Working sheet	
Allowable loss 2021-22	A £
(Adjusted loss)	
Loss relief used	
Year amount	B£
2021 to 2022	D L
(Loss from this tax year set-off against other income from 2020 to 2021)	
2020 to 2021	C £
	D£
2019 to 2020	
2018 to 2019	E £
(Total of boxes C, D and E should equal loss to be carried back to previous years	
and set-off against income or capital gains)	
Total losses claimed in this way (total of boxes B to E)	F £
rotal tosses claimed in this way (total or boxes b to b)	
	G £
Balance of allowable loss for 2021 to 2022 (A minus F)	G L
Earlier years' losses	
Losses brought forward from earlier years	H £
Losses brought forward from earlier years used this year	
(Losses brought forward from earlier years set-off against this year's profit)	I £
Cosses brought formale from curiet years set on against this years profits	
	J£
Balance of earlier years' losses not yet allowed (H minus I)	<i>5 L</i>
Loss carried forward to next year (box G + box J)	V C
(Total losses to carry forward after all other set-offs including unused losses brought forward)	K £