

Registered number
05214463

Body Potential Ltd

Filleted Accounts

for the year ended 31 August 2022

Body Potential Ltd**Registered number:** 05214463**Balance Sheet****as at 31 August 2022**

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	3	458	572
Current assets			
Debtors	4	-	4,000
Cash at bank and in hand		9,592	3,402
		<u>9,592</u>	<u>7,402</u>
Creditors: amounts falling due within one year	5	(8,700)	(6,724)
Net current assets		<u>892</u>	<u>678</u>
Net assets		<u>1,350</u>	<u>1,250</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		1,349	1,249
Shareholder's funds		<u>1,350</u>	<u>1,250</u>

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 and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Mrs Sonia Forde

Director

Approved by the board on 23 May 2023

Body Potential Ltd
Notes to the Accounts
for the year ended 31 August 2022

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts. Turnover includes revenue earned from the rendering of services. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Fixtures, fittings, tools and equipment	20% reducing balances
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Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period.

2 Employees

	2022	2021
	Number	Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>

3 Tangible fixed assets

	Plant and machinery etc £
Cost	

At 1 September 2021	10,607
At 31 August 2022	10,607

Depreciation

At 1 September 2021	10,035
Charge for the year	114
At 31 August 2022	10,149

Net book value

At 31 August 2022	458
At 31 August 2021	572

4 Debtors	2022	2021
	£	£
Other debtors	-	4,000

5 Creditors: amounts falling due within one year	2022	2021
	£	£
Bank-Credit Card	-	45
Pension Scheme	34	-
Taxation and social security costs	4,276	4,667
Other creditors	4,390	2,012
	8,700	6,724

6 Other information

Body Potential Ltd is a private company limited by shares and incorporated in England. Its registered office is:

25 Balham High Road
Balham
London
SW12 9AL

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.