

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Canada House Wellness Group Inc.

Trading Symbol: CHV

Number of Outstanding Listed Securities: 683,653,630

Date: February 5, 2021

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 January 27, 2021, the Company announced that its wholly owned subsidiary, Abba Medix Corp. ("Abba"), launched Veterans Kush, a cultivar developed specifically for Veterans with PTSD. The cultivar is the first released under Abba's partnership with InPlanta Biotechnology to access their cannabis genetics and is available exclusively to registered Abba patients.

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

See responses to questions #1 and 10.

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.

See responses to questions #1

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.

None discontinued

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.

None

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.

No expired or terminated contracts or agreements.

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.

The Company's wholly-owned subsidiary, Canada House Clinics ("CHC"), received a \$700 credit for leasehold improvements on its Edmonton office.

The Company's wholly-owned subsidiary, Abba, purchased \$1,000 of manufacturing equipment, and had \$50,000 of additions to the leasehold improvements and \$10,000 of additions to the security equipment.

8. Describe the acquisition of new customers or loss of customers.

Abba Medix medical patients increased by 8% during the month.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

See response to question #1

10. Report on any employee hiring, terminations or lay-offs with details of anticipated length of lay-offs.

One new hire at Abba; Two new hires at CHC.

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.

No new legal proceedings during the month.

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.

N/A

Security	Number Issued/ (returned to treasury)	Details of Issuance	Use of Proceeds⁽¹⁾

15. Provide details of any loans to or by Related Persons.

Nature of loan	Receivable	Payable	Status
<p><u>Shareholders or shareholders in common</u></p> <p>Non-interest bearing, unsecured, and have no specific terms of repayment.</p>	-	\$72,922	

<p><u>Shareholders or shareholders in common</u></p> <p>Interest is payable annually at a rate of five percent (5%) per annum. The notes are secured by a General Security Agreement over the assets of ICM.</p>	-	\$12,500,000	<p>Promissory notes were issued upon closing of the acquisition of the shares of ICM by Canada House on June 12, 2020.</p>
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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.

Canada House regularly examines and adjusts its strategy as it pursues a path to profitability, in response to market conditions and new opportunities.

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: February 5, 2021

Paul L Hart
Name of Director or Senior
Officer
Signed Paul L Hart
Signature

Chief Financial Officer
Official Capacity

<i>Issuer Details</i> Name of Issuer Canada House Wellness Group Inc.	For Month Ending January 31, 2021	Date of Report February 5, 2021
Issuer Address 1773 Bayly Street		
City/Province/Postal Code Pickering, ON L1W 2Y7	Issuer Fax No. (905) 492- 8420	Issuer Telephone No. (844) 696-3349
Contact Name Paul L Hart	Contact Position CFO	Contact Telephone No. (416) 574-4174
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