

**BACK IN FORM LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2020**

Back In Form Limited
Balance Sheet
As at 31 March 2020

Registered number: 04580356

	2020	2019
	£	£
Fixed assets	11,857	13,485
Current assets	12,443	32,027
Prepayments and accrued income	343	333
Creditors: Amounts Falling Due Within One Year	(12,242)	(27,698)
NET CURRENT ASSETS	544	4,662
TOTAL ASSETS LESS CURRENT LIABILITIES	12,401	18,147
Accruals and deferred income	(2,058)	(1,878)
NET ASSETS	10,343	16,269
CAPITAL AND RESERVES	10,343	16,269

Notes

1. Average Number of Employees

Average number of employees, including directors, during the year was as follows: 4 (2019: 4)

2. General Information

Back In Form Limited is a private company, limited by shares, incorporated in England & Wales, registered number 04580356 .
The registered office is 65-67 Commercial Road, Ashley Cross, Poole, Dorset, BH14 0JB.

Back In Form Limited
Balance Sheet (continued)
As at 31 March 2020

For the year ending 31 March 2020 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 accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

Dr Steven Oldale

Director

15 December 2020

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 1072 of the Companies Act 2006.