

**Abbreviated Accounts**  
**for the Period 4 November 2015 to 30 November 2016**  
**for**  
**Better Body Training Limited**

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for the Period 4 November 2015 to 30 November 2016**

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**Better Body Training Limited**  
**Company Information**  
**for the Period 4 November 2015 to 30 November 2016**

**DIRECTORS:** Mrs J Everill-Taylor  
P D Taylor

**SECRETARY:**

**REGISTERED OFFICE:** 1 Ashton Close  
Hersham  
Walton on Thames  
Surrey  
KT12 5EX

**REGISTERED NUMBER:** 09856435 (England and Wales)

**ACCOUNTANT:** Marden & Co Accountants Limited  
45 Nork Way  
Banstead  
Surrey  
SM7 1PB

**Abbreviated Balance Sheet  
30 November 2016**

|                                              | Notes | £            | £            |
|----------------------------------------------|-------|--------------|--------------|
| <b>FIXED ASSETS</b>                          |       |              |              |
| Tangible assets                              | 2     |              | 90           |
| <b>CURRENT ASSETS</b>                        |       |              |              |
| Debtors                                      |       | 380          |              |
| Cash at bank                                 |       | <u>7,351</u> |              |
|                                              |       | 7,731        |              |
| <b>CREDITORS</b>                             |       |              |              |
| Amounts falling due within one year          |       | <u>5,598</u> |              |
| <b>NET CURRENT ASSETS</b>                    |       |              | <u>2,133</u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       |              | <u>2,223</u> |
| <b>CAPITAL AND RESERVES</b>                  |       |              |              |
| Called up share capital                      | 3     |              | 100          |
| Profit and loss account                      |       |              | <u>2,123</u> |
| <b>SHAREHOLDERS' FUNDS</b>                   |       |              | <u>2,223</u> |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 November 2016.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 November 2016 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 26 June 2017 and were signed on its behalf by:

Mrs J Everill-Taylor - Director

**Notes to the Abbreviated Accounts  
for the Period 4 November 2015 to 30 November 2016**

**1. ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

**2. TANGIBLE FIXED ASSETS**

|                       | Total<br>£ |
|-----------------------|------------|
| <b>COST</b>           |            |
| Additions             | 120        |
| At 30 November 2016   | <u>120</u> |
| <b>DEPRECIATION</b>   |            |
| Charge for period     | 30         |
| At 30 November 2016   | <u>30</u>  |
| <b>NET BOOK VALUE</b> |            |
| At 30 November 2016   | <u>90</u>  |

**3. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

| Number: | Class:   | Nominal<br>value: | £          |
|---------|----------|-------------------|------------|
| 100     | Ordinary | 1                 | <u>100</u> |

**Better Body Training Limited**

**Report of the Accountant to the Directors of  
Better Body Training Limited**

**The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to three) have been prepared.**

As described on the Balance Sheet you are responsible for the preparation of the financial statements for the period ended 30 November 2016 set out on pages nil to nil and you consider that the company is exempt from an audit.

In accordance with your instructions, I have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to me.

Marden & Co Accountants Limited  
45 Nork Way  
Banstead  
Surrey  
SM7 1PB

28 June 2017

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.