https://cavalierhealthcare.com/

i'm a
BREAD
project

07/01/2026 - 07/31/2026

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://cavalierhealthcare.com/
IP Address: 141.193.213.10
WordPress Version: 7.1

BACKUPS
Backups created: 90; Latest one on: 08/30/2026 8:28

UPDATES
Updates performed: 5

UPTIME
Overall uptime: 99.975%

ANALYTICS
5.9% average increase in sessions in the previous period

SECURITY
Your website is safe

PERFORMANCE
PageSpeed score: 95; YSlow score: 94

BACKUPS

Backups created: **31**

07/01/2026 to 07/31/2026

Total backups available: **90**

LATEST BACKUPS



Backup size
319.25MB

WordPress version
7.1

Active Theme
Creative Bread Studio

Active Plugins
13

Published posts
1

Approved comments
1

UPDATES

Total updates performed: **5**

07/01/2026 to 07/31/2026

OVERVIEW

Plugin updates
4

WordPress updates
1

UPDATES HISTORY

Plugin name	Plugin version			Date
Yoast SEO	27.9	→	28.1	07/31/2026
WP Activity Log	5.6.4	→	5.6.5	07/23/2026
ManageWP - Worker	4.9.34	→	4.9.35	07/16/2026
Redirection	5.8.0	→	5.8.1	07/06/2026

UPDATES HISTORY

WordPress	WordPress version	Date
-	7.0 → 7.0.1	07/17/2026

UPTIME

Up for: **14d 16h**
Overall Uptime: **99.975%**

OVERVIEW

last 24 hours
100%

last 7 days
100%

last 30 days
99%

UPTIME HISTORY

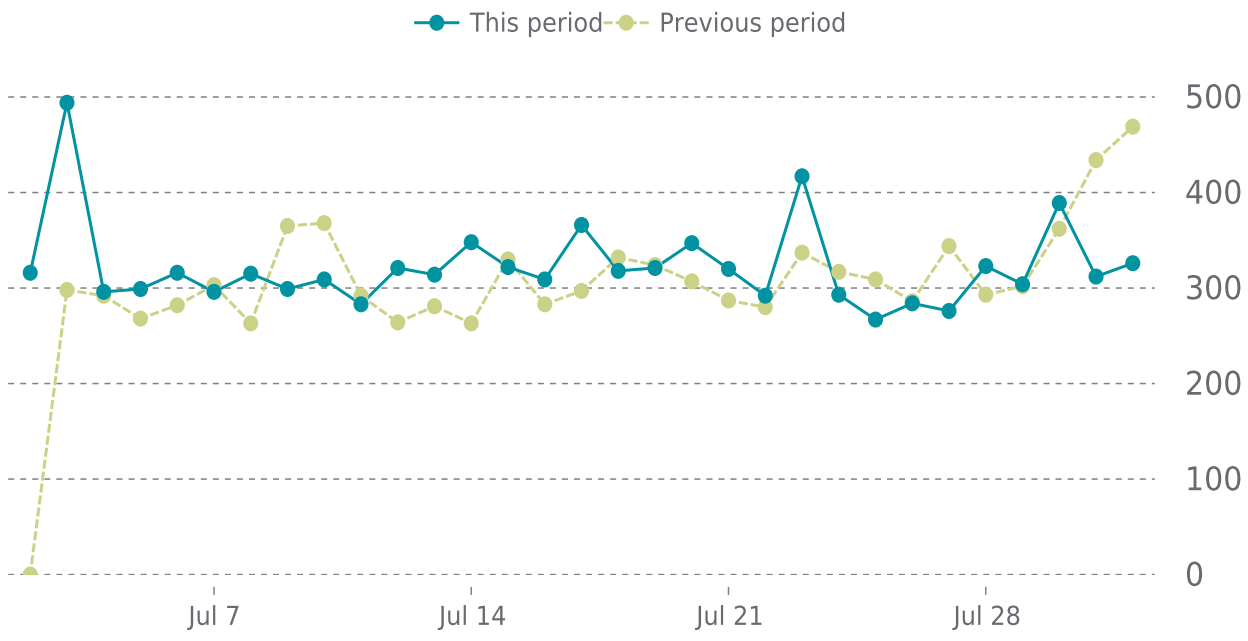
Event	Date	Reason	Duration
UP	07/17/2026	HTTP 200 - OK	14d 16h
DOWN	07/17/2026	timeout was reached: 30.000225588s	5m 13s

ANALYTICS

Traffic up by: **5.9%**

07/01/2026 to 07/31/2026

SESSIONS



SECURITY

Total security checks: **38**

07/01/2026 to 07/31/2026

MOST RECENT SCAN

07/31/2026

Vulnerabilities: Clean

Malware: Clean Web Trust: Clean Total Vulnerabilities: 0

SECURITY SCAN HISTORY (1/4)

Date	Malware	Vulnerabilities	Web Trust
07/31/2026 14:41	Clean	Clean	Clean
07/31/2026 1:06	Clean	Detected	Clean
07/31/2026 1:05	Clean	Detected	Clean
07/30/2026 2:57	Clean	Clean	Clean
07/30/2026 2:55	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/4)

Date	Malware	Vulnerabilities	Web Trust
07/29/2026 0:55	Clean	Clean	Clean
07/28/2026 4:27	Clean	Clean	Clean
07/27/2026 6:40	Clean	Clean	Clean
07/26/2026 7:24	Clean	Clean	Clean
07/25/2026 2:56	Clean	Clean	Clean
07/25/2026 2:55	Clean	Clean	Clean
07/24/2026 7:23	Clean	Clean	Clean
07/23/2026 17:18	Clean	Clean	Clean
07/23/2026 7:13	Clean	Detected	Clean
07/22/2026 0:24	Clean	Clean	Clean
07/21/2026 1:26	Clean	Clean	Clean
07/20/2026 3:34	Clean	Clean	Clean
07/19/2026 4:20	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/4)

Date	Malware	Vulnerabilities	Web Trust
07/18/2026 3:47	Clean	Clean	Clean
07/17/2026 5:21	Clean	Clean	Clean
07/17/2026 5:20	Clean	Clean	Clean
07/16/2026 0:25	Clean	Clean	Clean
07/15/2026 4:06	Clean	Clean	Clean
07/14/2026 6:52	Clean	Clean	Clean
07/13/2026 5:40	Clean	Clean	Clean
07/12/2026 7:53	Clean	Clean	Clean
07/11/2026 2:02	Clean	Clean	Clean
07/11/2026 2:01	Clean	Clean	Clean
07/10/2026 7:59	Clean	Clean	Clean
07/09/2026 6:21	Clean	Clean	Clean
07/08/2026 6:55	Clean	Clean	Clean

SECURITY SCAN HISTORY (4/4)

Date	Malware	Vulnerabilities	Web Trust
07/07/2026 0:12	Clean	Clean	Clean
07/06/2026 2:40	Clean	Clean	Clean
07/05/2026 4:01	Clean	Clean	Clean
07/04/2026 2:46	Clean	Clean	Clean
07/03/2026 4:11	Clean	Clean	Clean
07/02/2026 1:19	Clean	Clean	Clean
07/01/2026 4:27	Clean	Clean	Clean

PERFORMANCE

Total performance checks: **33**

07/01/2026 to 07/31/2026

MOST RECENT SCAN

07/31/2026

PageSpeed Grade

A (95%)

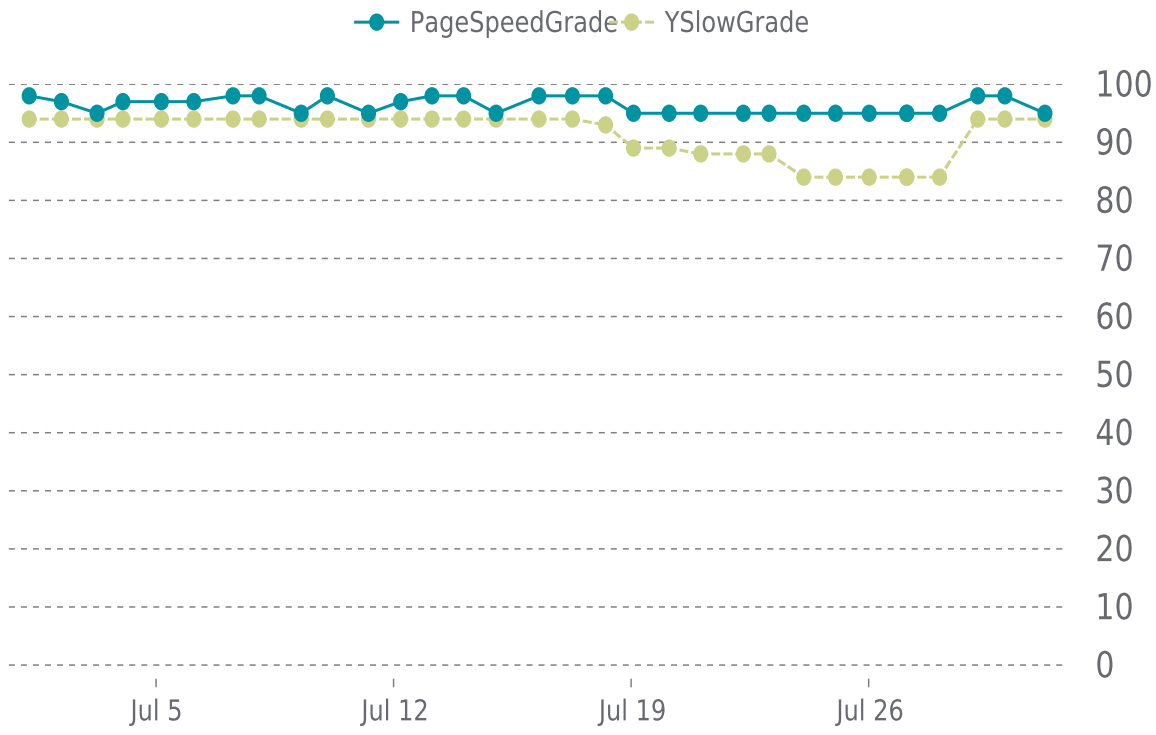
Previous check: 98%

YSlow Grade

A (94%)

Previous check: 94%

PERFORMANCE OVERVIEW



PERFORMANCE HISTORY (1/3)

Date	Load time	PageSpeed	YSlow
07/31/2026 04:40	0.56 s	A (95%)	A (94%)
07/30/2026 00:19	0.94 s	A (98%)	A (94%)
07/29/2026 05:09	0.41 s	A (98%)	A (94%)
07/28/2026 02:11	1.43 s	A (95%)	B (84%)
07/27/2026 02:57	0.34 s	A (95%)	B (84%)
07/27/2026 02:56	0.51 s	A (95%)	B (84%)
07/26/2026 00:22	0.52 s	A (95%)	B (84%)
07/25/2026 00:32	0.59 s	A (95%)	B (84%)
07/24/2026 02:07	1.73 s	A (95%)	B (84%)
07/23/2026 01:32	1.82 s	A (95%)	B (88%)
07/22/2026 07:23	0.43 s	A (95%)	B (88%)
07/21/2026 01:14	1.00 s	A (95%)	B (88%)
07/20/2026 02:52	0.48 s	A (95%)	B (89%)
07/19/2026 01:41	0.44 s	A (95%)	B (89%)
07/18/2026 05:57	0.43 s	A (98%)	A (93%)

PERFORMANCE HISTORY (2/3)

Date	Load time	PageSpeed	YSlow
07/17/2026 06:29	0.48 s	A (98%)	A (94%)
07/16/2026 06:49	0.50 s	A (98%)	A (94%)
07/15/2026 00:29	0.97 s	A (95%)	A (94%)
07/14/2026 01:32	1.70 s	A (98%)	A (94%)
07/13/2026 03:10	1.88 s	A (98%)	A (94%)
07/12/2026 05:03	0.51 s	A (97%)	A (94%)
07/11/2026 06:16	0.53 s	A (95%)	A (94%)
07/10/2026 01:11	0.98 s	A (98%)	A (94%)
07/09/2026 06:41	0.47 s	A (95%)	A (94%)
07/08/2026 00:55	0.60 s	A (98%)	A (94%)
07/07/2026 06:25	0.51 s	A (98%)	A (94%)
07/06/2026 02:41	0.27 s	A (98%)	A (94%)
07/06/2026 02:41	0.71 s	A (97%)	A (94%)
07/05/2026 03:47	0.44 s	A (97%)	A (94%)
07/04/2026 00:34	0.42 s	A (97%)	A (94%)

PERFORMANCE HISTORY (3/3)

Date	Load time	PageSpeed	YSlow
07/03/2026 06:16	0.52 s	A (95%)	A (94%)
07/02/2026 05:05	0.84 s	A (97%)	A (94%)
07/01/2026 06:16	0.49 s	A (98%)	A (94%)

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