

**Abbreviated Accounts for the Year Ended 31 July 2016**

**for**

**Limitless You Ltd**

**Limitless You Ltd (Registered number: 08596469)**

**Contents of the Abbreviated Accounts  
for the year ended 31 July 2016**

---

|                                          | <b>Page</b> |
|------------------------------------------|-------------|
| <b>Company Information</b>               | 1           |
| <b>Abbreviated Balance Sheet</b>         | 2           |
| <b>Notes to the Abbreviated Accounts</b> | 3           |

---

**DIRECTOR:** Mrs S Ashworth

**SECRETARY:**

**REGISTERED OFFICE:** 99 Canterbury Road  
Whitstable  
Kent  
CT5 4HG

**REGISTERED NUMBER:** 08596469 (England and Wales)

**ACCOUNTANTS:** P H Accountancy Ltd  
99 Canterbury Road  
Whitstable  
Kent  
CT5 4HG

**Abbreviated Balance Sheet**  
**31 July 2016**

|                                              | Notes | 2016<br>£ | 2015<br>£      |
|----------------------------------------------|-------|-----------|----------------|
| <b>CURRENT ASSETS</b>                        |       |           |                |
| Cash at bank and in hand                     |       | 8,457     | 3,425          |
| <b>CREDITORS</b>                             |       |           |                |
| Amounts falling due within one year          |       | 8,439     | 7,906          |
| <b>NET CURRENT ASSETS/(LIABILITIES)</b>      |       | <u>18</u> | <u>(4,481)</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | <u>18</u> | <u>(4,481)</u> |
| <b>CAPITAL AND RESERVES</b>                  |       |           |                |
| Called up share capital                      | 2     | 1         | 1              |
| Profit and loss account                      |       | 17        | (4,482)        |
| <b>SHAREHOLDERS' FUNDS</b>                   |       | <u>18</u> | <u>(4,481)</u> |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2016 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 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

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 19 January 2017 and were signed by:

Mrs S Ashworth - Director

Notes to the Abbreviated Accounts  
for the year ended 31 July 2016

---

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 January 2015).

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax.

**Deferred tax**

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

2. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

| Number: | Class:   | Nominal<br>value: | 2016<br>£ | 2015<br>£ |
|---------|----------|-------------------|-----------|-----------|
| 1       | Ordinary | 1                 | <u>1</u>  | <u>1</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.