price of \$0.40 per share for a term of one year, in accordance with the terms of the Company's stock option plan. The Company has also granted 150,000 common share purchase warrants to a consultant of the company at an exercise price of \$0.65 per share at a two-year term and 1,000,000 common share purchase warrants to a consultant at an exercise price of \$0.70 per share and a three-year term. The company has also agreed to issue 606,950 common shares of Alternate Health to a consultant at a deemed price of \$0.40 per common share as consideration for past services rendered.

On August 22, 2019, the Issuer announced that Company would also like to announce that, due to increasing commitments in other activities, Jeff Langenbach resigned as a Director of the Issuer's Board.

On August 27, 2019, the Issuer announced that the Company has retained Matthew Whitaker, former acting Attorney General of the United States, and his law firm, Graves Garrett to act as Outside Counsel.

Whitaker served as Acting Attorney General of the United States from November 2018 to February 2019, and as Chief of Staff to the Attorney General of the United States from September 2017 to November 2018. Prior to serving in these capacities, Whitaker served as United States Attorney for the Southern District of Iowa, and in a variety of other legal capacities. Whitaker is a graduate of the University of Iowa where he earned his bachelor's degree in communications and later went on to graduate with a Master of Business Administration and a Juris Doctor degree. Whitaker is now affiliated with the Graves Garrett law firm in addition to being the Managing Director for Axiom Strategies/Clout Public Affairs.

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.

On August 27, 2019, the Issuer announced that Company has retained Matthew Whitaker, former acting Attorney General of the United States, and his law firm, Graves Garrett to act as Outside Counsel.

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.

Due to restructuring in the Texas office, the Issuer terminated employment agreements for Jay Briggs, SVP Operations, and Bob Chidgey, VP of Finance.

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⁾
Purchase Warrants	150,000	Exercise Price of \$0.65	N/A
Purchase Warrants	1,000,000	Exercise Price of \$0.70	N/A
Stock Options	40,000	Exercise Price of \$0.40	N/A
Common Shares	606,950	Deemed Price of \$0.40 per common share	N/A
Common Shares	321,428	Deemed Price of \$0.28 per common share	N/A
Common Shares	250,000	Deemed Price of \$0.28 per common share	N/A

- (i) *Under its stock option plan, the Issuer granted a total of 40,000 stock options to a consultant at an exercise price of \$0.40 per share for a term of one year, in accordance with the terms of the Issuer's stock option plan. The Issuer has also granted 150,000 common share purchase warrants to a consultant of the Company at an exercise price of \$0.65 per share at a two-year term and 1,000,000 common share purchase warrants to a consultant at an exercise price of \$0.70 per share and a three-year term. The Issuer also issued 606,950 common shares of Alternate Health to a consultant at a deemed price of \$0.40 per common share as consideration for past services rendered.*
- (ii) *Based on the terms of a financing facility, announced on July 5, 2019, and July 13, 2019, the Issuer also issued 321,428 and 250,000 common shares to the European High Growth Opportunities Fund ("EHGO") as part of the conversion of \$90,000 and \$70,000 respectively of the first tranche of the convertible debenture announced on July 5, 2019.*

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.

On August 22, 2019, the Issuer announced that, due to increasing commitments in other activities, Jeff Langenbach resigned as a Director of Alternate Health's Board.

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 industrial hemp in Canada and the United States 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 9, 2019.

Scott Holtby

Name of Director or Senior Officer

/s/ "Scott Holtby"

Signature

**Vice President,
Communications**

Official Capacity

Issuer Details Name of Issuer Alternate Health Corp.	For Month End August 2019	Date of Report YY/MM/D 19/09/09
Issuer Address 400 – 725 Granville Street (Registered and Records Address)		
City/Province/Postal Code Vancouver, BC, V7Y 1G5	Issuer Fax No. ()	Issuer Telephone No. (416) 607-5757
Contact Name Scott Holtby	Contact Position VP, Communications	Contact Telephone No. 416-607-5757
Contact Email Address s.holtby@alternatehealth.ca	Web Site Address www.alternatehealth.com	