

**40 PLUS FIT LTD.
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2022**

32a East Street
St. Ives
PE27 5PD

40 Plus Fit Ltd.
Balance Sheet
As at 31 January 2022

Registered number: 10572638

	2022	2021
	£	£
Fixed assets	992	1,322
Current assets	7,246	6,132
Prepayments and accrued income	1,500	1,500
Creditors: Amounts Falling Due Within One Year	(6,540)	(8,366)
	<hr/>	<hr/>
NET CURRENT ASSETS (LIABILITIES)	2,206	(734)
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TOTAL ASSETS LESS CURRENT LIABILITIES	3,198	588
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Accruals and deferred income	(480)	(480)
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NET ASSETS	2,718	108
	<hr/> <hr/>	<hr/> <hr/>
CAPITAL AND RESERVES	2,718	108
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Notes

1. Average Number of Employees

Average number of employees, including directors, during the year was as follows: 11 (2021: 1)

2. General Information

40 Plus Fit Ltd. is a private company, limited by shares, incorporated in England & Wales, registered number 10572638 . The registered office is 14 St. Richards Drive, St. Richards Drive, Bognor Regis, PO21 3BH.

40 Plus Fit Ltd.
Balance Sheet (continued)
As at 31 January 2022

For the year ending 31 January 2022 the company was entitled to exemption from audit 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 micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

Mr David Burke

Director

2nd May 2022

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.