

Registered Number 06974368

IMPULSE FITNESS & LIFESTYLE COACHING LTD

Abbreviated Accounts

31 July 2014

Abbreviated Balance Sheet as at 31 July 2014

	<i>Notes</i>	<i>2014</i>	<i>2013</i>
		<i>£</i>	<i>£</i>
Called up share capital not paid		-	-
Fixed assets			
Intangible assets		-	-
Tangible assets		-	-
Investments		-	-
		<u>-</u>	<u>-</u>
Current assets			
Stocks		-	-
Debtors		-	-
Investments		-	-
Cash at bank and in hand		-	-
		<u>-</u>	<u>-</u>
Prepayments and accrued income		-	-
Creditors: amounts falling due within one year		(23,807)	(23,807)
Net current assets (liabilities)		<u>(23,807)</u>	<u>(23,807)</u>
Total assets less current liabilities		<u>(23,807)</u>	<u>(23,807)</u>
Creditors: amounts falling due after more than one year		0	0
Provisions for liabilities		0	0
Accruals and deferred income		0	0
Total net assets (liabilities)		<u>(23,807)</u>	<u>(23,807)</u>
Capital and reserves			
Called up share capital	2	4	4
Share premium account		0	0
Revaluation reserve		0	0
Other reserves		0	0
Profit and loss account		(23,811)	(23,811)
Shareholders' funds		<u>(23,807)</u>	<u>(23,807)</u>

- For the year ending 31 July 2014 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 Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 10 April 2015

And signed on their behalf by:

FLINT DENYER, Director

Notes to the Abbreviated Accounts for the period ended 31 July 2014

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

2 Called Up Share Capital

Allotted, called up and fully paid:

	<i>2014</i>	<i>2013</i>
	<i>£</i>	<i>£</i>
4 Ordinary shares of £1 each	4	4

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