

i'm a
BREAD
project

05/01/2026 - 05/31/2026

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: 7.0



BACKUPS

Backups created: 90; Latest one on: 06/01/2026 5:03



UPDATES

Updates performed: 11



UPTIME

Overall uptime: 99.843%



ANALYTICS

49.2% average decrease in sessions in the previous period



SECURITY

Your website is safe

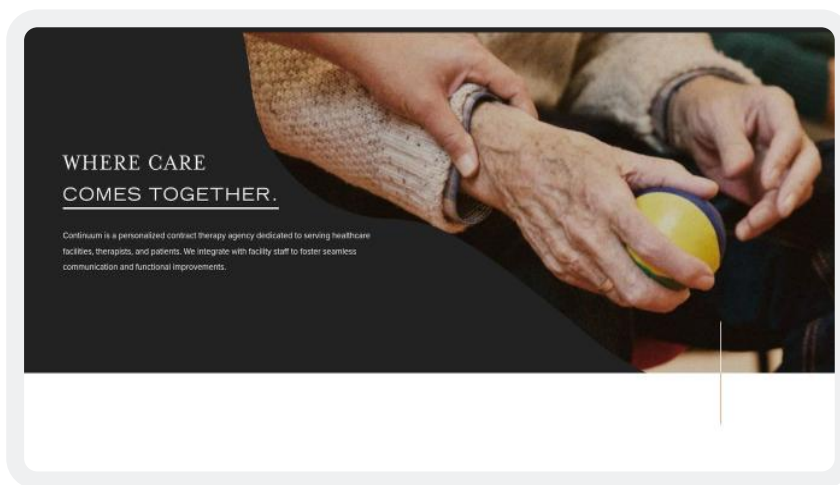
✓ BACKUPS



Backups created: **31**
05/01/2026 to 05/31/2026

Total backups available: **90**

LATEST BACKUPS



Backup size
461.91MB



WordPress version
7.0



Active Theme
Creative Bread Studio



Active Plugins
15



Published posts
0



Approved comments
0

UPDATES



Total updates performed: **11**

05/01/2026 to 05/31/2026

OVERVIEW

Plugin updates

8

Theme updates

2

WordPress updates

1

UPDATES HISTORY (1/2)

Plugin name	Plugin version		Date
Yoast SEO	27.6	→ 27.7	05/29/2026
WPForms	1.10.0.5	→ 1.10.1	05/27/2026
WPForms	1.10.0.4	→ 1.10.0.5	05/19/2026
Divi Carousel	3.0.0	→ 5.0.0	05/19/2026
Yoast SEO	27.4	→ 27.6	05/19/2026
Post Types Order	2.4.6	→ 2.4.7	05/19/2026
ManageWP - Worker	4.9.33	→ 4.9.34	05/11/2026

UPDATES HISTORY (2/2)

Plugin name	Plugin version	Date
WP Activity Log	5.6.2 → 5.6.3	05/04/2026

Theme name	Theme version	Date
Twenty Twenty-One	2.7 → 2.8	05/22/2026
Twenty Twenty-Five	1.4 → 1.5	05/22/2026

WordPress	WordPress version	Date
-	6.9.4 → 7.0	05/22/2026

UPTIME



Up for: **2d 23h**
Overall Uptime: **99.843%**

OVERVIEW

last 24 hours
100%

last 7 days
99%

last 30 days
99%

UPTIME HISTORY

Event	Date	Reason	Duration
UP	05/29/2026	HTTP 200 - OK	2d 23h
DOWN	05/29/2026	timeout was reached: 15.281290089s	6m 45s

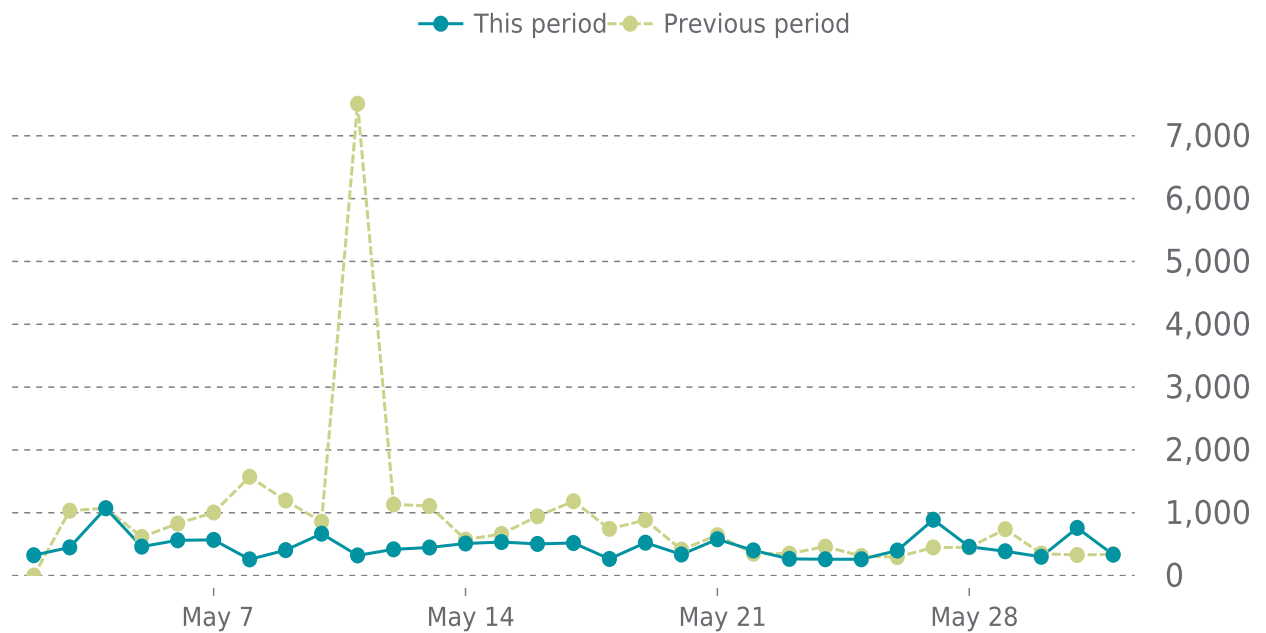
✓ ANALYTICS



Traffic down by: **49.2%**

05/01/2026 to 05/31/2026

SESSIONS



SECURITY



Total security checks: **39**

05/01/2026 to 05/31/2026

MOST RECENT SCAN

05/31/2026

Vulnerabilities: **Clean**

Malware: **Clean**

Web Trust: **Clean**

Total Vulnerabilities: **0**

SECURITY SCAN HISTORY (1/4)

Date	Malware	Vulnerabilities	Web Trust
05/31/2026 2:25	Clean	Clean	Clean
05/30/2026 4:50	Clean	Clean	Clean
05/29/2026 7:13	Clean	Clean	Clean
05/29/2026 7:13	Clean	Clean	Clean
05/28/2026 6:01	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/4)

Date	Malware	Vulnerabilities	Web Trust
05/27/2026 4:21	Clean	Clean	Clean
05/27/2026 4:21	Clean	Clean	Clean
05/26/2026 0:32	Clean	Clean	Clean
05/25/2026 4:04	Clean	Clean	Clean
05/24/2026 5:12	Clean	Clean	Clean
05/23/2026 6:29	Clean	Clean	Clean
05/23/2026 6:28	Clean	Clean	Clean
05/22/2026 3:47	Clean	Clean	Clean
05/21/2026 5:37	Clean	Clean	Clean
05/20/2026 5:39	Clean	Clean	Clean
05/19/2026 2:49	Clean	Clean	Clean
05/19/2026 2:48	Clean	Clean	Clean
05/18/2026 3:23	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/4)

Date	Malware	Vulnerabilities	Web Trust
05/17/2026 6:49	Clean	Clean	Clean
05/16/2026 1:15	Clean	Clean	Clean
05/15/2026 3:34	Clean	Clean	Clean
05/15/2026 3:34	Clean	Clean	Clean
05/14/2026 1:38	Clean	Clean	Clean
05/13/2026 8:31	Clean	Clean	Clean
05/13/2026 6:20	Clean	Detected	Clean
05/13/2026 6:20	Clean	Detected	Clean
05/12/2026 5:53	Clean	Clean	Clean
05/11/2026 2:36	Clean	Clean	Clean
05/10/2026 2:36	Clean	Clean	Clean
05/09/2026 2:22	Clean	Clean	Clean
05/08/2026 1:57	Clean	Clean	Clean

SECURITY SCAN HISTORY (4/4)

Date	Malware	Vulnerabilities	Web Trust
05/07/2026 5:10	Clean	Clean	Clean
05/06/2026 0:51	Clean	Clean	Clean
05/05/2026 3:51	Clean	Clean	Clean
05/05/2026 3:51	Clean	Clean	Clean
05/04/2026 5:23	Clean	Clean	Clean
05/03/2026 4:00	Clean	Clean	Clean
05/02/2026 2:51	Clean	Clean	Clean
05/01/2026 4:00	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