

Fitness Box Ltd

Abbreviated Accounts

31 October 2014

Bolland and Burke
Chartered Accountants

Fitness Box Ltd

Chartered Accountants' report to the board of directors on the preparation of the unaudited abbreviated accounts of Fitness Box Ltd for the year ended 31 October 2014

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the abbreviated accounts of Fitness Box Ltd for the year ended 31 October 2014 which comprise of the balance sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at icaew.com/membershandbook.

Our work has been undertaken in accordance with AAF 2/10 as detailed at icaew.com/compilation.

Bolland & Burke
Chartered Accountants
2nd Floor
11 Rutland Street
Edinburgh
EH1 2DQ

7 January 2015

Fitness Box Ltd**Registered number:** SC332964**Abbreviated Balance Sheet****as at 31 October 2014**

	Notes	2014	2013
		£	£
Current assets			
Stocks	4,571	25,000	
Cash at bank and in hand	156	920	
	<u>4,727</u>	<u>25,920</u>	
Creditors: amounts falling due within one year	(160,448)	(147,556)	
Net current liabilities		<u>(155,721)</u>	<u>(121,636)</u>
Net liabilities		<u>(155,721)</u>	<u>(121,636)</u>
Capital and reserves			
Called up share capital	2	100	100
Profit and loss account		(155,821)	(121,736)
Shareholder's funds		<u>(155,721)</u>	<u>(121,636)</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

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

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Ross Calderwood

Director

Approved by the board on 7 January 2015

Fitness Box Ltd
Notes to the Abbreviated Accounts
for the year ended 31 October 2014

1 Accounting policies

Basis of preparation

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

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Stocks

Stock is valued at the lower of cost and net realisable value.

Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the profit and loss account.

2 Share capital	Nominal value	2014 Number	2014 £	2013 £
Allotted, called up and fully paid:				
Ordinary shares	£1 each	100	<u>100</u>	<u>100</u>