Registration number: 09893408

My Active Life Limited

Annual Report and Unaudited Financial Statements
for the Period from 28 November 2015 to 31 March 2017

Composure Accounting and Taxation Limited
Chartered Accountants | Chartered Tax Advisers
Wildens
Coneyhurst Road
Billingshurst
West Sussex
RH14 9DE

My Active Life Limited

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My Active Life Limited

Company Information

Directors	KL Stanton NCS Stanton
Registered office	Fairlands Hayes Lane Slinfold Horsham West Sussex RH13 0SQ
Accountants	Composure Accounting and Taxation Limited Chartered Accountants | Chartered Tax Advisers Wildens Coneyhurst Road Billingshurst West Sussex RH14 9DE

My Active Life Limited

Statement of Directors' Responsibilities

The directors acknowledge their responsibilities for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006 and in accordance with FRS 105 The Financial Reporting Standard applicable to the Micro-entities Regime. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

My Active Life Limited

(Registration number: 09893408)
Balance Sheet as at 31 March 2017

	Note	2017 £
Fixed assets		1,516
Current assets		8,130
Prepayments and accrued income		46
Creditors: Amounts falling due within one year		(8,393)
Net current liabilities		(217)
Total assets less current liabilities		1,299
Accruals and deferred income		(1,181)
		118
Capital and reserves		118

The notes on page 4 form an integral part of these financial statements.

My Active Life Limited

(Registration number: 09893408)
Balance Sheet as at 31 March 2017

Notes to the Financial Statements for the Period from 28 November 2015 to 31 March 2017

1 General information

The company is a private company limited by share capital incorporated in England and Wales.

The address of its registered office is:
Fairlands Hayes Lane
Slinfold
Horsham
West Sussex
RH13 0SQ
United Kingdom

These financial statements were authorised for issue by the Board on 1 June 2017.

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with FRS 105 'The Financial Reporting Standard applicable to the Micro-entities Regime'.

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Balance Sheet as at 31 March 2017

These financial statements have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

For the financial period ending 31 March 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the period in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Approved and authorised by the Board on 1 June 2017 and signed on its behalf by:

.....

KL Stanton

Director

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.