

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Sativa Wellness Group Inc. (the "Issuer").

Trading Symbol: SWEL

Number of Outstanding Listed Securities: 363,286,802

Date: November 30, 2021

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.

The Company announced a second quarterly profit in Q3 2021. The Company filed the Financial Statements and Management's Discussion and Analysis for Q3 September 2021, demonstrating continued strong growth.

The Company continued to exceed all targets set to meet its ambition of diversifying within the Health and Wellness sector by offering wellness testing through a network of Goodbody clinics. As at the date of the announcement, the Company had over 80 clinics in operation and the Company is rolling out a range of additional tests to supplement its COVID testing.

Excluding currency exchange, the profit showed a stronger operational result and materially outperformed Q2 as well as all previous quarters.

The Company announced that it appointed Arden Partners Plc ("Arden") as the Company's Corporate Adviser and Broker to further enable Sativa to achieve its significant aspirations in the health and wellness market.

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

None to report

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.

None to report

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 to report

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.

The Company announced that it partnered with Superdrug Stores Plc ("Superdrug") to offer an extensive range of blood tests. The agreement includes 40 Superdrug sites which have trained nurses to take blood for a range of tests.

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.

None to report

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.

None to Report.

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

None to Report.

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.

None to Report.

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

None to Report.

11. 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.

None to report

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

None to report

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

None to report

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

None to report

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

None to report

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

None to report

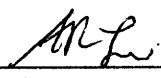
Certificate of Compliance

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 6, 2021.

Anne Tew
Name of Director or Senior Officer


Signature

CFO / Corporate Secretary
Official Capacity

Issuer Details Name of Issuer Sativa Wellness Group Inc.	For Month End November 2021	Date of Report 11/30/21
Issuer Address Suite 409 – 221 503-905 Pender St. W. Esplanade,		

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