

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: LeanLife Health Inc. (the "Issuer").

Trading Symbol: LLP

Date: March 26, 2021

1. New Options Granted:

Date of Grant: November 16, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Stan Lis	CEO, Director	Y	4,000,000	\$0.05	Nov 16, 2025	1,800,000
Casey Forward	CFO	Y	3,000,000	\$0.05	Nov 16, 2025	800,000
Gavin Mah	COO	Y	1,000,000	\$0.05	Nov 16, 2025	890,000

Total Number of optioned shares proposed for acceptance: 8,000,000 .

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Robert Chanson	400,000	\$0.05	May 21, 2019	May 21, 2024
Pacific Blue Holdings	50,000	\$0.05	Jun 28, 2019	June 25, 2024
Gavin Mah	890,000	\$0.05	Apr 7, 2020	Apr 7, 2025
Desmond Yah	200,000	\$0.05	Apr 7, 2020	Apr 7, 2025
Kelly Robinson	500,000	\$0.05	Apr 7, 2020	Apr 7, 2025

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Name of Optionee	No. of Optioned Shares⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Mastro Capital	500,000	\$0.05	Apr 7, 2020	Apr 7, 2025
Castle Rising	500,000	\$0.05	Apr 7, 2020	Apr 7, 2025
BM Gore Capital Limited	2,000,000	0.05	Nov 10, 2020	Nov 10, 2023
Mani Chopra	2,000,000	0.05	Nov 10, 2020	Nov 10, 2023
Stan Lis	1,000,000	0.05	Nov 10, 2020	Nov 10, 2023

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

Stock Option plan was adopted at the Company's annual general meeting on January 4, 2019

- (b) State the date of the news release announcing the grant of options.

November 16, 2020

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

163,016,077

- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

The Issuer has a 10% rolling option plan. Under this plan the Issuer can issue up to 16,301,608 options of which a total of 16,050,000 have been granted and 201,608 are remaining.

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.

201,608

- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

N/A

- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

No proposed material changes at this time.

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated March 26, 2021.

Casey Forward

Name of Director or Senior
Officer

/s/ 'Casey Forward'

Signature

CFO

Official Capacity