i'm a BREAD project

12/01/2024 - 12/31/2024

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: 6.7.1



BACKUPS

Backups created: 90; Latest one on: 01/02/2025 4:04



UPDATES

Updates performed: 5



UPTIME

Overall uptime: 100.000%



ANALYTICS

100.6% average increase in sessions in the previous period



SECURITY

Your website is safe





Backups created: **31** 12/01/2024 to 12/31/2024

Total backups available: 90

LATEST BACKUPS





Backup size 425.24MB



WordPress version 6.7.1



Active Theme Creative Bread Studio



Active Plugins 14



Published posts

5

Approved comments





Total updates performed: **5** 12/01/2024 to 12/31/2024

OVERVIEW

Plugin updates

Theme updates

WordPress updates

2

2

1

UPDATES HISTORY

Plugin name	Plugin version		sion	Date
WPForms	1.9.2.2	>	1.9.2.3	12/18/2024
PublishPress Capabilities	2.16.0	>	2.17.0	12/18/2024

Theme name	Theme version		sion	Date
Twenty Twenty-One	2.3	>	2.4	12/11/2024
Divi	4.27.1	>	4.27.4	12/11/2024

Continuum Therapy 12/01/2024 - 12/31/2024

UPDATES HISTORY

WordPress	WordPress version		rsion	Date
-	6.6.2	>	6.7.1	12/11/2024





Up for: **119d 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	-	119d 2h

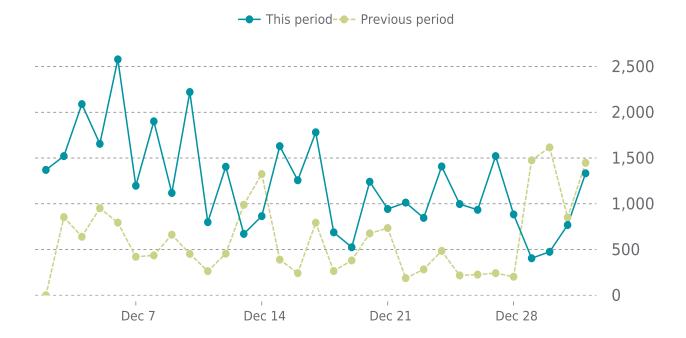




Continuum Therapy

Traffic up by: **100.6%** 12/01/2024 to 12/31/2024

SESSIONS







Total security checks: **37**

12/01/2024 to 12/31/2024

MOST RECENT SCAN

12/31/2024

Status: Clean

Malware: Clean Web Trust: Clean Vulnerabilities: 0

SECURITY SCAN HISTORY (1/3)

Date	Malware	Vulnerabilities	Web Trust
12/31/2024 7:05	Clean	Clean	Clean
12/30/2024 0:26	Clean	Clean	Clean
12/30/2024 0:25	Clean	Clean	Clean
12/29/2024 1:07	Clean	Clean	Clean
12/28/2024 7:21	Clean	Clean	Clean
12/27/2024 4:36	Clean	Clean	Clean
12/26/2024 2:36	Clean	Clean	Clean
12/25/2024 2:10	Clean	Clean	Clean
12/24/2024 1:52	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/3)

Date	Malware	Vulnerabilities	Web Trust
12/23/2024 6:49	Clean	Clean	Clean
12/22/2024 4:42	Clean	Clean	Clean
12/21/2024 0:17	Clean	Clean	Clean
12/21/2024 0:14	Clean	Clean	Clean
12/20/2024 3:27	Clean	Clean	Clean
12/19/2024 1:59	Clean	Clean	Clean
12/18/2024 5:54	Clean	Clean	Clean
12/17/2024 0:37	Clean	Clean	Clean
12/17/2024 0:36	Clean	Clean	Clean
12/16/2024 7:20	Clean	Clean	Clean
12/15/2024 2:44	Clean	Clean	Clean
12/14/2024 4:05	Clean	Clean	Clean
12/13/2024 6:34	Clean	Clean	Clean
12/13/2024 6:34	Clean	Clean	Clean
12/12/2024 2:07	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/3)

Date	Malware	Vulnerabilities	Web Trust
12/11/2024 5:10	Clean	Clean	Clean
12/10/2024 7:23	Clean	Clean	Clean
12/09/2024 6:20	Clean	Clean	Clean
12/08/2024 6:31	Clean	Clean	Clean
12/07/2024 3:46	Clean	Clean	Clean
12/06/2024 0:47	Clean	Clean	Clean
12/06/2024 0:44	Clean	Clean	Clean
12/05/2024 0:06	Clean	Clean	Clean
12/04/2024 4:26	Clean	Clean	Clean
12/03/2024 0:15	Clean	Clean	Clean
12/03/2024 0:15	Clean	Clean	Clean
12/02/2024 6:23	Clean	Clean	Clean
12/01/2024 7:56	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