

1FITLIFE LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2019

1Fitlife Ltd
Balance Sheet
As at 30 June 2019

Registered number: 11433706

	2019
	£
Fixed assets	2,172
Current assets	4,282
Creditors: Amounts Falling Due Within One Year	(8,644)
	<hr/>
NET CURRENT LIABILITIES	(4,362)
	<hr/>
TOTAL ASSETS LESS CURRENT LIABILITIES	(2,190)
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NET ASSETS	(2,190)
	<hr/> <hr/>
CAPITAL AND RESERVES	(2,190)
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Notes

1. Average Number of Employees

Average number of employees, including directors, during the year was as follows:

	2019
Office and administration	2
	<hr/>
	2
	<hr/> <hr/>

2. General Information

1Fitlife Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 11433706. The registered office is 125 Seafield Road, Bournemouth, Dorset, BH6 3JL.

1Fitlife Ltd
Balance Sheet (continued)
As at 30 June 2019

For the year ending 30 June 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 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

Mr David Langridge

18/03/2020

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.