

**Registered Number 11433706**

**1FITLIFE LTD**

**Micro-entity Accounts**

**30 June 2022**

## Micro-entity Balance Sheet as at 30 June 2022

	<i>Notes</i>	<i>2022</i>	<i>2021</i>
		£	£
<b>Fixed Assets</b>		73,115	36,181
<b>Current Assets</b>		291,762	54,583
<b>Creditors: amounts falling due within one year</b>		(302,960)	(24,263)
<b>Net current assets (liabilities)</b>		<u>(11,198)</u>	<u>30,320</u>
<b>Total assets less current liabilities</b>		<u>61,917</u>	<u>66,501</u>
<b>Total net assets (liabilities)</b>		<u>61,917</u>	<u>66,501</u>
<b>Capital and reserves</b>		<u>61,917</u>	<u>66,501</u>

- For the year ending 30 June 2022 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The 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.

Approved by the Board on 25 March 2023

And signed on their behalf by:

**D G Langridge, Director**

**Notes to the Micro-entity Accounts for the period ended 30 June 2022****1 Employees**

	<i>2022</i>	<i>2021</i>
Average number of employees during the period	8	8

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.