

i'm a
BREAD
project

10/01/2025 - 10/31/2025

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: 6.8.3



BACKUPS

Backups created: 90; Latest one on: 11/01/2025 5:03



UPDATES

Updates performed: 7



UPTIME

Overall uptime: 100.000%



ANALYTICS

18.8% average increase in sessions in the previous period



SECURITY

Your website is safe

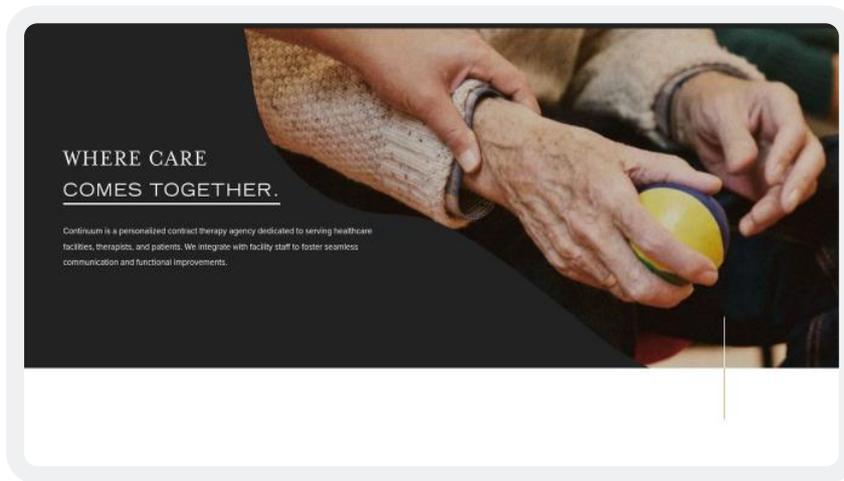
✓ BACKUPS



Backups created: **31**
10/01/2025 to 10/31/2025

Total backups available: **90**

LATEST BACKUPS



Backup size
434.79MB



WordPress version
6.8.3



Active Theme
Creative Bread Studio



Active Plugins
14



Published posts
0



Approved comments
0

UPDATES



Total updates performed: **7**

10/01/2025 to 10/31/2025

OVERVIEW

Plugin updates

6

WordPress updates

1

UPDATES HISTORY

Plugin name	Plugin version		Date
ManageWP - Worker	4.9.24	→ 4.9.25	10/16/2025
WPForms	1.9.7.3	→ 1.9.8.1	10/04/2025
Yoast SEO	25.9	→ 26.0	10/04/2025
Post Types Order	2.3.7	→ 2.4	10/04/2025
Popups for Divi	3.2.0	→ 3.2.2	10/04/2025
PublishPress Capabilities	2.20.0	→ 2.21.0	10/04/2025

UPDATES HISTORY

WordPress	WordPress version	Date
-	6.8.2 → 6.8.3	10/02/2025

UPTIME



Up for: **38d**
Overall Uptime: **100.000%**

OVERVIEW

last 24 hours
100%

last 7 days
100%

last 30 days
100%

UPTIME HISTORY

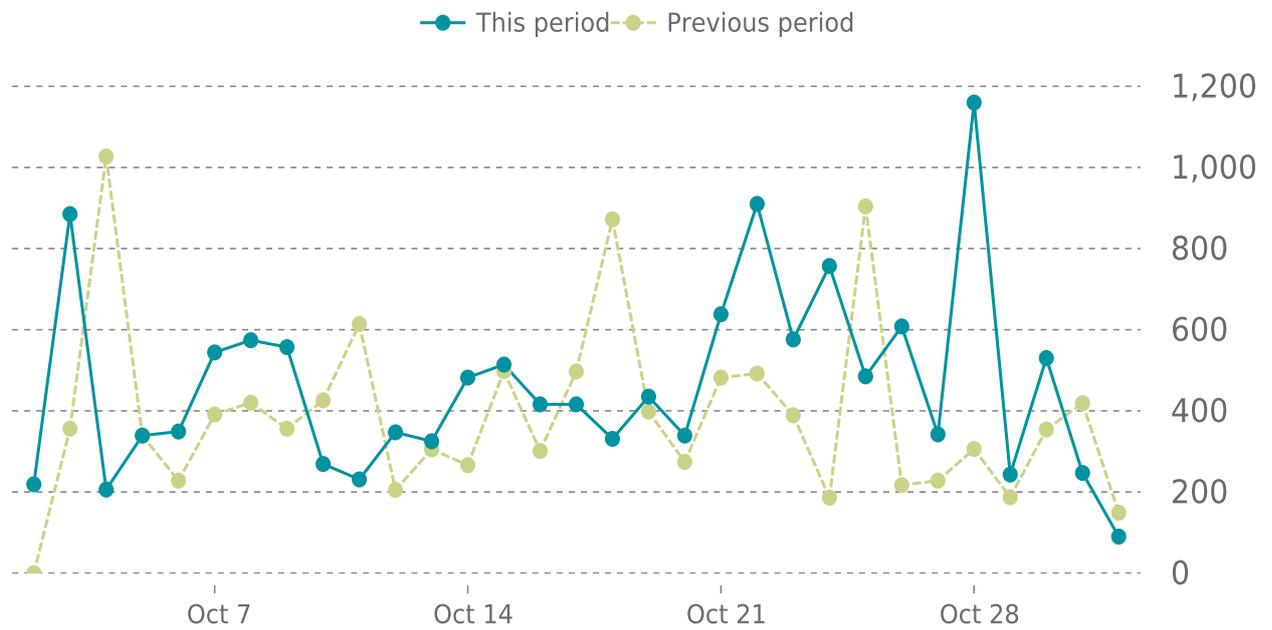
Event	Date	Reason	Duration
UP	09/23/2025	-	38d

✓ ANALYTICS



Traffic up by: **18.8%**
10/01/2025 to 10/31/2025

SESSIONS



SECURITY



Total security checks: **36**

10/01/2025 to 10/31/2025

MOST RECENT SCAN

10/31/2025

Status: **Clean**

Malware: **Clean**

Web Trust: **Clean**

Vulnerabilities: **0**

SECURITY SCAN HISTORY (1/3)

Date	Malware	Vulnerabilities	Web Trust
10/31/2025 5:10	Clean	Clean	Clean
10/30/2025 1:54	Clean	Clean	Clean
10/29/2025 5:20	Clean	Clean	Clean
10/28/2025 7:10	Clean	Clean	Clean
10/27/2025 1:25	Clean	Clean	Clean
10/27/2025 1:25	Clean	Clean	Clean
10/26/2025 6:16	Clean	Clean	Clean
10/25/2025 1:26	Clean	Clean	Clean
10/24/2025 4:27	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/3)

Date	Malware	Vulnerabilities	Web Trust
10/24/2025 4:26	Clean	Clean	Clean
10/23/2025 2:59	Clean	Clean	Clean
10/23/2025 2:59	Clean	Clean	Clean
10/22/2025 3:31	Clean	Clean	Clean
10/22/2025 3:29	Clean	Clean	Clean
10/21/2025 4:43	Clean	Clean	Clean
10/20/2025 5:07	Clean	Clean	Clean
10/19/2025 4:29	Clean	Clean	Clean
10/18/2025 2:21	Clean	Clean	Clean
10/18/2025 2:21	Clean	Clean	Clean
10/17/2025 7:54	Clean	Clean	Clean
10/16/2025 6:10	Clean	Clean	Clean
10/15/2025 6:56	Clean	Clean	Clean
10/14/2025 4:26	Clean	Clean	Clean
10/13/2025 7:58	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/3)

Date	Malware	Vulnerabilities	Web Trust
10/12/2025 4:49	Clean	Clean	Clean
10/11/2025 5:38	Clean	Clean	Clean
10/10/2025 2:38	Clean	Clean	Clean
10/09/2025 2:37	Clean	Clean	Clean
10/08/2025 3:35	Clean	Clean	Clean
10/07/2025 6:11	Clean	Clean	Clean
10/06/2025 1:32	Clean	Clean	Clean
10/05/2025 2:31	Clean	Clean	Clean
10/04/2025 4:34	Clean	Clean	Clean
10/03/2025 7:09	Clean	Clean	Clean
10/02/2025 4:42	Clean	Clean	Clean
10/01/2025 3:22	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