

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Sweet Earth Holdings Corporation (the "Issuer").

Trading Symbol: SE

Number of Outstanding Listed Securities: 80,251,882 (as of July 30, 2020)

Date: July 30, 2020

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.

Sweet Earth is a vertically integrated "farm to shelf" hemp grower with a farm in Applegate, Oregon, that maintains a full line of hemp and CBD products for the US and global market. Its products combine CBD with herbal and organic ingredients, all of which are selected for their beneficial properties to soothe,

rejuvenate, and reduce inflammation. In addition to high-end finished products, Sweet Earth prides itself on sustainability by minimizing the use of plastics in both production and packaging.

Sweet Earth's in-house genetics team has been working on its own proprietary hemp strain. This strain has been grown in its indoor greenhouse resulting in high-yielding CBD rich flower. Sweet Earth looks forward to planting this new strain outdoors for the 2020 season.

Over the past month, the Issuer has been active in advancing the business plan as described below.

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

Management has been focused on the following activities over the past month:

- The Issuer announced expansion into the European Community when it signed a long-term lease agreement in Los Barrios, Spain, a region renowned for its temperate climate and agricultural industry.
- It Issuer announced that it released an entire line of hemp products (the "Hemp Oil Line"). The Hemp Oil Line is a parallel line to the Company's CBD product line and was developed to facilitate expansion into markets not-permitting CBD products.
- The Issuer announced that it has added two new products, CBD Cooling Gel and CBD Hot Muscle Rub, to its muscle recovery line.
- The Issuer announced that Shark Discoveries and Kevin Harrington selected Sweet Earth to be featured in its retail partner network, which includes magazines and the "As Seen On TV" network.

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.

On July 15, 2020, the Issuer announced the release an entire line of hemp products for the purpose of expansion into markets not-permitting CBD products.

On July 21, 2020, the Issuer announced that it had developed and added two new products, CBD Cooling Gel and CBD Hot Muscle Rub, to its muscle recovery line.

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

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the relationship is with a Related Person of the Issuer and provide details of the relationship.

On July 7, 2020, the Issuer announced that it had signed long-term lease agreement in Los Barrios, Spain, a region renowned for its temperate climate and agricultural industry. The lease agreement allows the Company to grow in Spain and augments access to European markets.

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

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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.

15. Not applicable.

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

Not applicable.

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

Not applicable

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

The Issuer announced its expansion into the European Community on July 7th, 2020. The expansion allows for greater access to the European markets as there is a difference between US and EU regulations on certain products. The Lease Agreement, which extends for a minimum of five years, allows the Company to secure approximately 22 acres with an option for future lease extension and land expansion. In addition, the Company purchased 450 kilograms of high-grade Earlina 8FC seeds.

Earlina 8FC seed is an industrial hemp strain is authorized for cultivation in the European Union ("EU"). This strain was developed in France and is grown to produce highly nutritious hemp seeds rich in essential oils and beneficial to people and animals. Its key characteristic is a CBD yield of 2-3% with a guaranteed less-than 0.2% THC1 content, an essential European Community requirement. While North American hemp production allows for plants of up to 0.3% THC, the European Industrial Hemp Association ("EIHA") adheres to more stringent EU policies.

The Federal Law and Policy, International, FDA, Hemp/CBD clearly emphasizes that it is not recommended to import CBD products from outside the EU

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 July 30, 2020.

Peter Espig
Name of Director or Senior
Officer

"Peter Espig"
Signature

CEO
Official Capacity

Issuer Details	For Month	Date of Report
Name of Issuer	End	YY/MM/D
Sweet Earth Holdings Corporation	July 30, 2020	July 30, 2020
Issuer Address		
Suite 1300 - 1030 West Georgia Street		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
Vancouver, BC V6E 2Y3	604-423-4498	604-423-4499
Contact Name	Contact Position	Contact Telephone No.
Peter Espig	CEO	604-423-4499
Contact Email Address	Web Site Address	
info@seaway.com	www.sweetearthcbd.com	

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