

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: HEMP FOR HEALTH INC. (the "Issuer").

Trading Symbol: HFH

Number of Outstanding Listed Securities: 25,162,001

Date: June 2, 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.
See news release dated May 11, 2020.

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

On May 11, 2020, the Company announced that the 2020 hemp planting season in Tuscany, Italy had begun.

“The 2020 growing season has arrived in the Tuscan valley and we look forward to building on the progress we made with last year’s harvest,” commented Robert Eadie, President and C.E.O, of the Company. “We look forward to working with our agronomy team to optimize all aspects of the cultivation and to deliver on a larger mission of bringing wellness to people so they can live happier and healthier lives”.

In order to meet the growing demand for quality CBD products in Europe, the Company has started planting on 60 Ha with hemp varieties that contain high levels of CBD with trace amounts of THC below 0.03% content. Hemp with High CBD reduces the amount of biomass required for CBD extracts allowing the maximum benefit in the production of cannabinoids, terpenes and other beneficial compounds. The biomass will be used to create different CBD oil products and the flowers will be sold to smoke, both in Italy and in Europe.

COVID-19 Update:

Most of the region where Hemp for Health operates has fortunately been spared of COVID-19 Virus and thus agriculture, as an essential industry, can continue to operate. This however does exclude the rest of the country where the devastation of the virus has hit. We grieve with those who have lost families and friends and are indebted to the frontline workers who continue to take care of the country in these unprecedented times.

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.

No shares were issued from treasury in the month of May 2020. No new options or warrants were granted.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Nil			

(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.

N/A

18. 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 June 2, 2020.

Robert Eadie

Name of Director or Senior Officer

(sgd.) "Robert Eadie"

Signature

President & CEO

Official Capacity

Issuer Details Name of Issuer HEMP FOR HEALTH INC.	For Month End May, 2020	Date of Report June 2, 2020
Issuer Address Suite 750, 580 Hornby Street		
City/Province/Postal Code Vancouver, BC V6C 3B6	Issuer Fax No. (604)602-4936	Issuer Telephone No. (604)602-4935
Contact Name Robert Eadie	Contact Position President & CEO	Contact Telephone No. (604)602-4935
Contact Email Address robert@hempforhealth.eu	Web Site Address www.hempforhealth.eu	