Registered Number 05214463

BODY POTENTIAL LTD.

Abbreviated Accounts

31 August 2011

BODY POTENTIAL LTD. **Registered Number 05214463**

Balance Sheet as at 31 August 2011

	Notes	2011		2010	
		£	£	£	£
Fixed assets					
Tangible	2		5,333		5,777
Total fixed assets			5,333		5,777
Current assets					
Cash at bank and in hand		4,044		2,358	
Total current assets		4,044		2,358	
Creditors: amounts falling due within one year		(7,771)		(6,628)	
Net current assets			(3,727)		(4,270)
Total assets less current liabilities			1,606		1,507
Total net Assets (liabilities)			1,606		1,507
Capital and reserves					
Called up share capital			1		1
Profit and loss account			1,605		1,506
Shareholders funds			1,606		1,507

a. For the year ending 31 August 2011 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
c. The directors acknowledge their responsibility for:
    i. ensuring the company keeps accounting records which comply with Section 386; and
    ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 23 May 2012

And signed on their behalf by:
Ms Sonia Forde, Director

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 1068 of the Companies Act 2006.

Notes to the abbreviated accounts

For the year ending 31 August 2011

1 **Accounting policies**

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

Turnover represents amounts receivable for goods and services net of trade discounts.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixtures, Fittings & Equipments 20.00% Reducing Balance

2 **Tangible fixed assets**

Cost	**£**
At 31 August 2010	9,718
additions	889
disposals	
revaluations	
transfers	
At 31 August 2011	10,607
Depreciation	
At 31 August 2010	3,941
Charge for year	1,333
on disposals	
At 31 August 2011	5,274
Net Book Value	
At 31 August 2010	5,777
At 31 August 2011	5,333

3 **Transactions with directors**

During the year minimum wages were paid to the Director.

4 **Related party disclosures**

Director is the only shareholder of the company. Dividend was paid to the Director.