

**FIT-U-KWIK LIMITED  
ABBREVIATED ACCOUNTS  
FOR THE YEAR ENDED 31 AUGUST 2013**

AMEECO ACCOUNTANCY  
CHARTERED MANAGEMENT ACCOUNTANTS

25 LAWN LAWN  
HEMEL HEMPSTEAD  
HERTFORDSHIRE  
HP3 9HH

**FIT-U-KWIK LIMITED**  
**Company No. 04510232**  
**Abbreviated Balance Sheet 31 August 2013**

		<b>2013</b>		<b>2012</b>	
	<b>Notes</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>FIXED ASSETS</b>					
Tangible assets	<b>2</b>		7,206		12,074
			7,206		12,074
<b>CURRENT ASSETS</b>					
Debtors		55,072		19,221	
Cash at bank and in hand		60,974		53,232	
		116,046		72,453	
<b>Creditors: Amounts Falling Due Within One Year</b>					
		(100,383)		(53,687)	
<b>NET CURRENT ASSETS (LIABILITIES)</b>			15,663		18,766
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			22,869		30,840
<b>Creditors: Amounts Falling After More Than One Year</b>	<b>3</b>		(22,318)		(29,581)
<b>NET ASSETS</b>			551		1,259
<b>CAPITAL AND RESERVES</b>					
Called up share capital	<b>4</b>		100		100
Profit and Loss account			451		1,159
<b>SHAREHOLDERS' FUNDS</b>			551		1,259

**FIT-U-KWIK LIMITED**  
**Company No. 04510232**  
**Abbreviated Balance Sheet (continued) 31 August 2013**

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For the year ending 31 August 2013 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Director's responsibilities**

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

On behalf of the board

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**Mr Peter Marshall**

**30th May 2014**

**FIT-U-KWIK LIMITED**  
**Notes to the Abbreviated Accounts**  
**For The Year Ended 31 August 2013**

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**1 . Accounting Policies**

**1.1 . Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

**1.2 . Tangible Fixed Assets and Depreciation**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	Straight Line 20%
Motor Vehicles	Straight Line 20%
Computer Equipment	Depreciation next year

**2 . Tangible Assets**

	<b>Total</b>
<b>Cost</b>	<b>£</b>
As at 1 September 2012	32,995
As at 31 August 2013	32,995
<b>Depreciation</b>	
As at 1 September 2012	20,921
Provided during the period	4,868
As at 31 August 2013	25,789
<b>Net Book Value</b>	
As at 31 August 2013	7,206
As at 1 September 2012	12,074

**3 . Creditors: Amounts Falling After More Than One Year**

	<b>2013</b>	<b>2012</b>
	<b>£</b>	<b>£</b>
Lloyds TSB Loan - 3204588	3,515	6,727
Lloyds TSB Loan - 3095983	1,785	3,388
Lloyds TSB Loan - Golf Van	5,800	7,000
Lloyds TSB Loan - 3060519	11,218	12,466
	22,318	29,581

**FIT-U-KWIK LIMITED**  
**Notes to the Abbreviated Accounts (continued)**  
**For The Year Ended 31 August 2013**

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**4 . Share Capital**

	<b>Value</b>	<b>Number</b>	<b>2013</b>	<b>2012</b>
	<b>£</b>		<b>£</b>	<b>£</b>
<b>Allotted, called up and fully paid:</b>				
Ordinary shares	1.000	100	100	100
		<u>          </u>	<u>          </u>	<u>          </u>

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