

i'm a
BREAD
project

01/01/2026 - 01/31/2026

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: 6.9.1



BACKUPS

Backups created: 90; Latest one on: 02/28/2026 4:04



UPDATES

Updates performed: 10



UPTIME

Overall uptime: 99.859%



ANALYTICS

16.6% average decrease in sessions in the previous period



SECURITY

Your website is safe

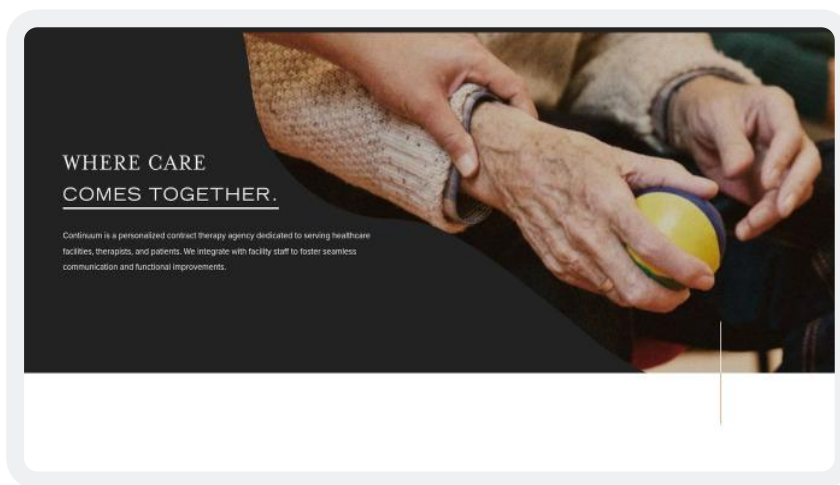
✓ BACKUPS



Backups created: **31**
01/01/2026 to 01/31/2026

Total backups available: **90**

LATEST BACKUPS



Backup size
440.89MB



WordPress version
6.9.1



Active Theme
Creative Bread Studio



Active Plugins
15



Published posts
0



Approved comments
0

UPDATES



Total updates performed: **10**

01/01/2026 to 01/31/2026

OVERVIEW

Plugin updates

9

Theme updates

1

UPDATES HISTORY (1/2)

Plugin name	Plugin version		Date
WPForms	1.9.8.7	→ 1.9.9.1	01/29/2026
Yoast SEO	26.6	→ 26.8	01/29/2026
Redirection	5.6.0	→ 5.6.1	01/29/2026
Post Types Order	2.4.1	→ 2.4.3	01/29/2026
Colorlib Login Customizer	1.3.4	→ 2.1.0	01/29/2026
PublishPress Capabilities	2.23.0	→ 2.30.0	01/29/2026
ManageWP - Worker	4.9.28	→ 4.9.28	01/28/2026

UPDATES HISTORY (2/2)

Plugin name	Plugin version		Date
ManageWP - Worker	4.9.26	→ 4.9.26	01/12/2026
Redirection	5.5.2	→ 5.6.0	01/05/2026

Theme name	Theme version		Date
Divi	4.27.4	→ 4.27.5	01/08/2026

UPTIME



Up for: **13d 2h**
Overall Uptime: **99.859%**

OVERVIEW

last 24 hours

100%

last 7 days

100%

last 30 days

99%

UPTIME HISTORY

Event	Date	Reason	Duration
UP	01/18/2026	HTTP 200 - OK	13d 2h
DOWN	01/18/2026	timeout was reached: 29.991287773s	5m 32s
UP	01/16/2026	HTTP 200 - OK	2d 8h
DOWN	01/16/2026	invokeLambda err: operation error Lambda: Invoke, excee...	6m 42s
UP	01/15/2026	HTTP 200 - OK	1d 1h
DOWN	01/15/2026	invokeLambda err: lambda function error: Unhandled:	35m 23s
UP	01/12/2026	HTTP 200 - OK	2d 21h
DOWN	01/12/2026	got status code 504 for continuumtherapy.com	6m 1s
UP	01/02/2026	HTTP 200 - OK	9d 19h
DOWN	01/02/2026	got status code 504 for continuumtherapy.com	5m 47s

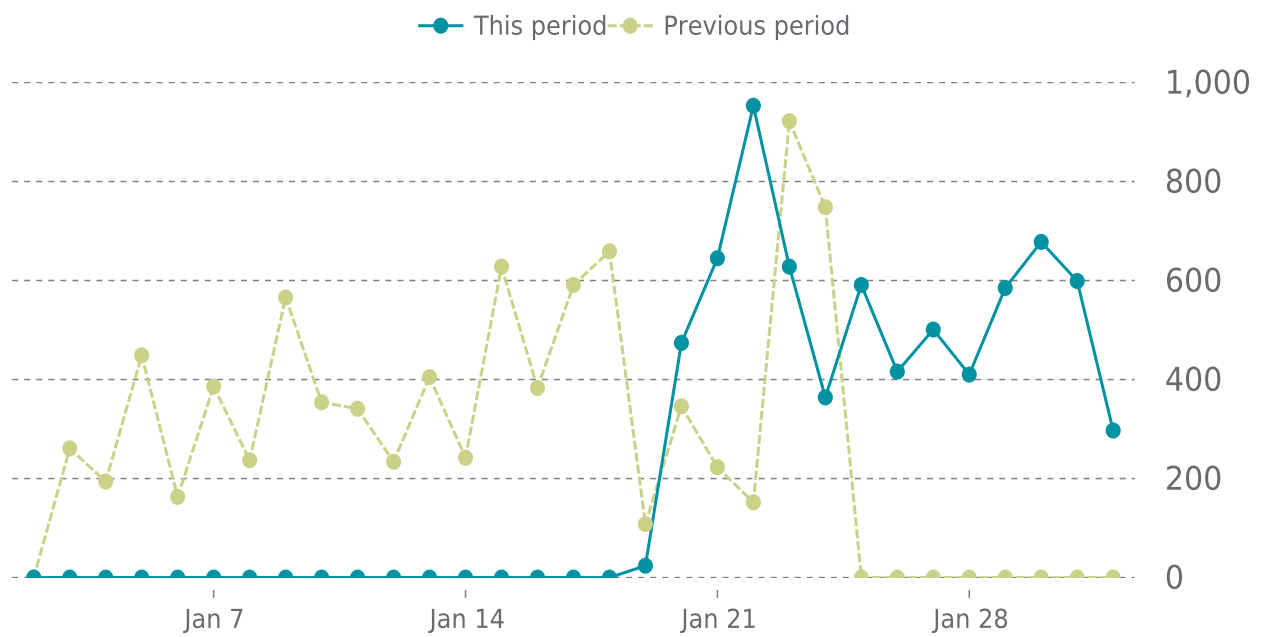
✓ ANALYTICS



Traffic down by: **16.6%**

01/01/2026 to 01/31/2026

SESSIONS



SECURITY



Total security checks: **36**

01/01/2026 to 01/31/2026

MOST RECENT SCAN

01/31/2026

Vulnerabilities: **Clean**

Malware: **Clean**

Web Trust: **Clean**

Total Vulnerabilities: **0**

SECURITY SCAN HISTORY (1/3)

Date	Malware	Vulnerabilities	Web Trust
01/31/2026 2:52	Clean	Clean	Clean
01/30/2026 2:35	Clean	Clean	Clean
01/29/2026 1:49	Clean	Clean	Clean
01/28/2026 7:04	Clean	Clean	Clean
01/27/2026 4:17	Clean	Clean	Clean
01/26/2026 0:43	Clean	Clean	Clean
01/26/2026 0:40	Clean	Clean	Clean
01/25/2026 1:22	Clean	Clean	Clean
Monthly Maintenance Report 01/24/2026 4:48	Clean	Clean	Clean
01/23/2026 4:37	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/3)

Date	Malware	Vulnerabilities	Web Trust
01/17/2026 1:29	Clean	Clean	Clean
01/16/2026 0:18	Clean	Clean	Clean
01/16/2026 0:17	Clean	Clean	Clean
01/15/2026 6:56	Clean	Clean	Clean
01/14/2026 1:28	Clean	Clean	Clean
01/13/2026 6:22	Clean	Clean	Clean
01/12/2026 6:17	Clean	Clean	Clean
01/11/2026 6:49	Clean	Clean	Clean
01/11/2026 6:49	Clean	Clean	Clean
01/10/2026 6:20	Clean	Clean	Clean
01/09/2026 3:07	Clean	Clean	Clean
01/08/2026 3:41	Clean	Clean	Clean
01/07/2026 6:20	Clean	Clean	Clean
01/07/2026 6:20	Clean	Clean	Clean
01/06/2026 7:32	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/3)

Date	Malware	Vulnerabilities	Web Trust
01/05/2026 5:21	Clean	Clean	Clean
01/04/2026 6:50	Clean	Clean	Clean
01/03/2026 4:44	Clean	Clean	Clean
01/02/2026 4:09	Clean	Clean	Clean
01/01/2026 3:55	Clean	Clean	Clean
01/01/2026 3:55	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