

**BOOST YOUR BODY LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2019**

Boost Your Body Limited
Unaudited Financial Statements
For The Year Ended 31 October 2019

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Boost Your Body Limited
Balance Sheet
As at 31 October 2019

Registered number: 11006804

		31 October 2019		31 October 2018	
	Notes	£	£	£	£
FIXED ASSETS					
Intangible Assets	3		9,040		10,170
Tangible Assets	4		5,780		6,430
			14,820		16,600
CURRENT ASSETS					
Debtors	5	2,183		2,000	
Cash at bank and in hand		4,642		-	
			6,825		2,000
Creditors: Amounts Falling Due Within One Year	6	(18,322)		(17,484)	
NET CURRENT ASSETS (LIABILITIES)			(11,497)		(15,484)
TOTAL ASSETS LESS CURRENT LIABILITIES			3,323		1,116
PROVISIONS FOR LIABILITIES					
Deferred Taxation			(1,097)		-
NET ASSETS			2,226		1,116
CAPITAL AND RESERVES					
Called up share capital	7		100		100
Profit and Loss Account			2,126		1,016
SHAREHOLDERS' FUNDS			2,226		1,116

Boost Your Body Limited
Balance Sheet (continued)
As at 31 October 2019

For the year ending 31 October 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- 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 and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.
- The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Mr A West

27th March 2020

The notes on pages 3 to 6 form part of these financial statements.

Boost Your Body Limited
Notes to the Financial Statements
For The Year Ended 31 October 2019

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

1.2. Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

Sale of goods

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

Rendering of services

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

1.3. Intangible Fixed Assets and Amortisation - Goodwill

Goodwill is the difference between amounts paid on the acquisition of a business and the fair value of the separable net assets. It is amortised to profit and loss account over its estimated economic life of 10 years.

1.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	16.67% reducing balance
Plant & Machinery	20% reducing balance
Fixtures & Fittings	20% reducing balance
Computer Equipment	25% straight line

Boost Your Body Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2019

1.5. Taxation

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from profit as reported in the statement of comprehensive income because of items of income or expense that are taxable or deductible in other year and items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable timing differences. Deferred tax assets are generally recognised for all deductible temporary differences to the extent that it is probable that taxable profits will be available against which those deductible timing differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period. Deferred tax liabilities are presented within provisions for liabilities and deferred tax assets within debtors. The measurement of deferred tax liabilities and asset reflects the tax consequences that would follow from the manner in which the Company expects, at the end of the reporting period, to recover or settle the carrying amount of its assets and liabilities.

Current or deferred tax for the year is recognised in profit or loss, except when they related to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

2. Average Number of Employees

Average number of employees, including directors, during the year was 2 (2018: 2).

3. Intangible Assets

	Goodwill
	£
Cost	
As at 1 November 2018	11,300
As at 31 October 2019	11,300
Amortisation	
As at 1 November 2018	1,130
Provided during the period	1,130
As at 31 October 2019	2,260
Net Book Value	
As at 31 October 2019	9,040
As at 1 November 2018	10,170

Boost Your Body Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2019

4. Tangible Assets

	Land & Property				
	Leasehold	Plant & Machinery	Fixtures & Fittings	Computer Equipment	Total
	£	£	£	£	£
Cost					
As at 1 November 2018	150	3,234	2,782	1,990	8,156
Additions	-	-	-	1,107	1,107
As at 31 October 2019	150	3,234	2,782	3,097	9,263
Depreciation					
As at 1 November 2018	25	647	556	498	1,726
Provided during the period	21	517	445	774	1,757
As at 31 October 2019	46	1,164	1,001	1,272	3,483
Net Book Value					
As at 31 October 2019	104	2,070	1,781	1,825	5,780
As at 1 November 2018	125	2,587	2,226	1,492	6,430

5. Debtors

	31 October 2019	31 October 2018
	£	£
Due within one year		
Prepayments and accrued income	183	-
Other debtors	2,000	2,000
	2,183	2,000

6. Creditors: Amounts Falling Due Within One Year

	31 October 2019	31 October 2018
	£	£
Corporation tax	7,213	1,700
VAT	934	-
Directors' loan accounts	10,175	15,784
	18,322	17,484

Boost Your Body Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2019

7. Share Capital

	31 October 2019	31 October 2018
Allotted, Called up and fully paid	100	100

8. General Information

Boost Your Body Limited is a private company, limited by shares, incorporated in England & Wales, registered number 11006804. The registered office is 4 Cross Street, Beeston, Nottingham, NG9 2NX. The principle place of business is 44 Abbey Road, West Bridgford, Nottingham, NG2 5NF.

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.