



Welcome to

TenSpot

Ten Spot brings you real work-life balance, through virtual experiences that make it easy to hang with your team, boost your mood and build healthy habits.

Exclusive services, social experiences and unlimited benefits to make every day a ten!

As a Ten Spot member, you have access to live and on-demand services, events and content in five, fun categories available 24/7 whether you are in the office, working from home or on the go! Plus, join challenges, chat with colleagues and connect with teammates through group activities.

MOVE

Can't stop, won't stop exercise to boost your energy

Yoga

H.I.I.T

Strength Training

play

Merriment and a little friendly competition to keep your spirits high

Happy Hours

Team Trivia

Mixology Class

Chill

Indulgent experiences designed to help you relax

Meditation

Mindfulness

Stretch & Relax

eat

Delicious ways to expand your palate and satisfy your appetite

Cooking Demos

Nutrition Seminars

Sip & Learn

THRIVE

Expert tips and strategies to help with the tough stuff

Financial Wellness

Social Media Training

Home Organization

Register Today

Create your account today at tenspot.co using a Chrome or Firefox browser. Internet Explorer is not compatible.
Join with your company email and unique invitation code. **INVITATION CODE: boro698**



MOVE **play** **Chill** **eat** **THRIVE**
www.tenspot.com | contact@tenspot.com



Why You'll Love Ten Spot

Live & On-Demand Content

Available 24/7
Content in all
five categories

Expert Content

Articles
Tips & tricks
Product
recommendations
Recipes

Planning Tools

RSVP to services
Calendar integration
Email reminders

Social Connections

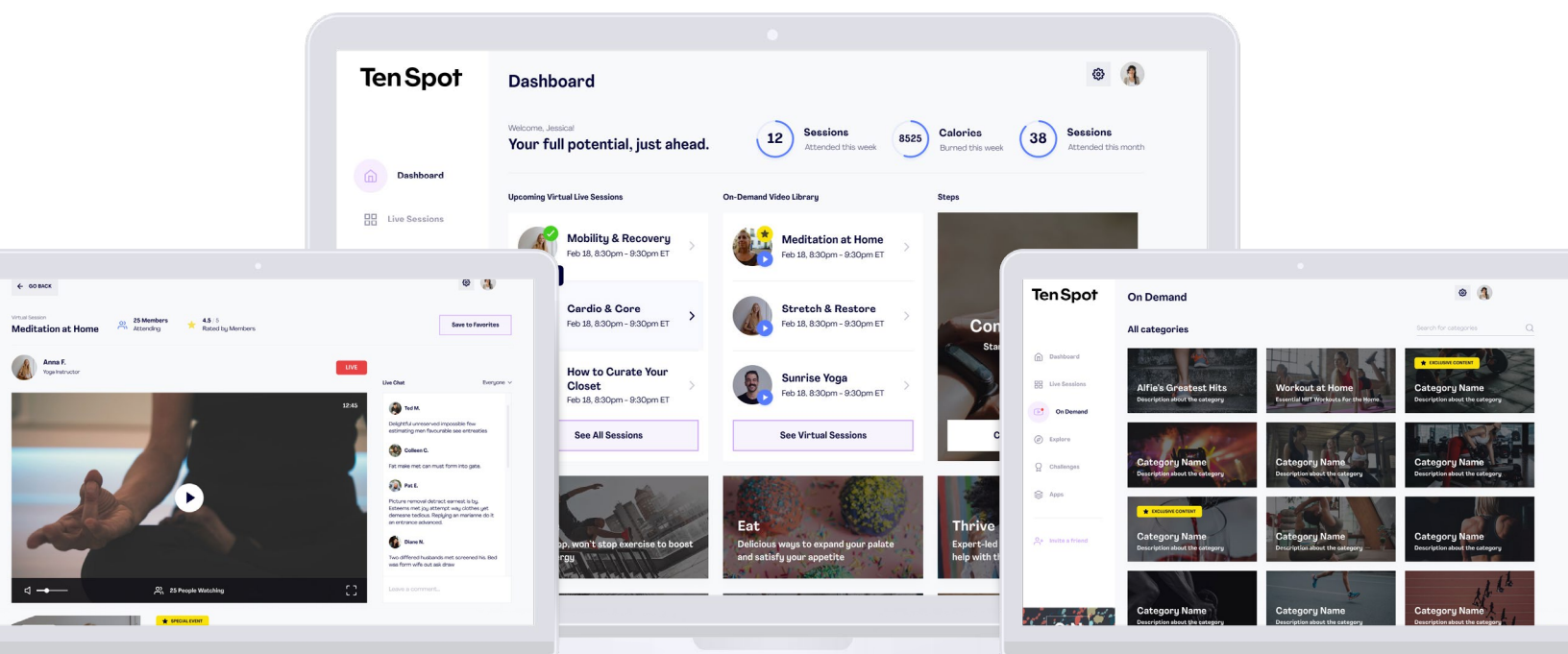
Live Chat
(text & video)
Leaderboards
Shout-outs

Wearables Connection

Connect to your favorite
wearable device

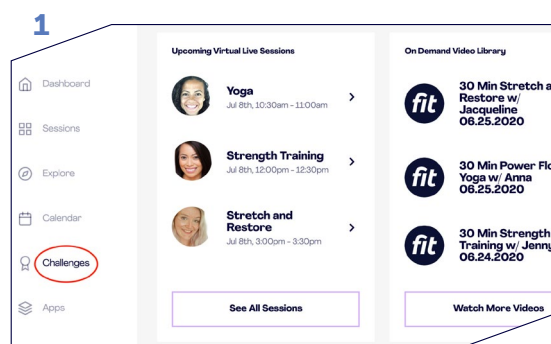
Compare your stats to
others on your team.

Join challenges and
track your progress.

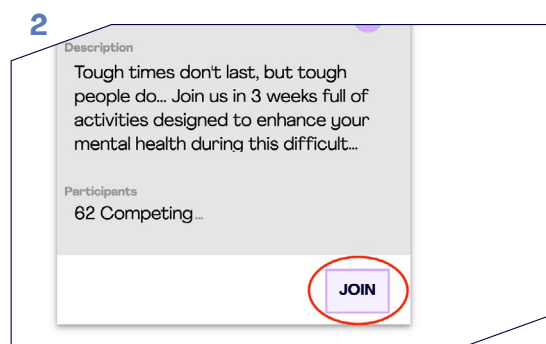


A Step-by-Step Guide to Adding Challenge Points

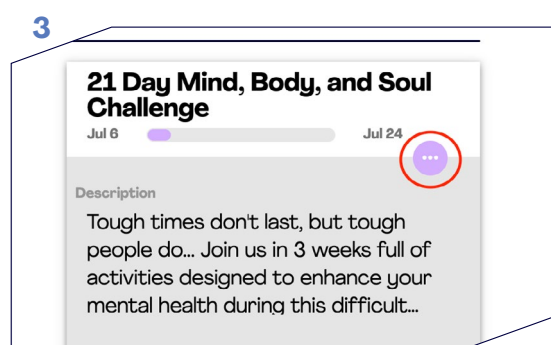
Log Points on Your Ten Spot Account at tenspot.co



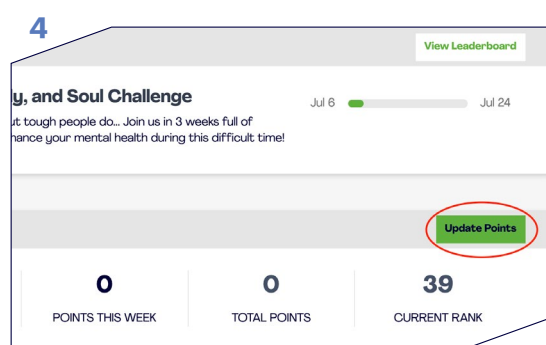
Sign into your Ten Spot account and click on "Challenges"



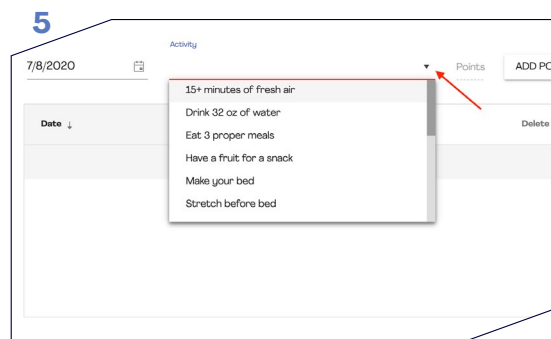
Click "Join" to enter the Challenge.



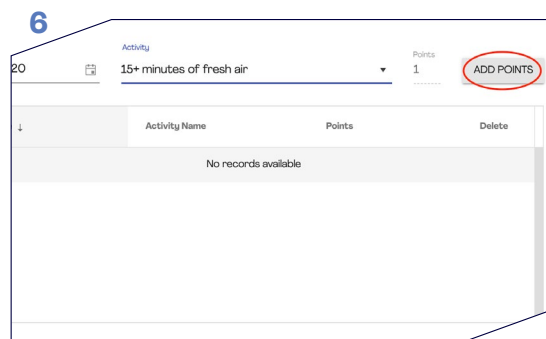
Click on the three dots to expand options.



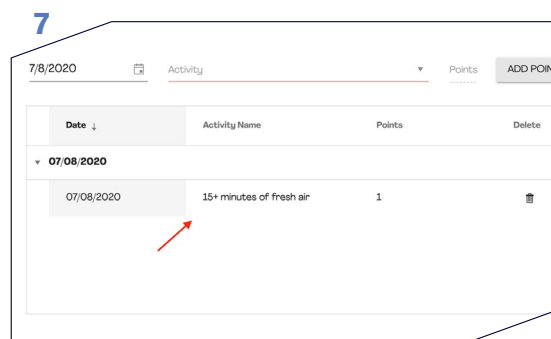
Now you can add your points!
Click "Update Points".



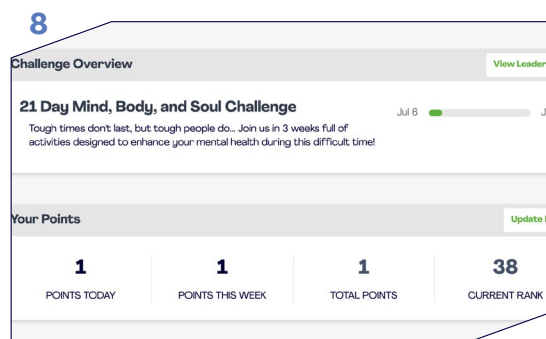
Select the date and activity you completed from the drop down menu.



Now choose "Add Points".



Your points have been logged. You can either add additional points or exit out on the left hand corner.



Once you exit, you will see an overview of your points.

