

**Registered Number 07840165**

**VITALITY 360 LTD**

**Abbreviated Accounts**

**30 November 2016**

## Abbreviated Balance Sheet as at 30 November 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
<b>Fixed assets</b>			
Tangible assets	2	1,654	1,236
		<u>1,654</u>	<u>1,236</u>
<b>Current assets</b>			
Debtors		14,106	8,604
Cash at bank and in hand		30,474	15,024
		<u>44,580</u>	<u>23,628</u>
<b>Creditors: amounts falling due within one year</b>		(19,664)	(8,410)
<b>Net current assets (liabilities)</b>		<u>24,916</u>	<u>15,218</u>
<b>Total assets less current liabilities</b>		<u>26,570</u>	<u>16,454</u>
<b>Total net assets (liabilities)</b>		<u>26,570</u>	<u>16,454</u>
<b>Capital and reserves</b>			
Called up share capital	3	1	1
Profit and loss account		26,569	16,453
<b>Shareholders' funds</b>		<u>26,570</u>	<u>16,454</u>

- For the year ending 30 November 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 Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 12 May 2017

And signed on their behalf by:

**Jessica Bavinton, Director**

## Notes to the Abbreviated Accounts for the period ended 30 November 2016

## 1 Accounting Policies

**Basis of measurement and preparation of accounts**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2015).

**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, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Computer Equipment 25% Straight Line

Fixtures and Fittings 25% Straight Line

## 2 Tangible fixed assets

	£
<b>Cost</b>	
At 1 December 2015	2,774
Additions	1,483
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2016	<u>4,257</u>
<b>Depreciation</b>	
At 1 December 2015	1,538
Charge for the year	1,065
On disposals	-
At 30 November 2016	<u>2,603</u>
<b>Net book values</b>	
At 30 November 2016	<u>1,654</u>
At 30 November 2015	<u>1,236</u>

## 3 Called Up Share Capital

Allotted, called up and fully paid:

	2016	2015
	£	£
1 Ordinary shares of £1 each	1	1

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.