i'm a BREAD project

04/01/2025 - 04/30/2025

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: 6.8



BACKUPS

Backups created: 90; Latest one on: 05/02/2025 5:03



UPDATES

Updates performed: 9



UPTIME

Overall uptime: 100.000%



ANALYTICS

1.2% average increase in sessions in the previous period



SECURITY

Your website is safe

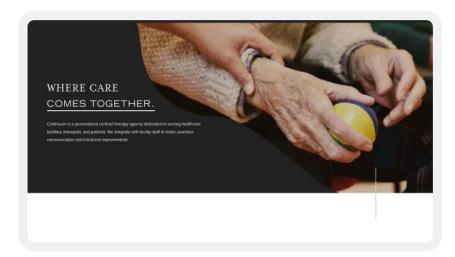




Backups created: **30** 04/01/2025 to 04/30/2025

Total backups available: 90

LATEST BACKUPS





Backup size 428.5MB



WordPress version 6.8



Active Theme Creative Bread Studio



Active Plugins 14



Published posts

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Approved comments





Total updates performed: **9** 04/01/2025 to 04/30/2025

OVERVIEW

Plugin updates

Theme updates

7

2

UPDATES HISTORY (1/2)

Plugin name	Plu	Plugin version		Date
Popups for Divi	3.0.8	>	3.0.9	04/28/2025
Post Types Order	2.3.4	>	2.3.5	04/28/2025
ManageWP - Worker	4.9.20	→	4.9.23	04/28/2025
Yoast SEO	24.8.1	>	24.9	04/28/2025
WPForms	1.9.4.2	>	1.9.5	04/28/2025
Yoast SEO	24.7	>	24.8.1	04/09/2025
Popups for Divi	3.0.7	>	3.0.8	04/01/2025

Continuum Therapy 04/01/2025 - 04/30/2025

UPDATES HISTORY (2/2)

Theme name	Ther	ne vers	sion	Date
Twenty Twenty-One	2.4	>	2.5	04/24/2025
Twenty Twenty-Five	1.1	>	1.2	04/24/2025





Up for: **239d 1h**

Overall Uptime: 100.000%

OVERVIEW

last 24 hours

last 7 days

last 30 days

100%

100%

100%

UPTIME HISTORY

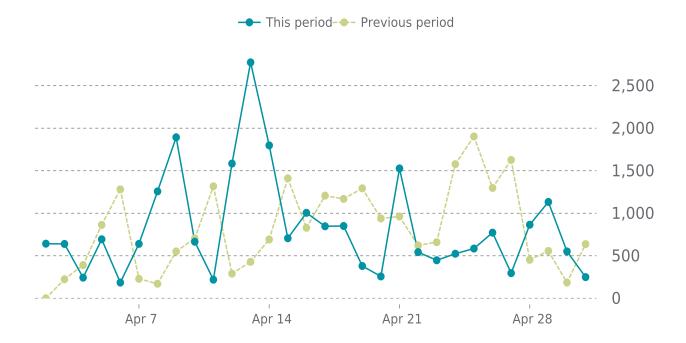
Event	Date	Reason	Duration
UP	09/03/2024	-	239d 1h





Traffic up by: **1.2%** 04/01/2025 to 04/30/2025

SESSIONS







MOST RECENT SCAN

04/30/2025

Status: Clean

Malware: Clean Web Trust: Clean Vulnerabilities: 0

SECURITY SCAN HISTORY (1/3)

Date	Malware	Vulnerabilities	Web Trust
04/30/2025 5:14	Clean	Clean	Clean
04/29/2025 3:30	Clean	Clean	Clean
04/28/2025 4:52	Clean	Clean	Clean
04/27/2025 2:06	Clean	Clean	Clean
04/26/2025 7:35	Clean	Clean	Clean
04/25/2025 6:16	Clean	Clean	Clean
04/24/2025 0:26	Clean	Clean	Clean
04/24/2025 0:23	Clean	Clean	Clean
04/23/2025 2:38	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/3)

Date	Malware	Vulnerabilities	Web Trust
04/22/2025 4:52	Clean	Clean	Clean
04/21/2025 6:22	Clean	Clean	Clean
04/20/2025 3:18	Clean	Clean	Clean
04/19/2025 7:52	Clean	Clean	Clean
04/18/2025 1:09	Clean	Clean	Clean
04/18/2025 1:08	Clean	Clean	Clean
04/17/2025 7:29	Clean	Clean	Clean
04/16/2025 6:42	Clean	Clean	Clean
04/15/2025 6:16	Clean	Clean	Clean
04/14/2025 1:46	Clean	Clean	Clean
04/14/2025 1:45	Clean	Clean	Clean
04/13/2025 7:31	Clean	Clean	Clean
04/12/2025 6:46	Clean	Clean	Clean
04/11/2025 2:22	Clean	Clean	Clean
04/10/2025 7:26	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/3)

Date	Malware	Vulnerabilities	Web Trust
04/09/2025 0:55	Clean	Clean	Clean
04/09/2025 0:53	Clean	Clean	Clean
04/08/2025 1:22	Clean	Clean	Clean
04/07/2025 4:09	Clean	Clean	Clean
04/06/2025 1:08	Clean	Clean	Clean
04/06/2025 1:08	Clean	Clean	Clean
04/05/2025 1:16	Clean	Clean	Clean
04/04/2025 6:10	Clean	Clean	Clean
04/03/2025 7:21	Clean	Clean	Clean
04/02/2025 6:07	Clean	Clean	Clean
04/01/2025 6:52	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