

**BACK IN FORM LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

Back In Form Limited
Balance Sheet
As at 31 March 2022

Registered number: 04580356

	2022	2021
	£	£
Fixed assets	10,337	9,596
Current assets	53,193	65,252
Prepayments and accrued income	462	280
Creditors: Amounts Falling Due Within One Year	(30,150)	(20,001)
NET CURRENT ASSETS	23,505	45,531
TOTAL ASSETS LESS CURRENT LIABILITIES	33,842	55,127
Creditors: Amounts Falling After More Than One Year	(30,733)	(39,583)
Accruals and deferred income	(2,145)	(2,025)
NET ASSETS	964	13,519
CAPITAL AND RESERVES	964	13,519

Notes

1. Average Number of Employees

Average number of employees, including directors, during the year was as follows: 3 (2021: 4)

2. Directors Advances, Credits and Guarantees

Included within Debtors are the following loans to directors:

	As at 1 April 2021	Amounts advanced	Amounts repaid	Amounts written off	As at 31 March 2022
	£	£	£	£	£
Dr Steven Oldale	(648)	89,874	(50,526)	-	38,700

The above loan is unsecured, interest charged at 2% and repaid within 9 months of the year end.

3. 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 2022

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

19 December 2022

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.