

**Registered number**

**04586914**

**Foundational Fitness Limited**

**Abbreviated Accounts**

**for the year ended 31 March 2016**

**Foundational Fitness Limited**  
**Abbreviated Balance Sheet**  
**as at 31 March 2016**

	Notes	2016 £	2015 £
<b>Current assets</b>			
Debtors		3,740	1,070
<b>Creditors: amounts falling due within one year</b>		(3,381)	(2,628)
<b>Net current assets/(liabilities)</b>		359	(1,558)
<b>Net assets/(liabilities)</b>		359	(1,558)
<b>Capital and reserves</b>			
Called up share capital	2	30	30
Profit and loss account		329	(1,588)
<b>Shareholder's funds</b>		359	(1,558)

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her 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 provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Jo McRae

Director

Approved by the board on 31 May 2016

**Foundational Fitness Limited**  
**Notes to the Abbreviated Accounts**  
**for the year ended 31 March 2016**

**1 Accounting policies**

*Basis of preparation*

The accounts 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 the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

<b>2 Share capital</b>	<b>Nominal value</b>	<b>2016 Number</b>	<b>2016 £</b>	<b>2015 £</b>
Allotted, called up and fully paid:				
Ordinary shares	£1 each	30	<u>30</u>	<u>30</u>

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