

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: [HFH](#)

Number of Outstanding Listed Securities: [20,062,001](#)

Date: [December 3, 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.

[See press releases dated November 20, 2019 and November 29, 2019. See the Company's prospectus as filed on SEDAR.](#)

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

On November 20, the Company announced that its common shares were approved for listing on the Canadian Securities Exchange (the “CSE”), and trading on the CSE would commence on November 21, 2019 under the trading symbol “HFH”.

The Company has 20,062,001 common shares issued and outstanding, of which 4,000,001 Shares are subject to a three year escrow restriction to be released as to 10% on the CSE listing date with an additional 15% released every six months thereafter over a 36 month period. An aggregate of 7,315,800 warrants are outstanding, exercisable at \$0.30 expiring on various dates in 2021.

On November 29, 2019 provided a general overview of its business operations in Tuscany, Italy. The mission at Hemp for Health Inc. is to produce and provide access to high quality hemp-based CBD products so that people can live better lives. Our focus is on four verticals: genetics, cultivation, extraction and partnerships. Through a vertically integrated process, our CBD products will be produced and processed in Tuscany thus achieving the “Made in Tuscany” label, a globally recognized branding strategy. Our test crop in the first year of operations was a Camognola hemp strain and the 2019 harvest is nearing completion with the crop responding positively to the Tuscan soil and climate. Our initial farming capacity is set to be 130 Ha for the 2020 growing season which is scheduled to commence in April/May 2020.

The Company’s strategy is to sell the biomass from this year’s test crop in a bulk sale method in the Italian/European market. The hemp flower is being used to develop our propriety full spectrum CBD oil with a focus on three products in a tiered pricing module. The final pricing strategy will be determined upon the best available market prices and a careful analysis of the current CBD landscape in Europe. The longer-term objectives of the company include increasing acres under management, product development and collaborating with research institutions and universities.

The Company also announced the appointment of Evan Eadie as its Investor Relations representative. His responsibilities will include communications, strategic marketing, market activity and assisting in the general growth and value creation for the company. The Company has filed a Form 10 on the CSE website.

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.

[See item 2 in the foregoing and the Company's announcement regarding the appointment of an Investor Relations person.](#)

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.

[See Items 2 and 5.](#)

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	392,000	Conversion of Special Warrants	Working Capital
Warrants	196,000 at a price of \$0.30	Conversion of Special Warrants	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.

N/A

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 [December 3, 2019](#).

[Robert Eadie](#) _____
Name of Director or Senior Officer

[\(sgd.\) "Robert Eadie"](#) _____
Signature

[President & CEO](#) _____
Official Capacity

<i>Issuer Details</i> Name of Issuer	For Month End	Date of Report
HEMP FOR HEALTH INC.	November 2019	December 3, 2019
Issuer Address		
Suite 750, 580 Hornby Street		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
Vancouver, BC V6C 3B6	(604)602-4936	(604)602-4935
Contact Name	Contact Position	Contact Telephone No.
Robert Eadie	President & CEO	(604)602-4935
Contact Email Address	Web Site Address	
robert@hempforhealth.eu	www.hempforhealth.eu	