

Abbreviated Accounts for the Year Ended 31 July 2016

for

Feel Good Health & Fitness Limited

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for the year ended 31 July 2016

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Feel Good Health & Fitness Limited

**Company
Information
for the year ended 31 July 2016**

DIRECTOR: Mr D Wright

SECRETARIES: Mrs A Wright
Mrs L M Macdonald

REGISTERED OFFICE: European House
93 Wellington Road
Leeds
West Yorkshire
LS12 1DZ

REGISTERED NUMBER: 06334905 (England and Wales)

ACCOUNTANTS: Urquhart Warner Myers Limited
European House
93 Wellington Road
Leeds
West Yorkshire
LS12 1DZ

Abbreviated Balance Sheet
31 July 2016

	Notes	31/7/16 £	£	31/7/15 £	£
FIXED ASSETS					
Tangible assets	2		6,677		8,904
CURRENT ASSETS					
Debtors		18,170		17,263	
Cash at bank and in hand		<u>3,417</u>		<u>5,848</u>	
		21,587		23,111	
CREDITORS					
Amounts falling due within one year		<u>311,690</u>		<u>290,369</u>	
NET CURRENT LIABILITIES			<u>(290,103)</u>		<u>(267,258)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(283,426)</u>		<u>(258,354)</u>
CAPITAL AND RESERVES					
Called up share capital	3		100		100
Profit and loss account			<u>(283,526)</u>		<u>(258,454)</u>
SHAREHOLDERS' FUNDS			<u>(283,426)</u>		<u>(258,354)</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 his 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) 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.

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 28 February 2017 and were signed by:

Mr D Wright - 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.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on reducing balance

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

Total
£

COST

At 1 August 2015
and 31 July 2016

65,551

DEPRECIATION

At 1 August 2015

56,647

Charge for year

2,227

At 31 July 2016

58,874

NET BOOK VALUE

At 31 July 2016

6,677

At 31 July 2015

8,904

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31/7/16 £	31/7/15 £
100	Ordinary shares	£1	<u>100</u>	<u>100</u>