

**Registered Number 07840165**

**VITALITY 360 LTD**

**Abbreviated Accounts**

**30 November 2015**

## Abbreviated Balance Sheet as at 30 November 2015

	Notes	2015 £	2014 £
<b>Fixed assets</b>			
Tangible assets	2	1,236	1,215
		<u>1,236</u>	<u>1,215</u>
<b>Current assets</b>			
Debtors		8,604	15,506
Cash at bank and in hand		15,024	17,263
		<u>23,628</u>	<u>32,769</u>
<b>Creditors: amounts falling due within one year</b>		(8,410)	(8,736)
<b>Net current assets (liabilities)</b>		<u>15,218</u>	<u>24,033</u>
<b>Total assets less current liabilities</b>		<u>16,454</u>	<u>25,248</u>
<b>Total net assets (liabilities)</b>		<u>16,454</u>	<u>25,248</u>
<b>Capital and reserves</b>			
Called up share capital	3	1	1
Profit and loss account		16,453	25,247
<b>Shareholders' funds</b>		<u>16,454</u>	<u>25,248</u>

- For the year ending 30 November 2015 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 5 August 2016

And signed on their behalf by:

**Jessica Bavinton, Director**

## Notes to the Abbreviated Accounts for the period ended 30 November 2015

## 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.

**Turnover policy**

Turnover represents the gross value of goods provided to customers and work carried out in respect of services provided to customers.

**Tangible assets depreciation policy**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Computer equipments 25% straight line

Office equipments 25% straight line

## 2 Tangible fixed assets

	£
<b>Cost</b>	
At 1 December 2014	2,060
Additions	714
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2015	<u>2,774</u>
<b>Depreciation</b>	
At 1 December 2014	845
Charge for the year	693
On disposals	-
At 30 November 2015	<u>1,538</u>
<b>Net book values</b>	
At 30 November 2015	<u>1,236</u>
At 30 November 2014	<u>1,215</u>

## 3 Called Up Share Capital

Allotted, called up and fully paid:

	2015	2014
	£	£
1 Ordinary shares of £1 each	1	1

registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.