

**FEEL FIT LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

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Feel Fit Ltd
Unaudited Financial Statements
For The Year Ended 31 December 2022

Contents

	Page
Balance Sheet	1–2
Notes to the Financial Statements	3–5

Feel Fit Ltd
Balance Sheet
As At 31 December 2022

Registered number: 11374528

		2022		2021	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	4		26,933		31,560
			26,933		31,560
CURRENT ASSETS					
Stocks	5	29,052		23,046	
Debtors	6	9,442		4,500	
Cash at bank and in hand		1,096		1,225	
		39,590		28,771	
Creditors: Amounts Falling Due Within One Year	7	(101,462)		(70,430)	
NET CURRENT ASSETS (LIABILITIES)			(61,872)		(41,659)
TOTAL ASSETS LESS CURRENT LIABILITIES			(34,939)		(10,099)
NET LIABILITIES			(34,939)		(10,099)
CAPITAL AND RESERVES					
Called up share capital	8	16,600		100	
Profit and Loss Account		(51,539)		(10,199)	
SHAREHOLDERS' FUNDS			(34,939)		(10,099)

Feel Fit Ltd
Balance Sheet (continued)
As At 31 December 2022

For the year ending 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Miss Eleanor Crawley

Director

10/11/2023

The notes on pages 3 to 5 form part of these financial statements.

Feel Fit Ltd
Notes to the Financial Statements
For The Year Ended 31 December 2022

1. General Information

Feel Fit Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 11374528 . The registered office is 4 Victoria Square, Bristol, BS8 4EU.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared under the historical cost convention and in accordance with Financial Reporting Standard 102 section 1A Small Entities "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

2.2. Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

Sale of goods

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

Rendering of services

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

2.3. Tangible Fixed Assets and Depreciation

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

Plant & Machinery	25% reducing balance
Fixtures & Fittings	25% reducing balance

2.4. Stocks and Work in Progress

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads. Work-in-progress is reflected in the accounts on a contract by contract basis by recording turnover and related costs as contract activity progresses.

2.5. Foreign Currencies

Monetary assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate ruling on the date of the transaction. Exchange differences are taken into account in arriving at the operating profit.

2.6. Government Grant

Government grants are recognised in the profit and loss account in an appropriate manner that matches them with the expenditure towards which they are intended to contribute.

Grants for immediate financial support or to cover costs already incurred are recognised immediately in the profit and loss account. Grants towards general activities of the entity over a specific period are recognised in the profit and loss account over that period.

Grants towards fixed assets are recognised over the expected useful lives of the related assets and are treated as deferred income and released to the profit and loss account over the useful life of the asset concerned.

All grants in the profit and loss account are recognised when all conditions for receipt have been complied with.

3. Average Number of Employees

Average number of employees, including directors, during the year was: 2 (2021: 2)

Feel Fit Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2022

4. Tangible Assets

	Plant & Machinery	Fixtures & Fittings	Total
	£	£	£
Cost			
As at 1 January 2022	32,237	10,227	42,464
Additions	2,562	392	2,954
As at 31 December 2022	<u>34,799</u>	<u>10,619</u>	<u>45,418</u>
Depreciation			
As at 1 January 2022	8,264	2,640	10,904
Provided during the period	5,586	1,995	7,581
As at 31 December 2022	<u>13,850</u>	<u>4,635</u>	<u>18,485</u>
Net Book Value			
As at 31 December 2022	<u>20,949</u>	<u>5,984</u>	<u>26,933</u>
As at 1 January 2022	<u>23,973</u>	<u>7,587</u>	<u>31,560</u>

5. Stocks

	2022	2021
	£	£
Finished goods	29,052	23,046
	<u>29,052</u>	<u>23,046</u>

6. Debtors

	2022	2021
	£	£
Due within one year		
Trade debtors	1,128	-
Other debtors	4,500	4,500
VAT	3,814	-
	<u>9,442</u>	<u>4,500</u>

7. Creditors: Amounts Falling Due Within One Year

	2022	2021
	£	£
Trade creditors	7,765	402
Bank loans and overdrafts	28,629	34,241
Other loans	129	-
Other taxes and social security	598	172
Net wages	1,123	303
Other creditors	3,152	3,238
Accruals and deferred income	450	450
Director's loan account	59,616	31,624
	<u>101,462</u>	<u>70,430</u>

Feel Fit Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2022

8. Share Capital

	2022	2021
	£	£
Allotted, Called up and fully paid	<u>16,600</u>	<u>100</u>

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.