

Registered Number 08003407

TRILOGY HEALTH AND FITNESS LIMITED

Abbreviated Accounts

31 March 2013

Abbreviated Balance Sheet as at 31 March 2013

	<i>Notes</i>	<i>2013</i>
		£
Fixed assets		
Tangible assets	2	9,338
		<u>9,338</u>
Current assets		
Debtors		2,165
Cash at bank and in hand		351
		<u>2,516</u>
Creditors: amounts falling due within one year		<u>(1,500)</u>
Net current assets (liabilities)		<u>1,016</u>
Total assets less current liabilities		<u>10,354</u>
Creditors: amounts falling due after more than one year		<u>(12,983)</u>
Total net assets (liabilities)		<u><u>(2,629)</u></u>
Capital and reserves		
Called up share capital	3	100
Profit and loss account		<u>(2,729)</u>
Shareholders' funds		<u><u>(2,629)</u></u>

- For the year ending 31 March 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 22 November 2013

And signed on their behalf by:

Benjamin Udo Plenge, Director

Notes to the Abbreviated Accounts for the period ended 31 March 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 comprises revenue recognized by the company in respect of goods and services supplied during the period, exclusive of Value Added Tax and trade discounts.

Tangible assets depreciation policy

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Motor vehicles - 25% Reducing balance

Equipment - 25% Reducing balance

Computer equipment - 25% Reducing balance

2 Tangible fixed assets

	£
Cost	
Additions	12,451
Disposals	-
Revaluations	-
Transfers	-
At 31 March 2013	<u>12,451</u>
Depreciation	
Charge for the year	3,113
On disposals	-
At 31 March 2013	<u>3,113</u>
Net book values	
At 31 March 2013	<u><u>9,338</u></u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2013
	£
100 Ordinary shares of £1 each	100

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