

Registered Number 07840165

VITALITY 360 LTD

Abbreviated Accounts

30 November 2013

Abbreviated Balance Sheet as at 30 November 2013

	<i>Notes</i>	<i>2013</i>	<i>2012</i>
		£	£
Fixed assets			
Tangible assets	2	329	494
		<u>329</u>	<u>494</u>
Current assets			
Debtors		19,189	9,144
Cash at bank and in hand		25,327	19,122
		<u>44,516</u>	<u>28,266</u>
Creditors: amounts falling due within one year		(17,851)	(13,080)
Net current assets (liabilities)		<u>26,665</u>	<u>15,186</u>
Total assets less current liabilities		<u>26,994</u>	<u>15,680</u>
Total net assets (liabilities)		<u>26,994</u>	<u>15,680</u>
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		26,993	15,679
Shareholders' funds		<u>26,994</u>	<u>15,680</u>

- For the year ending 30 November 2013 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 15 August 2014

And signed on their behalf by:

Jessica Bavinton, Director

Notes to the Abbreviated Accounts for the period ended 30 November 2013

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

2 Tangible fixed assets

	£
Cost	
At 1 December 2012	659
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2013	<u>659</u>
Depreciation	
At 1 December 2012	165
Charge for the year	165
On disposals	-
At 30 November 2013	<u>330</u>
Net book values	
At 30 November 2013	<u><u>329</u></u>
At 30 November 2012	<u><u>494</u></u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2013	2012
	£	£
1 Ordinary shares of £1 each	1	1

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