

UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 6 APRIL 2019 TO 31 MARCH 2020
FOR
HABITUDE LIMITED

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FOR THE PERIOD 6 APRIL 2019 TO 31 MARCH 2020

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HABITUDE LIMITED
COMPANY INFORMATION
FOR THE PERIOD 6 APRIL 2019 TO 31 MARCH 2020

DIRECTOR: H K Pedrick

REGISTERED OFFICE: 30 New Road
Brighton
East Sussex
BN1 1BN

REGISTERED NUMBER: 09953299 (England and Wales)

ACCOUNTANTS: Galloways Accounting
30 New Road
Brighton
East Sussex
BN1 1BN

BALANCE SHEET
31 MARCH 2020

	Notes	2020 £	£	2019 £	£
FIXED ASSETS					
Tangible assets	4		172		-
CURRENT ASSETS					
Debtors	5	2,292		4,062	
Cash at bank		<u>4,070</u>		<u>1,741</u>	
		6,362		5,803	
CREDITORS					
Amounts falling due within one year	6	<u>6,430</u>		<u>5,675</u>	
NET CURRENT (LIABILITIES)/ASSETS			<u>(68)</u>		<u>128</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>104</u>		<u>128</u>
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			<u>4</u>		<u>28</u>
SHAREHOLDERS' FUNDS			<u>104</u>		<u>128</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2020 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Statement of Income and Retained Earnings has not been delivered.

The financial statements were approved by the director and authorised for issue on 23 August 2020 and were signed by:

H K Pedrick - Director

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD 6 APRIL 2019 TO 31 MARCH 2020**

1. STATUTORY INFORMATION

Habitude Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

The presentation currency of the financial statements is the Pound Sterling (£).

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of consideration received or receivable, excluding discounts and rebates.

Turnover represents the provision of nutrition consultancy services.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Financial instruments

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the profit and loss account in other administrative expenses.

Taxation

Taxation for the period comprises current and deferred tax. Tax is recognised in the Statement of Income and Retained Earnings, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Going concern

The director does not anticipate that the recent COVID-19 outbreak will affect the company's ability to continue for the foreseeable future and therefore the company continues to adopt the going concern basis in preparing its financial statements.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the period was 1 (2019 - 2) .

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 6 APRIL 2019 TO 31 MARCH 2020

4. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	229
At 31 March 2020	<u>229</u>
DEPRECIATION	
Charge for period	57
At 31 March 2020	<u>57</u>
NET BOOK VALUE	
At 31 March 2020	<u>172</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade debtors	2,231	3,063
Other debtors	61	281
Directors' current accounts	-	718
	<u>2,292</u>	<u>4,062</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Tax	3,548	4,020
Directors' current accounts	1,226	-
Accruals and deferred income	1,656	1,655
	<u>6,430</u>	<u>5,675</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.