i'm a BREAD project

11/01/2024 - 11/30/2024

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: 6.6.2

V

BACKUPS

Backups created: 90; Latest one on: 12/01/2024 4:04



UPDATES

Updates performed: 8



UPTIME

Overall uptime: 100.000%



ANALYTICS

24.2% average increase in sessions in the previous period



SECURITY

Your website is safe

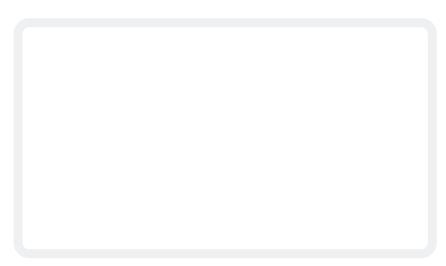




Backups created: **30** 11/01/2024 to 11/30/2024

Total backups available: 90

LATEST BACKUPS





Backup size 416.45MB



WordPress version 6.6.2



Active Theme Creative Bread Studio



Active Plugins 14



Published posts 0

5

Approved comments





Total updates performed: **8** 11/01/2024 to 11/30/2024

OVERVIEW

Plugin updates

8

UPDATES HISTORY (1/2)

Plugin name	Plugin version		sion	Date
Toolset Views	3.6.16	>	3.6.18	11/29/2024
WPForms	1.9.1.4	>	1.9.2.2	11/29/2024
Yoast SEO	23.6	>	23.9	11/29/2024
Redirection	5.5.0	>	5.5.1	11/29/2024
Post Types Order	2.3.2	>	2.3.3	11/29/2024
Popups for Divi	3.0.5	>	3.0.6	11/29/2024
Classic Editor	1.6.5	>	1.6.6	11/29/2024

Continuum Therapy 11/01/2024 - 11/30/2024

UPDATES HISTORY (2/2)

Plugin name	Plugin version		Date
PublishPress Capabilities	2.13.0	2.16.0	11/29/2024





Up for: **88d 2h**

Overall Uptime: 100.000%

OVERVIEW

last 24 hours

last 7 days

last 30 days

100%

100%

100%

UPTIME HISTORY

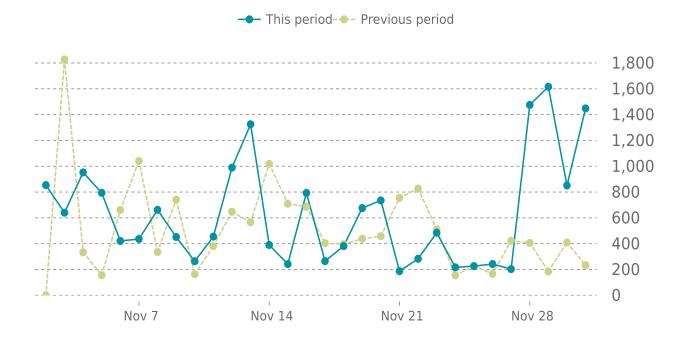
Event	Date	Reason	Duration
UP	09/03/2024	-	88d 2h



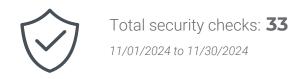


Traffic up by: **24.2%** 11/01/2024 to 11/30/2024

SESSIONS







MOST RECENT SCAN

11/30/2024

Status: Clean

Malware: Clean Web Trust: Clean Vulnerabilities: 0

SECURITY SCAN HISTORY (1/3)

Date	Malware	Vulnerabilities	Web Trust
11/30/2024 6:31	Clean	Clean	Clean
11/29/2024 5:44	Clean	Clean	Clean
11/28/2024 0:17	Clean	Clean	Clean
11/27/2024 3:32	Clean	Clean	Clean
11/26/2024 7:25	Clean	Clean	Clean
11/25/2024 1:51	Clean	Clean	Clean
11/24/2024 6:31	Clean	Clean	Clean
11/23/2024 0:42	Clean	Clean	Clean
11/23/2024 0:41	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/3)

Date	Malware	Vulnerabilities	Web Trust
11/22/2024 7:10	Clean	Clean	Clean
11/21/2024 6:31	Clean	Clean	Clean
11/20/2024 5:50	Clean	Clean	Clean
11/19/2024 1:27	Clean	Clean	Clean
11/18/2024 5:57	Clean	Clean	Clean
11/17/2024 3:22	Clean	Clean	Clean
11/16/2024 2:45	Clean	Clean	Clean
11/15/2024 4:24	Clean	Clean	Clean
11/14/2024 4:03	Clean	Clean	Clean
11/13/2024 6:13	Clean	Clean	Clean
11/12/2024 0:41	Clean	Clean	Clean
11/11/2024 6:32	Clean	Clean	Clean
11/10/2024 3:16	Clean	Clean	Clean
11/09/2024 4:12	Clean	Clean	Clean
11/08/2024 7:13	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/3)

Date	Malware	Vulnerabilities	Web Trust
11/07/2024 1:20	Clean	Clean	Clean
11/07/2024 1:08	Clean	Clean	Clean
11/06/2024 7:41	Clean	Clean	Clean
11/05/2024 5:37	Clean	Clean	Clean
11/04/2024 4:09	Clean	Clean	Clean
11/03/2024 2:01	Clean	Clean	Clean
11/02/2024 6:21	Clean	Clean	Clean
11/01/2024 6:33	Clean	Clean	Clean
11/01/2024 6:22	Clean	Clean	Clean

Continuum Therapy 11/01/2024 - 11/30/2024

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