

**Registered Number 08135974**

**HABITS FOR LIFE LIMITED**

**Abbreviated Accounts**

**31 July 2015**

## Abbreviated Balance Sheet as at 31 July 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		<i>£</i>	<i>£</i>
<b>Fixed assets</b>			
Tangible assets	2	1,070	1,070
		<u>1,070</u>	<u>1,070</u>
<b>Current assets</b>			
Debtors		450	450
Cash at bank and in hand		18,009	18,009
		<u>18,459</u>	<u>18,459</u>
<b>Creditors: amounts falling due within one year</b>		(19,196)	(19,196)
<b>Net current assets (liabilities)</b>		<u>(737)</u>	<u>(737)</u>
<b>Total assets less current liabilities</b>		<u>333</u>	<u>333</u>
<b>Total net assets (liabilities)</b>		<u>333</u>	<u>333</u>
<b>Capital and reserves</b>			
Called up share capital	3	100	100
Profit and loss account		233	233
<b>Shareholders' funds</b>		<u>333</u>	<u>333</u>

- For the year ending 31 July 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 5 April 2016

And signed on their behalf by:

**Ann Lewis, Director**

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

## 1 Accounting Policies

**Basis of measurement and preparation of accounts**

## Trading Status

The company was dormant and has not traded during the year

**Tangible assets depreciation policy**

## Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Computer equipment - 33% Straight line

Fixtures, fittings and equipment - 25% Straight line

**Other accounting policies**

## Financial Instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities. Where shares are issued, any component that creates a financial liability of the company is presented as a liability in the balance sheet. The corresponding dividends relating to the liability component are charged as interest expense in the profit and loss account.

## 2 Tangible fixed assets

	£
<b>Cost</b>	
At 1 August 2014	1,526
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 July 2015	<u>1,526</u>
<b>Depreciation</b>	
At 1 August 2014	456
Charge for the year	-
On disposals	-
At 31 July 2015	<u>456</u>
<b>Net book values</b>	
At 31 July 2015	<u><u>1,070</u></u>
At 31 July 2014	<u><u>1,070</u></u>

## 3 Called Up Share Capital

Allotted, called up and fully paid:

	<i>2015</i>	<i>2014</i>
	<i>£</i>	<i>£</i>
75 A Ordinary shares of £1 each	75	75
25 B Ordinary shares of £1 each	25	25

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