

**BETTER LIFESTYLE LIMITED**

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

**Unaudited abridged accounts for the year ended 31 December 2020**

**Period of accounts**

**Start date: 01 January 2020**

**End date: 31 December 2020**

# **BETTER LIFESTYLE LIMITED**

## **Contents of the Financial Statements for the Period Ended 31 December 2020**

Balance sheet

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# BETTER LIFESTYLE LIMITED

## Balance sheet

As at 31 December 2020

	<i>Notes</i>	<b>2020</b>	<b>2019</b>
		<b>£</b>	<b>£</b>
<b>Fixed assets</b>			
Intangible assets:	3	74,175	93,402
Tangible assets:	4	2,617	2,282
<b>Total fixed assets:</b>		<b>76,792</b>	<b>95,684</b>
<b>Current assets</b>			
Debtors:		98,061	116,195
Cash at bank and in hand:		211,266	128,160
<b>Total current assets:</b>		<b>309,327</b>	<b>244,355</b>
Creditors: amounts falling due within one year:		(238,832)	(201,205)
<b>Net current assets (liabilities):</b>		<b>70,495</b>	<b>43,150</b>
Total assets less current liabilities:		147,287	138,834
Creditors: amounts falling due after more than one year:		(50,000)	(50,000)
<b>Total net assets (liabilities):</b>		<b>97,287</b>	<b>88,834</b>
<b>Capital and reserves</b>			
Called up share capital:		30,002	30,002
Profit and loss account:		67,285	58,832
<b>Shareholders funds:</b>		<b>97,287</b>	<b>88,834</b>

The notes form part of these financial statements

## **BETTER LIFESTYLE LIMITED**

### **Balance sheet statements**

For the year ending 31 December 2020 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 30 September 2021  
and signed on behalf of the board by:**

Name: Cary 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 2020**

### **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 2020**

### **2. Employees**

	<i>2020</i>	<i>2019</i>
Average number of employees during the period	1	1

# BETTER LIFESTYLE LIMITED

## Notes to the Financial Statements

for the Period Ended 31 December 2020

### 3. Intangible Assets

	Total
<b>Cost</b>	£
At 01 January 2020	148,748
Additions	5,498
At 31 December 2020	<u>154,246</u>
<b>Amortisation</b>	
At 01 January 2020	55,346
Charge for year	24,725
At 31 December 2020	<u>80,071</u>
<b>Net book value</b>	
At 31 December 2020	<u>74,175</u>
At 31 December 2019	<u>93,402</u>

# BETTER LIFESTYLE LIMITED

## Notes to the Financial Statements for the Period Ended 31 December 2020

### 4. Tangible Assets

	Total
<b>Cost</b>	£
At 01 January 2020	3,043
Additions	1,207
At 31 December 2020	<u>4,250</u>
<b>Depreciation</b>	
At 01 January 2020	761
Charge for year	872
At 31 December 2020	<u>1,633</u>
<b>Net book value</b>	
At 31 December 2020	<u>2,617</u>
At 31 December 2019	<u>2,282</u>



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