

i'm a
BREAD
project

11/01/2022 - 12/03/2022

Monthly Maintenance Report

BREAD

At BREAD, we protect and maintain your website so that you and your business can win. As a business owner, you have too much on your plate to waste time concerned with whether-or-not your site is functioning properly. Time is precious and our maintenance can give you the peace of mind you need to focus on your business.

The following maintenance report contains the data from key categories relevant to website operation and performance. With your current PLUS Package subscription, we provide several services in order to maintain stability within your website performance. Within this report, you'll find simplified information about your website's updates, security, history, performance, and analytics that can help you discern where you are and drive your future growth.

OVERVIEW



Website: <https://continuumtherapy.com/>
IP Address: 34.105.30.128
WordPress Version: 6.0.3



BACKUPS

Backups created: 87; Latest one on: 12/02/2022 4:04



UPDATES

Updates performed: 3



UPTIME

Overall uptime: 100.000%



ANALYTICS

8.8% average increase in sessions in the previous period



SECURITY

Your website is safe

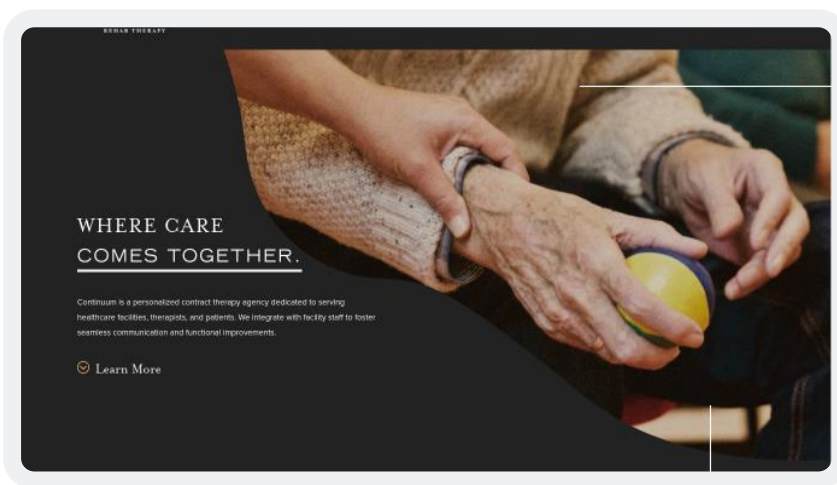
✓ BACKUPS



Backups created: **32**
11/01/2022 to 12/03/2022

Total backups available: **87**

LATEST BACKUPS



Backup size
328.06MB



WordPress version
6.0.3



Active Theme
Creative Bread Studio



Active Plugins
16



Published posts
1



Approved comments
1

UPDATES



Total updates performed: **3**

11/01/2022 to 12/03/2022

OVERVIEW

Plugin updates

3

UPDATES HISTORY

| Plugin name | Plugin version | | Date |
|---------------------------|----------------|----------|------------|
| WPForms | 1.7.5.5 | → 1.7.8 | 12/02/2022 |
| PublishPress Capabilities | 2.4.4 | → 2.6.0 | 12/02/2022 |
| ManageWP - Worker | 4.9.14 | → 4.9.15 | 11/05/2022 |

UPTIME



Up for: **86d 13h**
Overall Uptime: **100.000%**

OVERVIEW

last 24 hours

100%

last 7 days

100%

last 30 days

100%

UPTIME HISTORY

| Event | Date | Reason | Duration |
|-------|------------|--------|----------|
| UP | 09/07/2022 | - | 86d 13h |

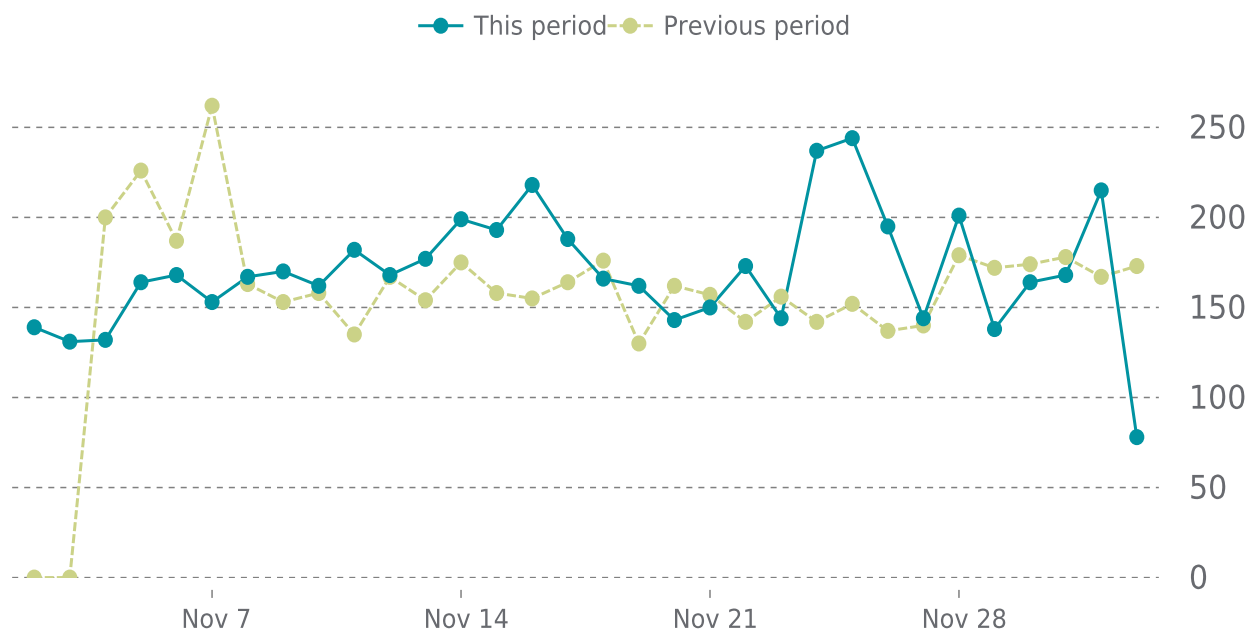
✓ ANALYTICS



Traffic up by: **8.8%**

11/01/2022 to 12/03/2022

SESSIONS



 **SECURITY**Total security checks: **33**

11/01/2022 to 12/03/2022

MOST RECENT SCAN

12/02/2022

Status: **Clean**Malware: **Clean**Web Trust: **Clean**Vulnerabilities: **0****SECURITY SCAN HISTORY (1/3)**

| Date | Malware | Vulnerabilities | Web Trust |
|------------------|---------|-----------------|-----------|
| 12/02/2022 11:26 | Clean | Clean | Clean |
| 12/02/2022 1:45 | Clean | Detected | Clean |
| 12/01/2022 8:02 | Clean | Detected | Clean |
| 11/30/2022 5:15 | Clean | Detected | Clean |
| 11/29/2022 2:46 | Clean | Detected | Clean |
| 11/28/2022 0:45 | Clean | Detected | Clean |
| 11/27/2022 7:45 | Clean | Detected | Clean |
| 11/26/2022 5:00 | Clean | Detected | Clean |
| 11/25/2022 5:46 | Clean | Detected | Clean |

SECURITY SCAN HISTORY (2/3)

| Date | Malware | Vulnerabilities | Web Trust |
|-----------------|---------|-----------------|-----------|
| 11/24/2022 8:00 | Clean | Detected | Clean |
| 11/23/2022 6:02 | Clean | Detected | Clean |
| 11/22/2022 2:46 | Clean | Detected | Clean |
| 11/21/2022 8:02 | Clean | Detected | Clean |
| 11/20/2022 7:46 | Clean | Detected | Clean |
| 11/19/2022 7:00 | Clean | Detected | Clean |
| 11/18/2022 2:32 | Clean | Detected | Clean |
| 11/17/2022 0:31 | Clean | Detected | Clean |
| 11/16/2022 8:03 | Clean | Detected | Clean |
| 11/15/2022 7:36 | Clean | Detected | Clean |
| 11/14/2022 7:04 | Clean | Detected | Clean |
| 11/13/2022 8:04 | Clean | Detected | Clean |
| 11/12/2022 7:04 | Clean | Detected | Clean |
| 11/11/2022 7:35 | Clean | Detected | Clean |
| 11/10/2022 7:36 | Clean | Detected | Clean |

SECURITY SCAN HISTORY (3/3)

| Date | Malware | Vulnerabilities | Web Trust |
|-----------------|---------|-----------------|-----------|
| 11/09/2022 7:33 | Clean | Detected | Clean |
| 11/08/2022 7:32 | Clean | Detected | Clean |
| 11/07/2022 5:33 | Clean | Clean | Clean |
| 11/06/2022 1:07 | Clean | Clean | Clean |
| 11/05/2022 8:01 | Clean | Clean | Clean |
| 11/04/2022 7:35 | Clean | Clean | Clean |
| 11/03/2022 7:35 | Clean | Clean | Clean |
| 11/02/2022 6:32 | Clean | Clean | Clean |
| 11/01/2022 8:01 | Clean | Clean | Clean |

BREAD

Our team is dedicated to providing you with comprehensive, constant web hosting support. If you have any questions or concerns about the information in this report, please reach out to BREAD; we exist to help you win!

Your BREAD Maintenance Team