Registered Number 04510232

FIT-U-KWIK LIMITED

Abbreviated Accounts

31 August 2010

FIT-U-KWIK LIMITED **Registered Number 04510232**

Balance Sheet as at 31 August 2010

	Notes	2010		2009	
		£	£	£	£
Fixed assets					
Tangible	2		5,652		4,230
Total fixed assets			5,652		4,230
Current assets					
Debtors		4,837		8,120	
Cash at bank and in hand		49,935		49,514	
Total current assets		54,772		57,634	
Creditors: amounts falling due within one year		(30,319)		(25,228)	
Net current assets			24,453		32,406
Total assets less current liabilities			30,105		36,636
Creditors: amounts falling due after one year			(29,389)		(37,273)
Total net Assets (liabilities)			716		(637)
Capital and reserves					
Called up share capital			100		100
Other reserves			(737)		11,077
Profit and loss account			1,353		(11,814)
Shareholders funds			716		(637)

a. For the year ending 31 August 2010 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
c. The directors acknowledge their responsibility for:
    i. ensuring the company keeps accounting records which comply with Section 386; and
    ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 27 May 2011

And signed on their behalf by:
PETER MARSHALL, Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 August 2010

1 **Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and Machinery 20.00% Straight Line

2 **Tangible fixed assets**

Cost	£
At 31 August 2009	18,470
additions	3,099
disposals	
revaluations	
transfers	
At 31 August 2010	21,569
Depreciation	
At 31 August 2009	14,240
Charge for year	1,677
on disposals	
At 31 August 2010	15,917
Net Book Value	
At 31 August 2009	4,230
At 31 August 2010	5,652