

**100PERCENTFITNESS LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2017**

Pavilion Accountancy

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Ramsey
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PE26 1HU

100PercentFitness Limited
Unaudited Financial Statements
For The Year Ended 31 December 2017

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100PercentFitness Limited
Balance Sheet
As at 31 December 2017

Registered number: 09936519

		2017		2016	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	5		6,075		6,689
			<u>6,075</u>		<u>6,689</u>
CURRENT ASSETS					
Stocks	6	1,048		909	
Debtors	7	(1,213)		94	
Cash at bank and in hand		2,469		1,345	
		<u>2,304</u>		<u>2,348</u>	
Creditors: Amounts Falling Due Within One Year	8	(7,797)		(8,886)	
NET CURRENT ASSETS (LIABILITIES)			<u>(5,493)</u>		<u>(6,538)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>582</u>		<u>151</u>
NET ASSETS			<u>582</u>		<u>151</u>
CAPITAL AND RESERVES					
Called up share capital	9		100		100
Profit and Loss Account			<u>482</u>		<u>51</u>
SHAREHOLDERS' FUNDS			<u>582</u>		<u>151</u>

For the year ending 31 December 2017 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.
- The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Mr Darius McDonald

15/06/2018

100PercentFitness Limited
Balance Sheet (continued)
As at 31 December 2017

The notes on pages 3 to 4 form part of these financial statements.

100PercentFitness Limited
Notes to the Financial Statements
For The Year Ended 31 December 2017

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.

4. Average Number of Employees

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

	2017	2016
Sales, marketing and distribution	1	1
	1	1

5. Tangible Assets

	Fitness Equipment	Office Equipment	Computer Equipment	Total
	£	£	£	£
Cost				
As at 1 January 2017	7,554	354	590	8,498
Additions	265	1,080	-	1,345
As at 31 December 2017	7,819	1,434	590	9,843
Depreciation				
As at 1 January 2017	1,494	118	197	1,809
Provided during the period	1,524	238	197	1,959
As at 31 December 2017	3,018	356	394	3,768
Net Book Value				
As at 31 December 2017	4,801	1,078	196	6,075
As at 1 January 2017	6,060	236	393	6,689

100PercentFitness Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2017

6. Stocks

	2017	2016
	£	£
Stock - finished goods	1,048	909
	<u>1,048</u>	<u>909</u>

7. Debtors

	2017	2016
	£	£
Due within one year		
Trade debtors	(1,213)	94
	<u>(1,213)</u>	<u>94</u>

8. Creditors: Amounts Falling Due Within One Year

	2017	2016
	£	£
Other taxes and social security	-	4
Other creditors	(203)	(118)
Director's loan account	8,000	9,000
	<u>7,797</u>	<u>8,886</u>

9. Share Capital

	2017	2016
Allotted, Called up and fully paid	<u>100</u>	<u>100</u>

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.