

Registered Number 11433706

1FITLIFE LTD

Micro-entity Accounts

30 June 2023

Micro-entity Balance Sheet as at 30 June 2023

	<i>Notes</i>	2023	2022
		£	£
Fixed Assets		62,596	73,115
Current Assets		518,933	291,762
Creditors: amounts falling due within one year		(508,265)	(302,960)
Net current assets (liabilities)		<u>10,668</u>	<u>(11,198)</u>
Total assets less current liabilities		<u>73,264</u>	<u>61,917</u>
Total net assets (liabilities)		<u>73,264</u>	<u>61,917</u>
Capital and reserves		<u>73,264</u>	<u>61,917</u>

- For the year ending 30 June 2023 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 23 August 2023

And signed on their behalf by:

D G Langridge, Director

Notes to the Micro-entity Accounts for the period ended 30 June 2023**1 Employees**

	<i>2023</i>	<i>2022</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.