

Registered number  
07901927

The Fitness Moovement Limited

Filleled Accounts

31 January 2021

**The Fitness Moovement Limited****Registered number:** 07901927**Balance Sheet****as at 31 January 2021**

	Notes	2021 £	2020 £
<b>Fixed assets</b>			
Tangible assets	3	7,755	7,680
<b>Current assets</b>			
Stocks		38,370	38,370
Debtors	4	50,850	30,891
Cash at bank and in hand		2,189	-
		<u>91,409</u>	<u>69,261</u>
<b>Creditors: amounts falling due within one year</b>	5	(92,267)	(45,067)
<b>Net current (liabilities)/assets</b>		<u>(858)</u>	<u>24,194</u>
<b>Total assets less current liabilities</b>		<u>6,897</u>	<u>31,874</u>
<b>Creditors: amounts falling due after more than one year</b>	6	(48,787)	(11,787)
<b>Provisions for liabilities</b>		-	(1,139)
<b>Net (liabilities)/assets</b>		<u>(41,890)</u>	<u>18,948</u>
<b>Capital and reserves</b>			
Called up share capital		100	100
Profit and loss account		(41,990)	18,848
<b>Shareholder's funds</b>		<u>(41,890)</u>	<u>18,948</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his 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 and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Troy Dureh

Director

Approved by the board on 30 October 2021

**The Fitness Moovement Limited**  
**Notes to the Accounts**  
**for the year ended 31 January 2021**

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

***Turnover***

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

***Tangible fixed assets***

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Computer Equipment	over 3 years
Fixtures & Fittings	over 5 years
Plant and Machinery	over 4 years

***Stocks***

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost is determined using the first in first out method. The carrying amount of stock sold is recognised as an expense in the period in which the related revenue is recognised.

***Debtors***

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

***Creditors***

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

***Taxation***

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back

to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

## 2 Employees

	2021 Number	2020 Number
Average number of persons employed by the company	<u>3</u>	<u>3</u>

## 3 Tangible fixed assets

	Plant and machinery £
<b>Cost</b>	
At 1 February 2020	28,964
Additions	2,944
At 31 January 2021	<u>31,908</u>
<b>Depreciation</b>	
At 1 February 2020	21,284
Charge for the year	2,869
At 31 January 2021	<u>24,153</u>
<b>Net book value</b>	
At 31 January 2021	<u>7,755</u>
At 31 January 2020	<u>7,680</u>

## 4 Loans to directors

Description and conditions	B/fwd £	Paid £	Repaid £	C/fwd £
Troy Dureh Directors Loan Account	(751)	42,216	(22,624)	18,841
	<u>(751)</u>	<u>42,216</u>	<u>(22,624)</u>	<u>18,841</u>

The loan is unsecured, interest-free and repayable on the company's demand.

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.