



Please read the '[Self-employment \(short\) notes](#)' to check if you should use this page or the 'Self-employment (full)' page.
For help filling in this form, go to www.gov.uk/taxreturnforms and read the notes and helpsheets.

Your name

Your Unique Taxpayer Reference (UTR)

Business details

1 Description of business 	5 If your business started after 5 April 2018, enter the start date DD MM YYYY
2 Postcode of your business address	6 If your business ceased before 6 April 2019, enter the final date of trading DD MM YYYY
3 If your business name, description, address or postcode have changed in the last 12 months, put 'X' in the box and give details in the 'Any other information' box of your tax return ☐	7 Date your books or accounts are made up to
4 If you are a foster carer or shared lives carer, put 'X' in the box ☐	8 If you used cash basis, money actually received and paid out, to calculate your income and expenses put 'X' in the box ☐

Business income - if your annual business turnover was below £85,000

9 Your turnover - the takings, fees, sales or money earned by your business £ .	10.1 Trading income allowance - read the notes £ .
10 Any other business income not included in box 9 £ .	

Allowable business expenses

If your annual turnover was below £85,000 you may just put your total expenses in box 20, rather than filling in the whole section.

11 Costs of goods bought for resale or goods used £ .	16 Accountancy, legal and other professional fees £ .
12 Car, van and travel expenses - after private use proportion £ .	17 Interest and bank and credit card financial charges £ .
13 Wages, salaries and other staff costs £ .	18 Phone, fax, stationery and other office costs £ .
14 Rent, rates, power and insurance costs £ .	19 Other allowable business expenses - client entertaining costs are not an allowable expense £ .
15 Repairs and maintenance of property and equipment £ .	20 Total allowable expenses - total of boxes 11 to 19 £ .

Net profit or loss

21 Net profit – if your business income is more than your expenses (if box 9 + box 10 minus box 20 is positive) £ .	22 Or, net loss – if your expenses exceed your business income (if box 20 minus (box 9 + box 10) is positive) £ .
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Tax allowances for vehicles and equipment (capital allowances)

Do not include the cost of these in your business expenses.

23 Annual Investment Allowance £ .	25 Other capital allowances £ .
24 Allowance for small balance of unrelieved expenditure £ .	26 Total balancing charges – for example, where you have disposed of items for more than their tax value £ .

Calculating your taxable profits

Your taxable profit may not be the same as your net profit. Please read the 'Self-employment (short) notes' to see if you need to make any adjustments and fill in the boxes which apply to arrive at your taxable profit for the year.

27 Goods and/or services for your own use £ .	29 Loss brought forward from earlier years set off against this year's profits – up to the amount in box 28 £ .
28 Net business profit for tax purposes (if box 21 + box 26 + box 27 minus (boxes 22 to 25) is positive). If you're claiming trading income allowance (box 21 + box 26 + box 27 minus box 10.1) £ .	30 Any other business income not included in box 9 or box 10 – for example, non arm's length reverse premiums £ .

Total taxable profits or net business loss

If your total profits from all Self-employments and Partnerships for 2018-19 are less than £6,205, you do not have to pay Class 2 National Insurance contributions, but you may want to pay voluntarily (box 36) to protect your rights to certain benefits.

31 Total taxable profits from this business (if box 28 + box 30 minus box 29 is positive). £ .	32 Net business loss for tax purposes (if boxes 22 to 25 minus (box 21 + box 26 + box 27) is positive) £ .
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Losses, Class 2 and Class 4 National Insurance contributions (NICs) and CIS deductions

If you've made a loss for tax purposes (box 32), read the 'Self-employment (short) notes' and fill in boxes 33 to 35 as appropriate.

33 Loss from this tax year set off against other income for 2018-19 £ .	36 If your total profits for 2018-19 are less than £6,205 and you choose to pay Class 2 NICs voluntarily, put 'X' in the box
34 Loss to be carried back to previous year(s) and set off against income (or capital gains) £ .	37 If you're exempt from paying Class 4 NICs, put 'X' in the box
35 Total loss to carry forward after all other set-offs – including unused losses brought forward £ .	38 Total Construction Industry Scheme (CIS) deductions taken from your payments by contractors – CIS subcontractors only £ .