FITNESS IS MY LIFE LTD

Company Registration Number:
SC500521 (Scotland)

Unaudited micro entity accounts for the year ended 31 March 2018

Period of accounts

Start date: 01 April 2017

End date: 31 March 2018

FITNESS IS MY LIFE LTD

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for the Period Ended 31 March 2018

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FITNESS IS MY LIFE LTD

Company Information

for the Period Ended 31 March 2018

Director:	Marc Antony Dinardo
Registered office:	4 Tom Mccabe Gardens Hamilton GB-SCT ML3 6LW
Company Registration Number:	SC500521 (Scotland)

FITNESS IS MY LIFE LTD

Directors' Report Period Ended 31 March 2018

The directors present their report with the financial statements of the company for the period ended 31 March 2018

Principal Activities

Provision of personal training and fitness services including sports therapy, injury rehabilitation and nutrition

Directors

The directors shown below have held office during the whole of the period from 01 April 2017 to 31 March 2018
Marc Antony Dinardo

This report was approved by the board of directors on 7 December 2018
And Signed On Behalf Of The Board By:

Name: Marc Antony Dinardo
Status: Director

FITNESS IS MY LIFE LTD

Profit and Loss Account

for the Period Ended 31 March 2018

	2018	*2017*
	£	**£**
Turnover	**12,289**	2,656
Other Income	**0**	200
Cost of Materials	**(3,654)**	(421)
Staff Costs	**(7,130)**	(1,970)
Depreciation and Writeoffs	**(0)**	(0)
Other charges	**(6,454)**	(458)
Tax on Profit	**(0)**	(1)
Profit or (Loss) for Period	**(4,949)**	6

FITNESS IS MY LIFE LTD

Balance sheet

As at 31 March 2018

	2018	*2017*
	£	**£**
Called up share capital not paid:	**0**	0
FixedAssets:	**0**	0
Current assets:	**0**	0
Prepayments and accrued income:	**0**	0
Creditors: amounts falling due within one year:	**(0)**	(0)
Net current assets (liabilities):	**0**	0
Total assets less current liabilities:	**0**	0
Creditors: amounts falling due after more than one year:	**(0)**	(0)
Provision for liabilities:	**(0)**	(0)
Accruals and deferred income:	**(0)**	(0)
Total net assets (liabilities):	**0**	0
Capital and reserves:	**0**	0

Balance sheet continued

For the year ending 31 March 2018 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 Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions of the small companies regime applicable to micro-entities.

This report was approved by the board of directors on 7 December 2018
And Signed On Behalf Of The Board By:

Name: Marc Antony Dinardo
Status: Director

The notes form part of these financial statements

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.