

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: AHG

Number of Outstanding Listed Securities: 91,484,212

Date: June 4, 2020

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 May 1, 2020, the Issuer announced that the Company had decided to postpone the filing of its Annual Audited Financial Statements and Management Discussion and Analysis (MD&A) for the year ended December 31, 2019, based on the provisions provided by BC Instrument 51-515. As a response to the COVID-19 virus, Canadian securities regulators have

provided exemptive relief to issuers. The Issuer is relying 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 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. There have been no material business developments since the filing of the Issuer's Interim Financial Statements and MD&A for the three and nine-month periods ended September 30, 2019, that have not been disclosed via press release.

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 | 13,599,216 | CAD\$0.15 / USD \$0.11 | \$1,981,800 CAD General Working Capital |
| Warrants | 13,599,216 | CAD \$0.30 Expires: August 19, 2021 | N/A |

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

(2) Commons shares and warrants were issued as part of a private placement, announced via press release on February 19, 2020, and March 17, 2020.

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 wellness 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 as does recent government efforts to clarify FDA regulations with regard to cannabidiol in the United States.

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 **June 4, 2020**_____.

Scott Holtby_____

Name of Director or Senior
Officer

/s/ "Scott Holtby"_____

Signature

VP, Communications_____

Official Capacity

| | | |
|---|--|--|
| Issuer Details Name of Issuer Alternate Health Corp. | For Month End May 2020 | Date of Report YY/MM/D 20/06/04 |
| Issuer Address 400 – 725 Granville St. (Registered and Records Address) | | |
| City/Province/Postal Code Vancouver | 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 | |