

Registered number
04586914

Foundational Fitness Limited
Abbreviated Accounts
for the year ended 31 March 2014

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Foundational Fitness Limited
Abbreviated Balance Sheet
as at 31 March 2014

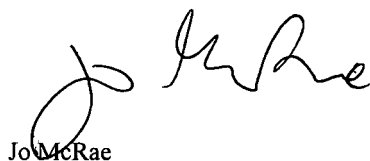
	Notes	2014 £	2013 £
Current assets			
Debtors		270	2,331
Cash at bank and in hand		<u>351</u>	<u>240</u>
		621	2,571
Creditors: amounts falling due within one year		<u>(2,038)</u>	<u>(4,918)</u>
Net current liabilities		(1,417)	(2,347)
Net liabilities		<u>(1,417)</u>	<u>(2,347)</u>
Capital and reserves			
Called up share capital	2	30	30
Profit and loss account		(1,447)	(2,377)
Shareholder's funds		<u>(1,417)</u>	<u>(2,347)</u>

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 McCrae
Director

Approved by the board on 9 June 2014

Foundational Fitness Limited
Notes to the Abbreviated Accounts
for the year ended 31 March 2014

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 April 2008).

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.

2 Share capital	Nominal value	2014 Number	2014 £	2013 £
Allotted, called up and fully paid:				
Ordinary shares	£1 each	30	<u>30</u>	<u>30</u>