

**100PERCENTFITNESS LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2016**

Pavilion Accountancy

Thorpe House
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Ramsey
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PE26 1HU

100PercentFitness Limited
Unaudited Financial Statements
For The Year Ended 31 December 2016

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100PercentFitness Limited
Balance Sheet
As at 31 December 2016

Registered number: 09936519

		2016	
	Notes	£	£
FIXED ASSETS			
Tangible Assets	5		6,689
			<u>6,689</u>
CURRENT ASSETS			
Stocks	6	909	
Debtors	7	94	
Cash at bank and in hand		<u>1,345</u>	
		2,348	
Creditors: Amounts Falling Due Within One Year	8	<u>(8,886)</u>	
NET CURRENT ASSETS (LIABILITIES)			<u>(6,538)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>151</u>
NET ASSETS			<u>151</u>
CAPITAL AND RESERVES			
Called up share capital	9		100
Profit and loss account			<u>51</u>
SHAREHOLDERS' FUNDS			<u>151</u>

100PercentFitness Limited
Balance Sheet (continued)
As at 31 December 2016

For the year ending 31 December 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

Mr Darius McDonald

13/07/2017

The notes on pages 4 to 6 form part of these financial statements.

100PercentFitness Limited
Statement of Changes in Equity
For The Year Ended 31 December 2016

	Share Capital	Profit & Loss Account	Total
	£	£	£
As at 5 January 2016	100	-	100
Profit for the year and total comprehensive income	-	51	51
As at 31 December 2016	100	51	151

100PercentFitness Limited
Notes to the Unaudited Accounts
For The Year Ended 31 December 2016

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

1.2. Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

1.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fitness Equipment	5 Years
Office Equipment	3 Years
Computer Equipment	3 Years

1.4. Stocks and Work in Progress

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads. Work-in-progress is reflected in the accounts on a contract by contract basis by recording turnover and related costs as contract activity progresses.

1.5. Registrar Filing Requirements

The company has taken advantage of Companies Act 2006 section 444(1) and opted not to file the profit and loss account, directors report, and notes to the financial statements relating to the profit and loss account. The notes which are not included have been hidden but original note numbering has remained the same for those that are present.

3. Staff Costs

Staff costs, including directors' remuneration, were as follows:

	2016
	£
Wages and salaries	621
	<hr/> 621 <hr/>

4. Average number of employees

Average number of employees, including directors, during the year was as follows:

	2016
Sales, marketing and distribution	1
	<hr/> 1 <hr/>

100PercentFitness Limited
Notes to the Unaudited Accounts (continued)
For The Year Ended 31 December 2016

5. Tangible Assets

	Fitness Equipment	Office Equipment	Computer Equipment	Total
	£	£	£	£
Cost				
As at 5 January 2016	-	-	-	-
Additions	7,554	354	590	8,498
As at 31 December 2016	7,554	354	590	8,498
Depreciation				
As at 5 January 2016	-	-	-	-
Provided during the period	1,494	118	197	1,809
As at 31 December 2016	1,494	118	197	1,809
Net Book Value				
As at 31 December 2016	6,060	236	393	6,689
As at 5 January 2016	-	-	-	-

6. Stocks

	2016
	£
Stock - finished goods	909
	909

7. Debtors

	2016
	£
Due within one year	
Trade debtors	94
	94

8. Creditors: Amounts Falling Due Within One Year

	2016
	£
Other taxes and social security	4
Other creditors	(118)
Director's loan account	9,000
	8,886

100PercentFitness Limited
Notes to the Unaudited Accounts (continued)
For The Year Ended 31 December 2016

9. Share Capital

	Value	Number	2016
Allotted, called up and fully paid	£		£
Ordinary shares	1,000	100	100

10. Ultimate Controlling Party

The company's ultimate controlling party is Darius McDonald by virtue of his ownership of 100% of the issued share capital in the company.

11. General Information

100PercentFitness Limited Registered number 09936519 is a limited by shares company incorporated in England & Wales. The Registered Office is 1 Gloucester Road, Sawty, Cambridgeshire, PE28 5NB.

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.