

FORM 7



MONTHLY PROGRESS REPORT

Name of CSE Issuer: LeanLife Health Inc. (the “Issuer” of the “Company”).

Trading Symbol: LLP

Number of Outstanding Listed Securities: 197,606,077

Date: October 06, 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.

During the month of September, the Company worked with the Canadian Food Inspection Agency, seeking final product approval for the IRON ENERGY drink product lines in Canada.

The Company extended the expiration date on an aggregate total of 15,244,600 warrants to November 30, 2022 with an exercise price of \$0.075 each.

On September 8th, the Company entered into a debt settlement agreement to settle an aggregate of \$140,000 in debt for services.

On September 27th, the Company announced the appointment of Anis Barakat as CEO. Outgoing CEO, Stan Lis, will remain on the Board of Directors as Executive Chairman. On September 29, the Company appointed Daniel Cruz as CFO.

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

The Company continues its focus on Iron Energy drink product awareness. The Company is active in placing product samples and trial runs with several retail merchants, made up of independent stores and some national companies.

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.

Not applicable.

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.

Not applicable.

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.

Not applicable

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.

Not applicable.

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.

Not applicable

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

Not applicable.

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.

Not applicable.

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

Not applicable.

11. Report on any labour disputes and resolutions of those disputes if applicable.

Not applicable.

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.

Not applicable.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

Not applicable.

14. Provide details of any securities issued and options or warrants granted.

The Company extended the expiration date on 6,050,000 warrants expiring September 27, 2021, 5,674,600 warrants expiring December 6, 2021 and 3,520,000 warrants expiring December 20, 2021, for an aggregate total of 15,244,600 warrants to November 30, 2022 with an exercise price of \$0.075 each.

On September 8th, the Company issued 2,000,000 common shares at a deemed price of \$0.07 per share pursuant to a debt settlement agreement.

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

Not applicable.

16. Provide details of any changes in directors, officers or committee members.

On September 27th, the Company appointed Anis Barakat as CEO. Stan Lis has resigned as CEO but will remain on the Board as Executive Chairman.

On September 29, the Company appointed Daniel Cruz as CFO. Casey Forward has resigned as CFO.

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Management Discussion and Analysis for the year ended March 31, 2021 dated as of August 16, 2021 (the "MD&A"). See also the headings "Risks" and "Risks and Uncertainties". The MD&A is available on the Issuer's SEDAR profile at www.sedar.com and on the Issuer's disclosure hall with the CSE at www.thecse.com.

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 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 CSE Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated **October 06, 2021**

ANIS BARAKAT

Name of Director or Senior Officer

/s/ Anis Barakat

Signature

CEO

Official Capacity

Issuer Details <i>Name of Issuer</i> LeanLife Health Inc.	<i>For Month End</i> September 2021	<i>Date of Report</i> <i>YY/MM/DD</i> 21/10/06
<i>Issuer Address</i> Suite 380 – 580 Hornby Street		
<i>City/Province/Postal Code</i> Vancouver, BC, V6C 3B6	<i>Issuer Fax No.</i> 604-677-5531	<i>Issuer Telephone No.</i> 604-764-0518
<i>Contact Name</i> Anis Barakat	<i>Contact Position</i> CEO	<i>Contact Telephone No.</i> 416-669-4303
<i>Contact Email Address</i> anis@leanlifehealth.com	<i>Web Site Address</i> www.leanlifehealth.com	