

i'm a
BREAD
project

03/01/2026 - 03/31/2026

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: 6.9.4



BACKUPS

Backups created: 90; Latest one on: 04/01/2026 5:03



UPDATES

Updates performed: 7



UPTIME

Overall uptime: 99.972%



ANALYTICS

30% average increase in sessions in the previous period



SECURITY

Your website is safe

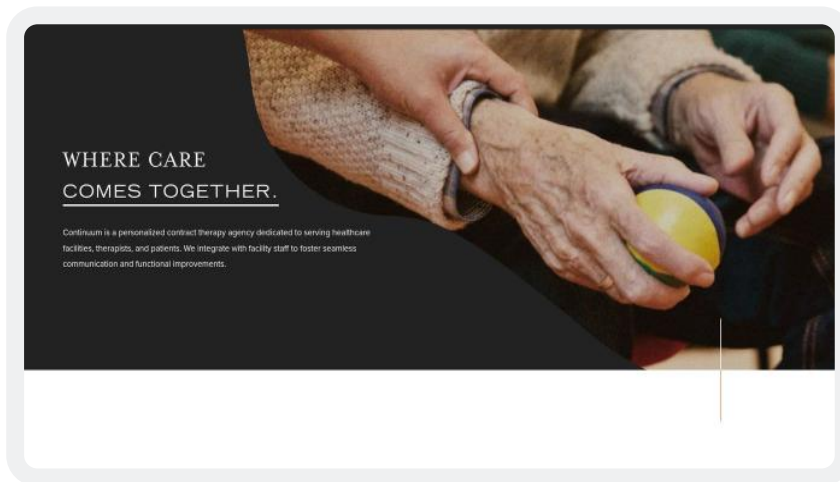
✓ BACKUPS



Backups created: **31**
03/01/2026 to 03/31/2026

Total backups available: **90**

LATEST BACKUPS



Backup size
444.85MB



WordPress version
6.9.4



Active Theme
Creative Bread Studio



Active Plugins
15



Published posts
0



Approved comments
0

UPDATES



Total updates performed: **7**

03/01/2026 to 03/31/2026

OVERVIEW

Plugin updates

6

WordPress updates

1

UPDATES HISTORY

Plugin name	Plugin version		Date
PublishPress Capabilities	2.40.0	→ 2.42.0	03/26/2026
Yoast SEO	26.9	→ 27.2	03/20/2026
WP Activity Log	5.6.0	→ 5.6.1	03/20/2026
ManageWP - Worker	4.9.31	→ 4.9.32	03/18/2026
PublishPress Capabilities	2.30.0	→ 2.40.0	03/16/2026
ManageWP - Worker	4.9.30	→ 4.9.31	03/11/2026

UPDATES HISTORY

WordPress	WordPress version	Date
-	6.9.1 → 6.9.4	03/12/2026

UPTIME



Up for: **14d 2h**
Overall Uptime: **99.972%**

OVERVIEW

last 24 hours

100%

last 7 days

100%

last 30 days

99%

UPTIME HISTORY

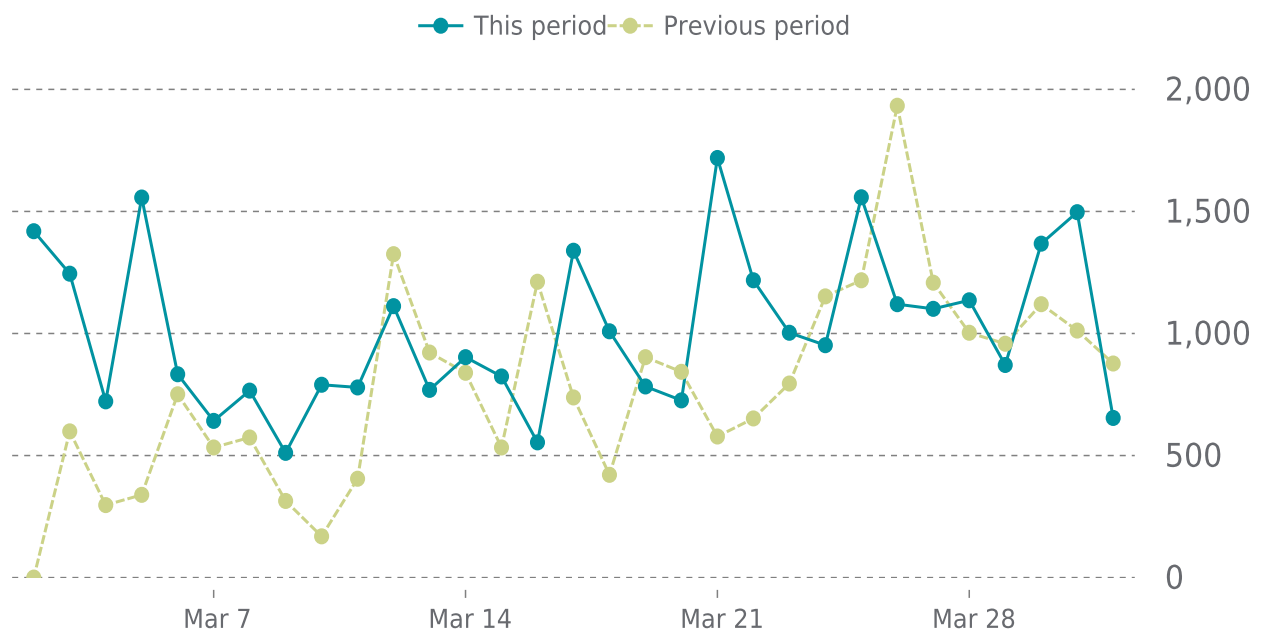
Event	Date	Reason	Duration
UP	03/17/2026	HTTP 200 - OK	14d 2h
DOWN	03/17/2026	timeout was reached: 30.000186262s	5m 43s

✓ ANALYTICS



Traffic up by: **30%**
03/01/2026 to 03/31/2026

SESSIONS



SECURITY



Total security checks: **33**

03/01/2026 to 03/31/2026

MOST RECENT SCAN

03/31/2026

Vulnerabilities: **Clean**

Malware: **Clean**

Web Trust: **Clean**

Total Vulnerabilities: **0**

SECURITY SCAN HISTORY (1/4)

Date	Malware	Vulnerabilities	Web Trust
03/31/2026 7:10	Clean	Clean	Clean
03/30/2026 3:51	Clean	Clean	Clean
03/29/2026 2:42	Clean	Clean	Clean
03/28/2026 3:46	Clean	Clean	Clean
03/28/2026 3:45	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/4)

Date	Malware	Vulnerabilities	Web Trust
03/27/2026 2:28	Clean	Clean	Clean
03/26/2026 1:05	Clean	Clean	Clean
03/26/2026 1:04	Clean	Clean	Clean
03/25/2026 7:36	Clean	Clean	Clean
03/24/2026 0:27	Clean	Clean	Clean
03/23/2026 0:46	Clean	Clean	Clean
03/22/2026 0:44	Clean	Clean	Clean
03/21/2026 1:36	Clean	Clean	Clean
03/20/2026 5:49	Clean	Clean	Clean
03/19/2026 1:36	Clean	Clean	Clean
03/18/2026 7:08	Clean	Clean	Clean
03/17/2026 5:17	Clean	Clean	Clean
03/16/2026 1:04	Clean	Detected	Clean

SECURITY SCAN HISTORY (3/4)

Date	Malware	Vulnerabilities	Web Trust
03/15/2026 7:46	Clean	Detected	Clean
03/14/2026 0:15	Clean	Detected	Clean
03/13/2026 4:31	Clean	Clean	Clean
03/12/2026 5:08	Clean	Clean	Clean
03/11/2026 1:09	Clean	Clean	Clean
03/09/2026 5:06	Clean	Clean	Clean
03/09/2026 5:04	Clean	Clean	Clean
03/08/2026 3:48	Clean	Clean	Clean
03/07/2026 5:13	Clean	Clean	Clean
03/06/2026 7:19	Clean	Clean	Clean
03/05/2026 6:37	Clean	Clean	Clean
03/04/2026 5:53	Clean	Clean	Clean
03/03/2026 0:49	Clean	Clean	Clean

SECURITY SCAN HISTORY (4/4)

Date	Malware	Vulnerabilities	Web Trust
03/02/2026 5:26	Clean	Clean	Clean
03/01/2026 1:04	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