

1-2-1 FITNESS & NUTRITION LIMITED

**Company Registration Number:
04614198 (England and Wales)**

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st January 2012

End date: 31st December 2012

SUBMITTED

1-2-1 FITNESS & NUTRITION LIMITED

Company Information for the Period Ended 31st December 2012

Director:	Hugh Brown
Company secretary:	Gordon Brown
Registered office:	139 West Street Erith Kent DA8 1AW
Company Registration Number:	04614198 (England and Wales)

1-2-1 FITNESS & NUTRITION LIMITED

Abbreviated Balance sheet As at 31st December 2012

	Notes	2012 £	2011 £
Fixed assets			
Tangible assets:	2	945	1,258
Total fixed assets:		<u>945</u>	<u>1,258</u>
Current assets			
Debtors:		2,750	2,891
Cash at bank and in hand:		1,196	1,362
Total current assets:		<u>3,946</u>	<u>4,253</u>
Creditors			
Creditors: amounts falling due within one year		173	157
Net current assets (liabilities):		<u>3,773</u>	<u>4,096</u>
Total assets less current liabilities:		4,718	5,354
Creditors: amounts falling due after more than one year:		4,445	5,090
Total net assets (liabilities):		<u><u>273</u></u>	<u><u>264</u></u>

The notes form part of these financial statements

1-2-1 FITNESS & NUTRITION LIMITED

Abbreviated Balance sheet As at 31st December 2012 continued

	Notes	2012 £	2011 £
Capital and reserves			
Called up share capital:	3	100	100
Profit and Loss account:		173	164
Total shareholders funds:		<u>273</u>	<u>264</u>

For the year ending 31 December 2012 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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 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 provisions applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 17 September 2013

SIGNED ON BEHALF OF THE BOARD BY:

Name: Hugh Brown
Status: Director

The notes form part of these financial statements

1-2-1 FITNESS & NUTRITION LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

1. Accounting policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the financial reporting standard for smaller entities (effective April 2008)

Turnover policy

Turnover represents the values, net of values added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Tangible fixed assets depreciation policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.
Office Equipment 25% straight line fitness equipment 25% straight line

Intangible fixed assets amortisation policy

none

Valuation information and policy

Income consist of the receipts of 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 and accrual basis

Other accounting policies

the company is a close company within the terms of s282 of Taxes Act 1970

1-2-1 FITNESS & NUTRITION LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

2. Tangible assets

	Total
Cost	£
At 01st January 2012:	1,258
At 31st December 2012:	1,258
Depreciation	
Charge for year:	313
At 31st December 2012:	313
Net book value	
At 31st December 2012:	945
At 31st December 2011:	1,258

The depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.
Office Equipment 25% straight line, fitness Equipment 25% straight line.

1-2-1 FITNESS & NUTRITION LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st December 2012

3. Called up share capital

Allotted, called up and paid

Previous period			2011
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	100	1.00	100
Total share capital:			100
Current period			2012
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	100	1.00	100
Total share capital:			100

this is the total amount of ordinary shares issued and fully paid

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.