

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://continuumtherapy.com/>
IP Address: 34.105.30.128
WordPress Version: 7.0.2



BACKUPS

Backups created: 90; Latest one on: 07/31/2026 5:03



UPDATES

Updates performed: 9



UPTIME

Overall uptime: 99.975%



ANALYTICS

34% average increase in sessions in the previous period



SECURITY

Your website is safe

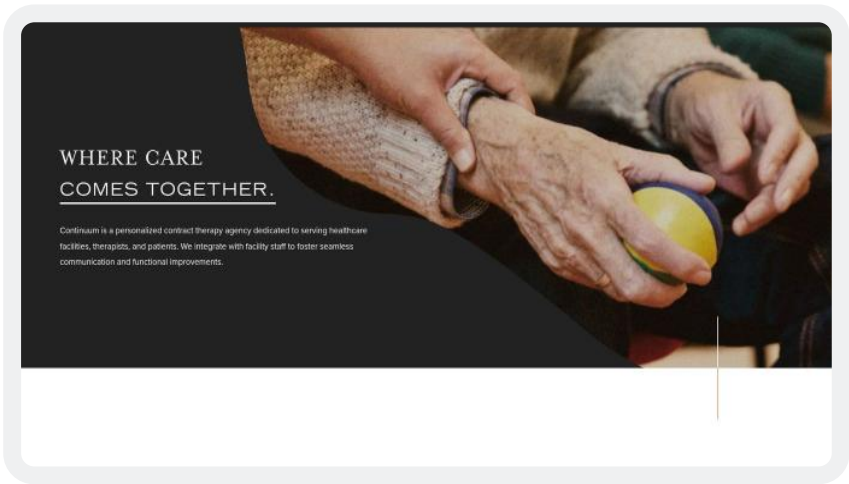
BACKUPS



Backups created: **31**
07/01/2026 to 07/31/2026

Total backups available: **90**

LATEST BACKUPS



Backup size
463.74MB



WordPress version
7.0.2



Active Theme
Creative Bread Studio



Active Plugins
15



Published posts
0



Approved comments
0

UPDATES



Total updates performed: **9**
07/01/2026 to 07/31/2026

OVERVIEW

Plugin updates
9

UPDATES HISTORY (1/2)

Plugin name	Plugin version			Date
Yoast SEO	28.0	➔	28.1	07/31/2026
WP Activity Log	5.6.4	➔	5.6.5	07/23/2026
Toolset Types	3.6.1	➔	3.6.2	07/17/2026
Toolset Views	3.6.21	➔	3.6.26	07/17/2026
DiviGear Carousel	5.0.1	➔	5.1.0	07/17/2026
Yoast SEO	27.9	➔	28.0	07/17/2026
Redirection	5.8.1	➔	5.9.0	07/17/2026

UPDATES HISTORY (2/2)

Plugin name	Plugin version			Date
ManageWP - Worker	4.9.34	➔	4.9.35	07/16/2026
Redirection	5.8.0	➔	5.8.1	07/06/2026

 UPTIME



Up for: **14d 13h**
Overall Uptime: **99.975%**

OVERVIEW

last 24 hours	last 7 days	last 30 days
100%	100%	99%

UPTIME HISTORY

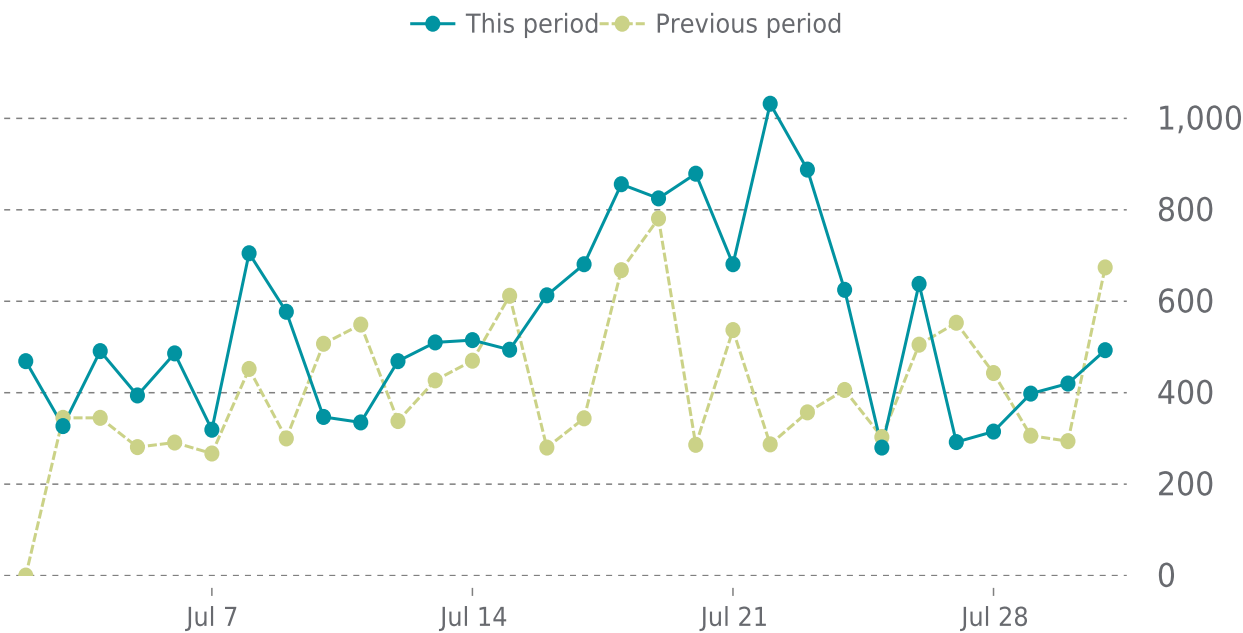
Event	Date	Reason	Duration
UP	07/17/2026	HTTP 200 - OK	14d 13h
DOWN	07/17/2026	timeout was reached: 30.028061188s	5m 10s

ANALYTICS



Traffic up by: **34%**
07/01/2026 to 07/31/2026

SESSIONS



SECURITY



Total security checks: **35**
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 14:42	Clean	Clean	Clean
07/31/2026 0:06	Clean	Detected	Clean
07/30/2026 3:02	Clean	Clean	Clean
07/30/2026 3:02	Clean	Clean	Clean
07/29/2026 4:54	Clean	Clean	Clean

SECURITY SCAN HISTORY (2/4)

Date	Malware	Vulnerabilities	Web Trust
07/28/2026 7:02	Clean	Clean	Clean
07/27/2026 0:18	Clean	Clean	Clean
07/26/2026 2:48	Clean	Clean	Clean
07/25/2026 6:41	Clean	Clean	Clean
07/24/2026 3:12	Clean	Clean	Clean
07/24/2026 3:12	Clean	Clean	Clean
07/23/2026 6:40	Clean	Clean	Clean
07/22/2026 3:23	Clean	Clean	Clean
07/22/2026 3:23	Clean	Clean	Clean
07/21/2026 1:54	Clean	Clean	Clean
07/20/2026 3:56	Clean	Clean	Clean
07/19/2026 3:15	Clean	Clean	Clean
07/18/2026 0:50	Clean	Clean	Clean

SECURITY SCAN HISTORY (3/4)

Date	Malware	Vulnerabilities	Web Trust
07/17/2026 7:04	Clean	Clean	Clean
07/16/2026 3:55	Clean	Clean	Clean
07/15/2026 0:26	Clean	Clean	Clean
07/14/2026 1:55	Clean	Clean	Clean
07/13/2026 2:40	Clean	Clean	Clean
07/12/2026 5:03	Clean	Clean	Clean
07/11/2026 4:23	Clean	Clean	Clean
07/10/2026 4:35	Clean	Clean	Clean
07/09/2026 4:47	Clean	Clean	Clean
07/08/2026 5:15	Clean	Clean	Clean
07/07/2026 2:59	Clean	Clean	Clean
07/06/2026 2:08	Clean	Clean	Clean
07/05/2026 1:05	Clean	Clean	Clean

SECURITY SCAN HISTORY (4/4)

Date	Malware	Vulnerabilities	Web Trust
07/04/2026 0:28	Clean	Clean	Clean
07/03/2026 4:47	Clean	Clean	Clean
07/02/2026 5:09	Clean	Clean	Clean
07/01/2026 1:55	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