

BETTER LIFESTYLE LIMITED

**Company Registration Number:
08281958 (England and Wales)**

Unaudited abridged accounts for the year ended 31 December 2018

Period of accounts

Start date: 01 April 2018

End date: 31 December 2018

BETTER LIFESTYLE LIMITED

Contents of the Financial Statements for the Period Ended 31 December 2018

Balance sheet

Notes

BETTER LIFESTYLE LIMITED

Balance sheet

As at 31 December 2018

	<i>Notes</i>	<i>31 December 2018</i>	<i>31 March 2018</i>
		£	£
Fixed assets			
Intangible assets:	3	104,920	129,132
Total fixed assets:		<u>104,920</u>	<u>129,132</u>
Current assets			
Debtors:		13,189	41,262
Cash at bank and in hand:		251,299	499
Total current assets:		<u>264,488</u>	<u>41,761</u>
Creditors: amounts falling due within one year:		(309,248)	(87,259)
Net current assets (liabilities):		<u>(44,760)</u>	<u>(45,498)</u>
Total assets less current liabilities:		60,160	83,634
Creditors: amounts falling due after more than one year:			(25,526)
Total net assets (liabilities):		<u>60,160</u>	<u>58,108</u>
Capital and reserves			
Called up share capital:		30,002	30,002
Profit and loss account:		30,158	28,106
Shareholders funds:		<u>60,160</u>	<u>58,108</u>

The notes form part of these financial statements

BETTER LIFESTYLE LIMITED

Balance sheet statements

For the year ending 31 December 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.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with Section 444(2A).

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen to not file a copy of the company's profit & loss account.

**This report was approved by the board of directors on 25 September 2019
and signed on behalf of the board by:**

Name: Mr C George
Status: Director

The notes form part of these financial statements

BETTER LIFESTYLE LIMITED

Notes to the Financial Statements

for the Period Ended 31 December 2018

1. Accounting policies

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

BETTER LIFESTYLE LIMITED

Notes to the Financial Statements for the Period Ended 31 December 2018

2. Employees

	<i>31 December 2018</i>	<i>31 March 2018</i>
Average number of employees during the period	1	1

BETTER LIFESTYLE LIMITED

Notes to the Financial Statements for the Period Ended 31 December 2018

3. Intangible Assets

	Total
Cost	£
At 01 April 2018	129,132
At 31 December 2018	<u>129,132</u>
Amortisation	
At 01 April 2018	0
Charge for year	24,212
At 31 December 2018	<u>24,212</u>
Net book value	
At 31 December 2018	<u>104,920</u>
At 31 March 2018	<u>129,132</u>

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.