

**ACTIVE LIFE GROUP LTD  
ABBREVIATED ACCOUNTS  
FOR THE PERIOD 1 JANUARY 2015 TO 30 NOVEMBER 2015**

**Active Life Group Ltd**  
**Company No. 07471475**  
**Abbreviated Balance Sheet 30 November 2015**

		Period to 30 November 2015		31 December 2014	
	Notes	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible Assets	2		401		585
			<u>401</u>		<u>585</u>
<b>CURRENT ASSETS</b>					
Debtors		2		-	
Cash at bank and in hand		15,218		4,598	
		<u>15,220</u>		<u>4,598</u>	
Creditors: Amounts Falling Due Within One Year		(3,838)		(4,688)	
		<u>(3,838)</u>		<u>(4,688)</u>	
NET CURRENT ASSETS (LIABILITIES)			<u>11,382</u>		<u>(90)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>11,783</u>		<u>495</u>
NET ASSETS			<u>11,783</u>		<u>495</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		100		100
Profit and Loss Account			11,683		395
			<u>11,783</u>		<u>495</u>
SHAREHOLDERS' FUNDS			<u>11,783</u>		<u>495</u>

**Active Life Group Ltd**  
**Company No. 07471475**  
**Abbreviated Balance Sheet (continued) 30 November 2015**

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For the period ending 30 November 2015 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- 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 abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2015).

On behalf of the board

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**Mr Aidan Risoli**

**5 April 2016**

**Active Life Group Ltd**  
**Notes to the Abbreviated Accounts**  
**For the Period 1 January 2015 to 30 November 2015**

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**1 . Accounting Policies**

**1.1 . Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

**1.2 . Turnover**

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

**1.3 . Tangible Fixed Assets and Depreciation**

Tangible fixed assets are stated at cost less depreciation. 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:

Equipment	25
Computer Equipment	33

**2 . Tangible Assets**

	<b>Total</b>
<b>Cost</b>	<b>£</b>
As at 1 January 2015	1,707
As at 30 November 2015	1,707
<b>Depreciation</b>	
As at 1 January 2015	1,122
Provided during the period	184
As at 30 November 2015	1,306
<b>Net Book Value</b>	
As at 30 November 2015	401
As at 1 January 2015	585

**3 . Share Capital**

	<b>Value</b>	<b>Number</b>	<b>Period to 30 November 2015</b>	<b>31 December 2014</b>
<b>Allotted, called up and fully paid</b>	<b>£</b>		<b>£</b>	<b>£</b>
Ordinary shares	1,000	100	100	100

**4 . Transactions With and Loans to Directors**

Included within Debtors are the following loans to directors:

The above loan is unsecured, interest free and repayable on demand.

Dividends paid to directors

**Active Life Group Ltd**  
**Notes to the Abbreviated Accounts (continued)**  
**For the Period 1 January 2015 to 30 November 2015**

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	Period to 30 November 2015	31 December 2014
	£	£
Mr John Preest	12,000	-

**5 . Ultimate Controlling Party**

The company's ultimate controlling party is John Preest by virtue of his ownership of 100% of the issued share capital in the company.

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.