

Registered Number SC500521

FITNESS IS MY LIFE LTD

Micro-entity Accounts

31 March 2016

Micro-entity Balance Sheet as at 31 March 2016

	<i>Notes</i>	<i>2016</i>
		£
Called up share capital not paid		-
Fixed Assets		-
Current Assets		350
Prepayments and accrued income		-
Creditors: amounts falling due within one year		0
Net current assets (liabilities)		<u>350</u>
Total assets less current liabilities		<u>350</u>
Creditors: amounts falling due after more than one year		0
Provisions for liabilities		0
Accruals and deferred income		0
Total net assets (liabilities)		<u>350</u>
Capital and reserves		<u>350</u>

- For the year ending 31 March 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 18 January 2017

And signed on their behalf by:

Marc Dinardo, Director

Notes to the Micro-entity Accounts for the period ended 31 March 2016

1 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.

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.