

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Revitalist Lifestyle and Wellness Ltd.** (the "Issuer").

Trading Symbol: **CALM**

Number of Outstanding Listed Securities: **67,288,580**

Date: **September 2022**

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 Issuer provides patient-focused treatments for mental health and pain disorders through the operation of psychedelic-enhanced psychotherapy clinics, which guide patients through ketamine-enhanced psychotherapy.

In September 2022, the Issuer announced that It has expanded coverage to better serve veterans' mental health and wellness with financial assistance from the Veterans Health Administration (VHA), a multibillion-dollar market.

In September 2022, the Issuer announced that it will work with Wake Network Inc. to jointly offer ketamine infusions in the United States and psilocybin clinical retreats internationally with a special focus on veterans' ethical need for access, establishing the world's first international center of excellence.

In September 2022, the Issuer partnered with national non-profits Community Change Foundation, Stand4kind and Navigate360, receiving a \$1-million (U.S.) grant through the United States Department of Justice.

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

In addition to the business developments set out in Item 1 above, during the month of September, management focused on corporate and administrative activities.

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.

In September 2022, the Issuer announced that It has expanded coverage to better serve veterans' mental health and wellness with financial assistance from the Veterans Health Administration (VHA), a multibillion-dollar market.

In September 2022, the Issuer announced that it will work with Wake Network Inc. to jointly offer ketamine infusions in the United States and psilocybin clinical retreats internationally with a special focus on veterans' ethical need for access, establishing the world's first international center of excellence. The UNIT Retreat has been created in an effort to provide quality care in a timely manner with the necessary education tools, research initiatives, and psychedelic medicines in order to provide ethical access to those in medical need. This eight day retreat takes place at the Veteran's Healing Farm in North Carolina, followed by a five day psilocybin retreat in Jamaica. The

inaugural event takes place October 10-17 with a goal to provide follow up retreats each month.

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 for the month of September.

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.

During the month of September 2022, the Issuer partnered with national non-profits Community Change Foundation, Stand4kind and Navigate360, receiving a \$1-million (U.S.) grant through the United States Department of Justice.

The federal grant, "Preventing School Violence: Bureau of Justice Assistance's Stop School Violence Program," will be used in conjunction with the Issuer's proprietary "Reap the Zone" athletic program, along with nationally recognized programs from Stand4kind and Navigate360 directly addressing the mental health of adolescents. This federal program furthers the Department of Justice's mission by supporting and assisting county, local, territorial and tribal jurisdictions in improving efforts to reduce violent crime in and around schools.

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 for the month of September.

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 for the month of September.

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

Not applicable for the month of September.

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 for the month of September.

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

Not applicable for the month of September.

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

Not applicable for the month of September.

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 for the month of September.

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

Not applicable for the month of September.

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

On September 8, 2022, the Issuer submitted a Return to Treasury order for the return to treasury of 775,000 common shares. The return to treasury was effective August 27, 2022.

On September 16, 2022, the Issuer granted an aggregate of 20,000 stock options to employees of the Issuer. The stock options are exercisable at \$0.10 per common share and expire on September 16, 2027.

(1) State aggregate proceeds and intended allocation of proceeds.

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

Not applicable for the month of September.

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

Not applicable for the month of September.

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

Not applicable for the month of September.

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 **October 4, 2022**_____.

Kathryn Walker

Name of Director or Senior
Officer

/s/ "Kathryn Walker"

Signature

CEO

Official Capacity

Issuer Details Name of Issuer Revitalist Lifestyle and Wellness Ltd.	For Month End September 2022	Date of Report YY/MM/D 22/10/04
Issuer Address 3200 650 West Georgia Street		
City/Province/Postal Code Vancouver BC V6B 4P7		Issuer Telephone No. (865) 585-8414
Contact Name Kathryn Walker	Contact Position CEO	Contact Telephone No. (865) 585-8414
Contact Email Address kathryn.walker@revitalistclinic.com	Web Site Address revitalist.com	