

Report of the Director and Unaudited Financial Statements

for the year ended 31 January 2023

for

I AM LIFESTYLE LIMITED

I AM LIFESTYLE LIMITED
Statement of financial position
As at 31 January 2023

	£	2023 £	£	2022 £
Current assets	112		230	
Creditors: amount falling due within one year	(668)		(488)	
		(556)		(258)
Net current assets		(556)		(258)
Total assets less current liabilities		(556)		(258)
Net assets		(556)		(258)
		(556)		(258)
Capital and reserves		(556)		(258)

1. For the year ended 31 January 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.
2. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the companies act 2006.
3. The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The 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.

Signed on behalf of the board of directors:

Chantel Pryce
Director

Date approved: 24 August 2023

I AM LIFESTYLE LIMITED
Notes to the accounts
For the year ended 31 January 2023

Statutory Information

I AM LIFESTYLE LIMITED is a private limited company, limited by shares, domiciled in England and Wales, registration number 12412206, registration address 28 Gonville Crescent, Northolt, England, UB5 4SH.

The presentation currency is £ sterling.

1. Accounting Policies

Basis of accounting

The financial statements are prepared under the historical cost convention and in accordance with the FRS 105 Financial Reporting Standard for Micro Entities (effective January 2016).

2. Average number of employees

Average number of employees during the year was 1 (2022: 1).

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.