

Registered Number 07494380

PHYSIO4FIT LTD

Abbreviated Accounts

31 January 2016

Abbreviated Balance Sheet as at 31 January 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets	2	550	1,876
		<u>550</u>	<u>1,876</u>
Current assets			
Cash at bank and in hand		13,956	2,924
		<u>13,956</u>	<u>2,924</u>
Creditors: amounts falling due within one year		(14,290)	(3,044)
Net current assets (liabilities)		<u>(334)</u>	<u>(120)</u>
Total assets less current liabilities		<u>216</u>	<u>1,756</u>
Total net assets (liabilities)		<u>216</u>	<u>1,756</u>
Capital and reserves			
Called up share capital	3	10	10
Profit and loss account		206	1,746
Shareholders' funds		<u>216</u>	<u>1,756</u>

- For the year ending 31 January 2016 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.

Approved by the Board on 21 October 2016

And signed on their behalf by:

Balaji Alambara, Director

Notes to the Abbreviated Accounts for the period ended 31 January 2016

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts are prepared under the historical cost convention and comply with financial reporting standards of the Accounting Standards Board.

Turnover policy

Turnover represents the total invoice value of services provided during the year.

Tangible assets depreciation policy

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment - 25% straight line

2 Tangible fixed assets

	£
Cost	
At 1 February 2015	6,890
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 January 2016	<u>6,890</u>
Depreciation	
At 1 February 2015	5,014
Charge for the year	1,326
On disposals	-
At 31 January 2016	<u>6,340</u>
Net book values	
At 31 January 2016	<u>550</u>
At 31 January 2015	<u>1,876</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2016	2015
	£	£
10 Ordinary shares of £1 each	10	10

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