

**Registered Number 07901927**

**THE FITNESS MOOVEMENT LIMITED**

**Abbreviated Accounts**

**31 January 2015**

## Abbreviated Balance Sheet as at 31 January 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
<b>Called up share capital not paid</b>		100	100
<b>Fixed assets</b>			
Intangible assets	2	3,000	4,000
Tangible assets	3	10,303	12,737
Investments	4	-	-
		<u>13,303</u>	<u>16,737</u>
<b>Current assets</b>			
Stocks		-	-
Debtors	5	6,768	2,800
Investments		-	-
Cash at bank and in hand		167	400
		<u>6,935</u>	<u>3,200</u>
<b>Prepayments and accrued income</b>		2,200	2,350
<b>Creditors: amounts falling due within one year</b>	6	(5,401)	(1,640)
<b>Net current assets (liabilities)</b>		<u>3,734</u>	<u>3,910</u>
<b>Total assets less current liabilities</b>		<u>17,137</u>	<u>20,747</u>
<b>Creditors: amounts falling due after more than one year</b>	6	0	0
<b>Provisions for liabilities</b>		(400)	(400)
<b>Accruals and deferred income</b>		0	0
<b>Total net assets (liabilities)</b>		<u>16,737</u>	<u>20,347</u>
<b>Capital and reserves</b>			
Called up share capital	7	100	100
Share premium account		0	0
Revaluation reserve		0	0
Other reserves		0	0
Profit and loss account		16,637	20,247
<b>Shareholders' funds</b>		<u>16,737</u>	<u>20,347</u>

- For the year ending 31 January 2015 the company was entitled to exemption 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 provisions applicable to companies subject to the small companies regime.

Approved by the Board on 28 October 2015

And signed on their behalf by:

**Claire Baycroft, Director**

## Notes to the Abbreviated Accounts for the period ended 31 January 2015

## 1 Accounting Policies

**Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

**Turnover policy**

The turnover shown in the profit and loss account represents revenue recognised by the company in respect of goods and services supplied during the period, exclusive of Value Added Tax.

**Tangible assets depreciation policy**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Equipment -12.5% on cost, Fixtures and fittings - 20% on cost

**Intangible assets amortisation policy**

Intangible assets will be amortised over a two year period beginning 1st Feb 2014.

**Valuation information and policy**

Valuation of assets based on cost to replace

**Other accounting policies**

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

Research and development expenditure on research and development is written off in the year in which it is incurred.

Assets obtained under hire purchase contracts of finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

## 2 Intangible fixed assets

	£
<b>Cost</b>	
At 1 February 2014	4,000
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 January 2015	<u>4,000</u>
<b>Amortisation</b>	
At 1 February 2014	-
Charge for the year	1,000

On disposals	-
At 31 January 2015	<u>1,000</u>
<b>Net book values</b>	
At 31 January 2015	<u>3,000</u>
At 31 January 2014	<u>4,000</u>

The intangible asset has amortised by £1000 over the past 12 months

### 3 Tangible fixed assets

	£
<b>Cost</b>	
At 1 February 2014	12,737
Additions	1,000
Disposals	-
Revaluations	-
Transfers	-
At 31 January 2015	<u>13,737</u>
<b>Depreciation</b>	
At 1 February 2014	-
Charge for the year	3,434
On disposals	-
At 31 January 2015	<u>3,434</u>
<b>Net book values</b>	
At 31 January 2015	<u>10,303</u>
At 31 January 2014	<u>12,737</u>

Two new computers have been added. Charged 25% depreciation.

### 4 Fixed assets Investments

No investments have been made during this financial year.

### 5 Debtors

	2015	2014
	£	£
Debtors include the following amounts due after more than one year	6,768	2,800

Debtors are on 30 days payment terms and are controlled well.

### 6 Creditors

	2015	2014
	£	£
Secured Debts	5,401	1,640
Instalment debts due after 5 years	0	0
Non-instalment debts due after 5 years	0	0

**7 Called Up Share Capital**

Allotted, called up and fully paid:

	<i>2015</i>	<i>2014</i>
	<i>£</i>	<i>£</i>
100 Ordinary shares of £1 each	100	100

No change from previous year.

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