

Registered Number 09912708

OUTLINE HEALTH & FITNESS LTD

Micro-entity Accounts

31 December 2016

Micro-entity Balance Sheet as at 31 December 2016

	<i>Notes</i>	<i>2016</i>
		<i>£</i>
Fixed assets		
Tangible assets	1	11,400
		<u>11,400</u>
Current assets		
Stocks		1,250
Cash at bank and in hand		5,323
		<u>6,573</u>
Creditors: amounts falling due within one year		(16,577)
Net current assets (liabilities)		<u>(10,004)</u>
Total assets less current liabilities		<u>1,396</u>
Total net assets (liabilities)		<u><u>1,396</u></u>
Capital and reserves		
Called up share capital		100
Profit and loss account		1,296
Shareholders' funds		<u><u>1,396</u></u>

- For the year ending 31 December 2016 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 14 July 2017

And signed on their behalf by:

Mr Wasim Iqbal Raja, Director

Notes to the Micro-entity Accounts for the period ended 31 December 2016**1 Tangible fixed assets**

	£
Cost	
Additions	13,600
Disposals	-
Revaluations	-
Transfers	-
At 31 December 2016	<u>13,600</u>
Depreciation	
Charge for the year	2,200
On disposals	-
At 31 December 2016	<u>2,200</u>
Net book values	
At 31 December 2016	<u><u>11,400</u></u>

2 Accounting Policies**Basis of measurement and preparation of accounts**

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 policy

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Tangible assets depreciation policy

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Motor Vehicles 25% reducing balance

Fixtures & Fittings 15% reducing balance

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