

D2F Fitness Limited**Registered number:** 08981663**Balance Sheet****as at 31 December 2016**

	Notes	2016 £	2015 £
Fixed assets			
Tangible assets	4	3,696	4,970
Current assets			
Stocks		106,643	240,280
Debtors	5	368,087	260,834
Cash at bank and in hand		11,728	58,335
		<u>486,458</u>	<u>559,449</u>
Creditors: amounts falling due within one year	6	(571,191)	(582,136)
Net current liabilities		<u>(84,733)</u>	<u>(22,687)</u>
Net liabilities		<u>(81,037)</u>	<u>(17,717)</u>
Capital and reserves			
Called up share capital		200	200
Profit and loss account		(81,237)	(17,917)
Shareholders' funds		<u>(81,037)</u>	<u>(17,717)</u>

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

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

The directors acknowledge their 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.

Mr Robert Porter-Smith

Director

Approved by the board on 13 June 2017

D2F Fitness Limited
Notes to the Accounts
for the year ended 31 December 2016

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:

Fixtures, fittings, tools and equipment	4 years straight line
Motor vehicles	25% reducing balance

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.

Provisions

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

Foreign currency translation

Transactions in foreign currencies are initially recognised at the rate of exchange ruling at the date of the transaction. At the end of each reporting period foreign currency monetary items are translated at the closing rate of exchange. Non-monetary items that are measured at historical cost are translated at the rate ruling at the date of the transaction. All differences are charged to profit or loss.

Going Concern

At the balance sheet date the company was insolvent. The directors have agreed to financially support the company for the next 12 months.

2 Transition to FRS102

This is the first year in which the financial statements have been prepared under FRS102 section 1A and no changes have been necessary upon the transition.

3 Employees

	2016	2015
	Number	Number
Average number of persons employed by the company	<u>4</u>	<u>5</u>

4 Tangible fixed assets

	Plant and machinery etc	Motor vehicles	Total
	£	£	£
Cost			
At 1 January 2016	<u>1,038</u>	<u>5,000</u>	<u>6,038</u>
At 31 December 2016	<u>1,038</u>	<u>5,000</u>	<u>6,038</u>
Depreciation			
At 1 January 2016	130	938	1,068
Charge for the year	<u>259</u>	<u>1,015</u>	<u>1,274</u>

At 31 December 2016	<u>389</u>	<u>1,953</u>	<u>2,342</u>
Net book value			
At 31 December 2016	<u>649</u>	<u>3,047</u>	<u>3,696</u>
At 31 December 2015	<u>908</u>	<u>4,062</u>	<u>4,970</u>

5 Debtors	2016	2015
	£	£
Trade debtors	367,695	260,634
Other debtors	<u>392</u>	<u>200</u>
	<u>368,087</u>	<u>260,834</u>

6 Creditors: amounts falling due within one year	2016	2015
	£	£
Bank loans and overdrafts	168,789	101,725
Trade creditors	151,783	219,046
Other taxes and social security costs	26,490	39,624
Other creditors	<u>224,129</u>	<u>221,741</u>
	<u>571,191</u>	<u>582,136</u>

7 Presentation Currency

The financial statements are presented in £ sterling which is the functional currency of the company.

8 Other information

D2F Fitness Limited is a private company limited by shares and incorporated in England. Its registered office is:

32 Wornal Park
Menmarsh Road
Worminghall
Buckinghamshire
HP18 9PH

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