

**REGISTERED NUMBER: 06334905 (England and Wales)**

**Financial Statements for the Year Ended 31 July 2017**

**for**

**Feel Good Health & Fitness Limited**

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**for the year ended 31 July 2017**

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**Feel Good Health & Fitness Limited**

**Company  
Information  
for the year ended 31 July 2017**

**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

**Balance Sheet**  
**31 July 2017**

	Notes	31/7/17 £	£	31/7/16 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		5,009		6,677
<b>CURRENT ASSETS</b>					
Debtors	5	18,883		18,170	
Cash at bank and in hand		<u>1,348</u>		<u>3,417</u>	
		20,231		21,587	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<u>339,331</u>		<u>311,690</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(319,100)</u>		<u>(290,103)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>(314,091)</u>		<u>(283,426)</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			100		100
Retained earnings			<u>(314,191)</u>		<u>(283,526)</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>(314,091)</u>		<u>(283,426)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2017.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2017 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 financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director on 8 February 2018 and were signed by:

Mr D Wright - Director

**Notes to the Financial Statements**  
**for the year ended 31 July 2017**

1. **STATUTORY INFORMATION**

Feel Good Health & Fitness Limited is a private company, limited by shares , registered in England and Wales.  
The company's registered number and registered office address can be found on the Company Information page.

2. **ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Turnover**

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

**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 profit or loss on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 4 .

4. **TANGIBLE FIXED ASSETS**

	Plant and machinery etc £
<b>COST</b>	
At 1 August 2016 and 31 July 2017	<u>65,551</u>
<b>DEPRECIATION</b>	
At 1 August 2016	58,874
Charge for year	<u>1,668</u>
At 31 July 2017	<u>60,542</u>
<b>NET BOOK VALUE</b>	
At 31 July 2017	<u>5,009</u>
At 31 July 2016	<u>6,677</u>

**Notes to the Financial Statements - continued**  
**for the year ended 31 July 2017**

5.	<b>DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		
		31/7/17	31/7/16
		£	£
	Other debtors	<u>18,883</u>	<u>18,170</u>
6.	<b>CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		
		31/7/17	31/7/16
		£	£
	Trade creditors	14,174	13,157
	Taxation and social security	4,000	3,600
	Other creditors	<u>321,157</u>	<u>294,933</u>
		<u>339,331</u>	<u>311,690</u>