

REGISTERED NUMBER: 07492890 (England and Wales)

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 JANUARY 2015

FOR

A Fitter Life Limited

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FOR THE YEAR ENDED 31 JANUARY 2015**

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A Fitter Life Limited
COMPANY INFORMATION
FOR THE YEAR ENDED 31 JANUARY 2015

DIRECTOR: L McBrearty

REGISTERED OFFICE: 48 Wolverton Road
Newport Pagnell
Milton Keynes
Buckinghamshire
MK16 8JG

REGISTERED NUMBER: 07492890 (England and Wales)

ACCOUNTANTS: Connolly Accountants & Business Advisors LTD
Chartered Certified Accountants
The Stable Yard
Vicarage Road
Stony Stratford
Milton Keynes
Buckinghamshire
MK11 1BN

ABBREVIATED BALANCE SHEET
31 JANUARY 2015

	Notes	2015 £	£	2014 £	£
FIXED ASSETS					
Tangible assets	2		2,669		-
CURRENT ASSETS					
Cash at bank		4,788		1,716	
CREDITORS					
Amounts falling due within one year		<u>7,353</u>		<u>1,543</u>	
NET CURRENT (LIABILITIES)/ASSETS			<u>(2,565)</u>		<u>173</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>104</u>		<u>173</u>
CAPITAL AND RESERVES					
Called up share capital	3		100		100
Profit and loss account			<u>4</u>		<u>73</u>
SHAREHOLDERS' FUNDS			<u>104</u>		<u>173</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2015.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2015 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395
- (b) and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 3 September 2015 and were signed by:

L McBrearty - Director

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 JANUARY 2015**

1. ACCOUNTING POLICIES

Accounting convention

The financial statements 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 net invoiced sales of goods, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 33% on cost
Computer equipment	- 33% on cost

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
Additions	3,984
At 31 January 2015	<u>3,984</u>
DEPRECIATION	
Charge for year	1,315
At 31 January 2015	<u>1,315</u>
NET BOOK VALUE	
At 31 January 2015	<u><u>2,669</u></u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2015 £	2014 £
100	Ordinary	£1.00	<u>100</u>	<u>100</u>

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.