

Registered number

05214463

Body Potential Limited

Abbreviated Accounts

for the year ended 31 August 2015

Body Potential Limited

Report to the director on the preparation of the unaudited abbreviated accounts of Body Potential Limited for the year ended 31 August 2015

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the abbreviated accounts of Body Potential Limited for the year ended 31 August 2015 which comprise of the balance sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://rulebook.accaglobal.com/>

This report is made solely to the Board of Directors of Body Potential Limited, as a body, in accordance with the terms of our engagement letter dated 5 June 2006. Our work has been undertaken solely to prepare for your approval the accounts of Body Potential Limited and state those matters that we have agreed to state to the Board of Directors of Body Potential Limited, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/factsheet163>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Body Potential Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Body Potential Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Body Potential Limited. You consider that Body Potential Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Body Potential Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the abbreviated accounts.

VKM Accountants Ltd
Chartered Certified Accountants
25 Balham High Road
LONDON
SW12 9AL

26 May 2016

Body Potential Limited**Registered number:** 05214463**Abbreviated Balance Sheet****as at 31 August 2015**

	Notes	2015 £	2014 £
Fixed assets			
Tangible assets	2	2,184	2,730
Current assets			
Cash at bank and in hand		2,965	1,757
Creditors: amounts falling due within one year		(4,789)	(2,509)
Net current liabilities		<hr/> (1,824)	<hr/> (752)
Net assets		<hr/> 360 <hr/>	<hr/> 1,978 <hr/>
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		359	1,977
Shareholder's funds		<hr/> 360 <hr/>	<hr/> 1,978 <hr/>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Mrs Sonia Forde

Director

Approved by the board on 26 May 2016

Body Potential Limited
Notes to the Abbreviated Accounts
for the year ended 31 August 2015

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover

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

Depreciation

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

Plant and machinery	20% Reducing Balance Basis
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2 Tangible fixed assets £

Cost

At 1 September 2014	10,607
At 31 August 2015	<u>10,607</u>

Depreciation

At 1 September 2014	7,877
Charge for the year	546
At 31 August 2015	8,423

Net book value

At 31 August 2015	2,184
At 31 August 2014	<u>2,730</u>

3	Share capital	Nominal value	2015 Number	2015 £	2014 £
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Allotted, called up and fully paid:				
Ordinary shares	£1 each	1	1	1

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.