

**BETTER BODY TRAINING LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 NOVEMBER 2022**

Square Mile Accounting Limited
Arquen House
4-6 Spicer Street
St. Albans
AL3 4PQ

Better Body Training Limited
Statement of Financial Position
As at 30 November 2022

Registered number: 09856435

	2022	2021
	£	£
Fixed assets	600	1,065
Current assets	28,849	37,690
Creditors: Amounts Falling Due Within One Year	(4,722)	(4,283)
NET CURRENT ASSETS	<u>24,127</u>	<u>33,407</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>24,727</u>	<u>34,472</u>
Accruals and deferred income	(1,816)	(908)
NET ASSETS	<u><u>22,911</u></u>	<u><u>33,564</u></u>
CAPITAL AND RESERVES	<u><u>22,911</u></u>	<u><u>33,564</u></u>

Notes

1. General Information

Better Body Training Limited is a private company, limited by shares, incorporated in England & Wales, registered number 09856435 . The registered office is Barn Elms Rose Hill, Porthtowan, Truro, TR4 8GJ.

2. Average Number of Employees

Average number of employees, including directors, during the year was as follows: 1 (2021: 1)

3. Directors Advances, Credits and Guarantees

Dividends paid to directors

	2022	2021
	£	£
J Everill-Taylor	11,000	2,000
P D Taylor	9,000	2,000

Better Body Training Limited
Statement of Financial Position (continued)
As at 30 November 2022

For the year ending 30 November 2022 the company was entitled to exemption from audit 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 micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the board

J Everill-Taylor

Director

19th June 2023

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.