Company Registration No. 09713621 (England and Wales)

FIT 4 YOURSELF LTD
ABBREVIATED UNAUDITED ACCOUNTS
FOR THE PERIOD FROM 3 AUGUST 2015 TO 31 AUGUST 2016

FIT 4 YOURSELF LTD
ABBREVIATED BALANCE SHEET
AS AT 31 AUGUST 2016

	Notes	2016 £
Current assets		
Cash at bank and in hand		1,130
Creditors: amounts falling due within one year		(2,450)
Net current liabilities		(1,320)
Net liabilities		(1,320)
Capital and reserves		
Called up share capital	2	1,000
Profit and loss account		(2,320)
Total shareholders' funds		(1,320)

For the period ending 31 August 2016 the company was entitled to exemption from audit 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 director acknowledges her 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 and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Approved by the board on 17 October 2016

Antonela Laura Bolohan
Director

Company Registration No. 09713621

1 Accounting policies

Basis of preparation

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

Turnover represents the value, net of VAT and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

2 Share capital

	2016
	£
Allotted, called up and fully paid:	
1,000 Ordinary shares of £1 each	1,000

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.