

**1-2-1 FITNESS & NUTRITION LIMITED**

**CKR HOUSE  
70 EAST HILL  
DARTFORD  
KENT  
DA1 1RZ**

**ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2011**

**Tony Ejoh  
I/C Dunmade Associates  
Accountants, Tax & Management  
132 Lower Road  
London SE16 2UG  
Tel: 0207 394 9746  
Fax. 0207 231 8721**



**1-2-1 FITNESS & NUTRITION LIMITED**

**ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2011**

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**1-2-1 FITNESS & NUTRITION LIMITED**

**ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2011**

**In accordance with your instructions we have compiled these unaudited accounts from the information and explanations supplied to us**

## **1-2-1 FITNESS & NUTRITION LIMITED**

### **ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2011** **DIRECTORS' REPORT**

The Directors present herewith their annual report with the Accounts of the Company for the year ended 31st December, 2011

#### **PRINCIPAL ACTIVITIES**

The principal activities of the Company during the year are that of  
**FITNESS & NUTRITION COACHING**

#### **DIRECTORS AND THEIR INTERESTS**

The director's beneficial interest in the shares of the company was as stated below

Number of Ordinary shares 100 of £1.00 each  
31st December, 2011

**H Brown**

**1**

#### **DIRECTORS' RESPONSIBILITIES**

Company law requires the directors to prepare accounts for each financial year to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those accounts, the directors are required to

- =- Select suitable accounting policies and then apply them consistently
- =- Make judgements and estimates that are reasonable and prudent
- =- Follow applicable accounting standards, subject to any material departures disclosed and explained in the accounts
- =- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the Coys Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

#### **ACCOUNTANTS**

The accountants, **DUNMADE ASSOCIATES** have indicated their willingness to continue to act for the company.

#### **BASIS OF PREPARATION**

In preparing the above report, the directors have taken advantage of special exemptions applicable to small companies under s477 Co Act 2006.

Signed on behalf of the Board

Name **H BROWN**

Approved by the Board this day



28<sup>th</sup> Sept. 2012

**ACCOUNTANTS' REPORT TO THE SHAREHOLDERS  
OF BANVIC LIMITED**

We report on the accounts for the year ended 31st October 2011

**RESPECTIVE RESPONSIBILITIES OF DIRECTORS AND ACCOUNTANTS**

As described on Directors' Report, the company's directors are responsible for the preparation of the accounts, and they consider that the company is exempt from an audit. It is our responsibility to carry out procedures designed to enable us to report our opinion.

**BASIS OF OPINION**

Our work was conducted in accordance with the Statements of Accounting Practice and so our procedures consisted of comparing the accounts with the accounting records kept by the company, and making such limited enquiries of the officers of the company as we considered necessary for the purpose of this report. These procedures provide only the assurance expressed in our opinion.

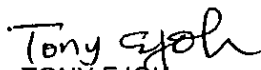
**OPINION**

In our opinion

(a) the accounts are in agreement with the accounting records kept by the company  
(b) having regard only to, and on the basis of, the information contained in those accounting records,

- (1) the accounts have been drawn up in a manner consistent with the accounting requirements specified in s476 of the CA 2006, and
- (ii) the company satisfied the conditions for exemption from an audit of the accounts for the year specified in s477 CA 2006 and did not, at any time within that year, fail within any of the categories of companies not entitled to the exemption specified in the foregoing sections

132 LOWER ROAD  
LONDON SE16 2UG

  
TONY EJON  
I/C DUNMADE ASSOCIATES  
ACCOUNTANTS & TAX  
CONSULTANTS

**1-2-1 FITNESS & NUTRITION LIMITED**

**DIRECTORS' REPORT FOR THE YEAR ENDED  
31/12/2011**

INCORPORATION NUMBER 4614198

DIRECTOR 1 H BROWN

SECRETARY G BROWN

REGISTERED OFFICE CKR HOUSE  
70 EAST HILL  
DARTFORD  
KENT  
DA1 1RZ

ACCOUNTANTS TONY EJOH  
DUNMADE ASSOCIATES  
ACCOUNTANTS, TAX &  
MANAGEMENT CONSULTANTS  
132 LOWER ROAD  
LONDON SE16 2UG

**1-2-1 FITNESS & NUTRITION LIMITED**

**PROFIT AND LOSS ACCOUNT**  
**FOR THE YEAR ENDED 31ST DECEMBER 2011**

|                                | Notes    | £     | 2011<br>£         | £     | 2010<br>£       |
|--------------------------------|----------|-------|-------------------|-------|-----------------|
| <b>Turnover</b>                | <b>1</b> |       | 38009             |       | 36819           |
| Cost of Sales ( Purchases)     |          |       | <u>-869</u>       |       | <u>-631</u>     |
|                                |          |       | 37,140            |       | 36188           |
| <b>ADMINISTRATIVE EXPENSES</b> |          |       |                   |       |                 |
| Rent & Service Charges         |          | 10683 |                   | 9635  |                 |
| Wages                          |          | 20401 |                   | 20195 |                 |
| Transport and fuel             |          | 3,001 |                   | 2897  |                 |
| Electricity                    |          | 289   |                   | 230   |                 |
| Telephone                      |          | 1293  |                   | 450   |                 |
| Training                       |          | 29    |                   | 437   |                 |
| Postage and Stationery         |          | 39    |                   | 390   |                 |
| Use of Home as Office          |          | 597   |                   | 528   |                 |
| Bank Charges                   |          | 119   |                   | 159   |                 |
| Advertisement                  |          | 439   |                   | 321   |                 |
| General Expenses               |          | 41    |                   | 43    |                 |
| Accountant fees                |          | 500   |                   | 970   |                 |
| Depreciation                   | 2        | 419   |                   | 559   |                 |
|                                |          |       | <u>37,850</u>     |       | <u>36814</u>    |
| <b>NET PROFIT FOR THE YEAR</b> |          |       | <u><b>159</b></u> |       | <u><b>5</b></u> |

**1-2-1 FITNESS & NUTRITION LIMITED**

**BALANCE SHEET**  
**AS AT 31ST DECMEBR 2011**

|  | Notes | £     | 2011<br>£   | £     | 2010<br>£  |
|--|-------|-------|-------------|-------|------------|
| <b>FIXED ASSETS</b>                                    |       |       |             |       |            |
| Tangible Assets  | 6     |       | 1258        |       | 1676       |
| <b>CURRENT ASSETS</b>                                  |       |       |             |       |            |
| Debtors  | 7     | 2891  |             | 3485  |            |
| Cash at hand & Bank                                    |       | 1357  |             | 2351  |            |
|  |       | 4248  |             | 5836  |            |
| <b>CURRENT LIABILITIES</b>                             |       |       |             |       |            |
| Creditors & Accruals                                   | 8     | -5765 |             | -7407 |            |
| <b>Net Current Assets</b>                              |       |       | -1517       |       | -1571      |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>           |       |       | <u>-259</u> |       | <u>105</u> |
| <b>Creditors.Amount falling due<br/>after one year</b> |       |       |             |       |            |
| <b>FINANCED BY</b>                                     |       |       |             |       |            |
| <b>CAPITAL ACCOUNT</b>                                 |       |       |             |       |            |
| 1 Ordinary Shares at £1 each                           | 9     |       | 100         |       | 100        |
| Profit/Loss for the year                               |       |       | 159         |       | 5          |
|  |       |       | <u>259</u>  |       | <u>105</u> |

For the year ending 31st December 2011, the company was entitled to exemption from audit under section 477 (2) of the companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime

Name HUGH DONOVAN BROWN

Signature [Signature]

Date 28/09/2012



**1-2-1 FITNESS & NUTRITION LIMITED**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR TO 31ST DECEMBER 2011**

**ACCOUNTING POLICIES**

**Basis of accounting**

The financial statements have been prepared in accordance with the historical cost conventions. The principal policies, which the company has adopted within the conventions are set out below.

**(1) Income**

Income consists of the receipts for services rendered to the third parties in form of Charges, Commissions and fees net of Value Added Tax. All income is credited to the financial statement on an accrual basis.

**(2) Depreciation**

This is provided for and calculated in equal percentage each year in order to write off the cost of fixed assets over their anticipated useful lives. Fixed assets are depreciated as follows:

|                   |     |
|-------------------|-----|
| Office Equipment  | 25% |
| Fitness Equipment | 25% |

**(3) Taxation**

|                          |                                  |
|--------------------------|----------------------------------|
| Tax charge on the profit | 2012                             |
| Net Profit               | 159                              |
| Add Depreciation         | 419                              |
|                          | <hr/> 578                        |
| Less Capital Allowance   | 0                                |
| <b>Taxable Income</b>    | <hr/> <b>55</b> <hr/> <b>578</b> |

**(4)** The company is a close company within the terms of s282 of Taxes Act 1970.

**(5)** Provision has not been made for deferred taxation as there is reasonable probability that liability will not arise in the foreseeable future.

**1-2-1 FITNESS & NUTRITION LIMITED**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31ST DECEMBER 2012**

**(6) TANGIBLE FIXED ASSETS**

|                             | <b>Fitness<br/>Equipment</b> | <b>Office<br/>Equipment</b> | <b>Total</b>   |
|-----------------------------|------------------------------|-----------------------------|----------------|
|                             |                              | <b>£</b>                    | <b>£</b>       |
| <b>Cost at 01/01/11</b>     | 1118 25                      | 558 75                      | 1677           |
| <b>Additions</b>            |                              |                             |                |
| <b>Cost as at 31/12/11</b>  | <u>1118 25</u>               | <u>558 75</u>               | <u>1677</u>    |
| <b>Depreciation</b>         |                              |                             |                |
| <b>Charges for the year</b> | <u>279 5625</u>              | <u>139 6875</u>             | <u>419 25</u>  |
| <b>NBV AT 31/12/11</b>      | <u>1200</u>                  | <u>419 0625</u>             | <u>1257 75</u> |

**(7) Debtors**

This is the balance due to be collected from the clients

**(8) Creditors**

These were the unsettled bills as at the period of preparing this statement

**(9) Share Capital**

This is the total amount of Ordinary Shares issued and fully paid