i'm a BREAD project

01/01/2025 - 01/31/2025

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: 02/05/2025 4:04



UPDATES

Updates performed: 9



UPTIME

Overall uptime: 100.000%



ANALYTICS

69.7% average decrease in sessions in the previous period



SECURITY

Your website is safe

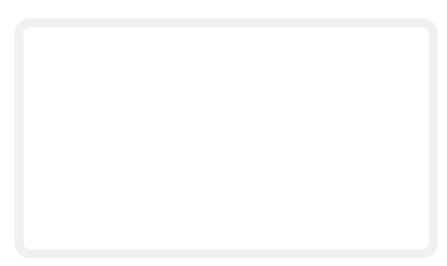




Backups created: 31 01/01/2025 to 01/31/2025

Total backups available: 90

LATEST BACKUPS





Backup size 427.74MB



WordPress version 6.7.1



Active Theme Creative Bread Studio



Active Plugins 14



Published posts

Approved comments





Total updates performed: **9** 01/01/2025 to 01/31/2025

OVERVIEW

Plugin updates

9

UPDATES HISTORY (1/2)

Plugin name	Plu	Plugin version		Date
PublishPress Capabilities	2.18.0	>	2.18.2	01/31/2025
WPForms	1.9.3.1	>	1.9.3.2	01/29/2025
Yoast SEO	24.2	>	24.3	01/21/2025
WPForms	1.9.2.3	>	1.9.3.1	01/17/2025
Divi Carousel	2.0.26	>	3.0.0	01/14/2025
Yoast SEO	23.9	>	24.2	01/14/2025
Use Any Font	6.3.10	>	6.3.11	01/14/2025

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UPDATES HISTORY (2/2)

Plugin name	Plugin version		sion	Date
Classic Editor	1.6.6	>	1.6.7	01/14/2025
PublishPress Capabilities	2.17.0	>	2.18.0	01/14/2025





Up for: **150d 2h**

Overall Uptime: 100.000%

OVERVIEW

last 24 hours

last 7 days

last 30 days

100%

100%

100%

UPTIME HISTORY

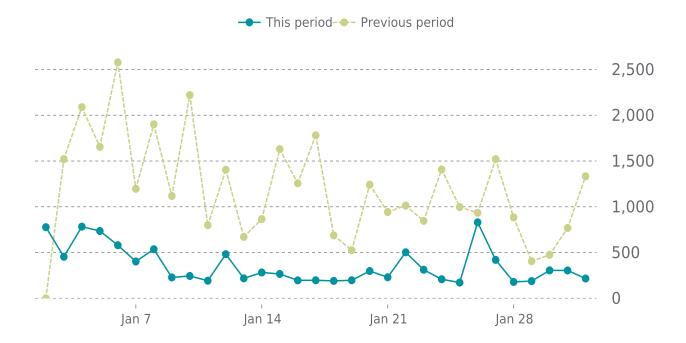
Event	Date	Reason	Duration
UP	09/03/2024	-	150d 2h





Traffic down by: **69.7%** 01/01/2025 to 01/31/2025

SESSIONS







Total security checks: **36** 01/01/2025 to 01/31/2025

MOST RECENT SCAN

01/31/2025

Status: Clean

Malware: Clean Web Trust: Clean Vulnerabilities: 0

SECURITY SCAN HISTORY (1/3)

Date	Malware	Vulnerabilities	Web Trust
01/31/2025 3:18	Clean	Clean	Clean
01/30/2025 1:31	Clean	Clean	Clean
01/29/2025 4:09	Clean	Clean	Clean
01/28/2025 0:13	Clean	Clean	Clean
01/27/2025 4:19	Clean	Clean	Clean
01/26/2025 2:47	Clean	Clean	Clean
01/25/2025 2:15	Clean	Clean	Clean
01/24/2025 0:52	Clean	Clean	Clean
01/24/2025 0:52	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/3)

Date	Malware	Vulnerabilities	Web Trust
01/23/2025 7:03	Clean	Clean	Clean
01/22/2025 3:35	Clean	Clean	Clean
01/21/2025 5:47	Clean	Clean	Clean
01/20/2025 2:26	Clean	Clean	Clean
01/19/2025 0:39	Clean	Clean	Clean
01/18/2025 7:21	Clean	Clean	Clean
01/17/2025 5:47	Clean	Clean	Clean
01/16/2025 4:07	Clean	Clean	Clean
01/15/2025 2:35	Clean	Clean	Clean
01/14/2025 4:08	Clean	Clean	Clean
01/13/2025 3:22	Clean	Clean	Clean
01/12/2025 1:20	Clean	Clean	Clean
01/11/2025 1:48	Clean	Clean	Clean
01/10/2025 6:08	Clean	Clean	Clean
01/09/2025 11:22	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/3)

Date	Malware	Vulnerabilities	Web Trust
01/09/2025 11:17	Clean	Clean	Clean
01/08/2025 2:57	Clean	Clean	Clean
01/08/2025 2:56	Clean	Clean	Clean
01/07/2025 3:21	Clean	Clean	Clean
01/07/2025 3:21	Clean	Clean	Clean
01/06/2025 4:24	Clean	Clean	Clean
01/05/2025 0:49	Clean	Clean	Clean
01/05/2025 0:49	Clean	Clean	Clean
01/04/2025 5:27	Clean	Clean	Clean
01/03/2025 0:01	Clean	Clean	Clean
01/02/2025 7:12	Clean	Clean	Clean
01/01/2025 4:35	Clean	Clean	Clean

Continuum Therapy 01/01/2025 - 01/31/2025

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