



July 29th, 2026 at 11:20

Activity Report for inspomedial.com

Summary

Inspo One · WordPress Care & Hosting

 Updates

WordPress Core

 WordPress is at the latest version.

Update Log

These are the plugin and theme updates that have been performed in the last reporting period.

Update	Date	Version
 Getgenie	July 28th, 2026 at 2:00	4.5.0 to 4.5.1
 Wp Pagenavi	July 25th, 2026 at 12:29	2.94.5 to 2.94.6
 Insert Headers And Footers	July 24th, 2026 at 12:22	2.3.7 to 2.3.8
 Defender Pro	July 22nd, 2026 at 4:59	6.0.1 to 6.1.0

Security

Malware Scanning

We run regular code checks to look for vulnerable, harmful, and malicious code across your entire website.

 Your code is clean, the skies are clear.

Blocklist Monitor

If Google detects malware on this site it will be added to it's blocklist. Here is the current status:

 Your domain is currently clean.

IP Lockouts

We are automatically protecting your login area and files from hackers and bots.

 There have been 4 lockouts in the last reporting period.

Last Lockout	24 July 2026 07:00
Login Lockouts	0
404 Lockouts	4

Uptime

Statistics

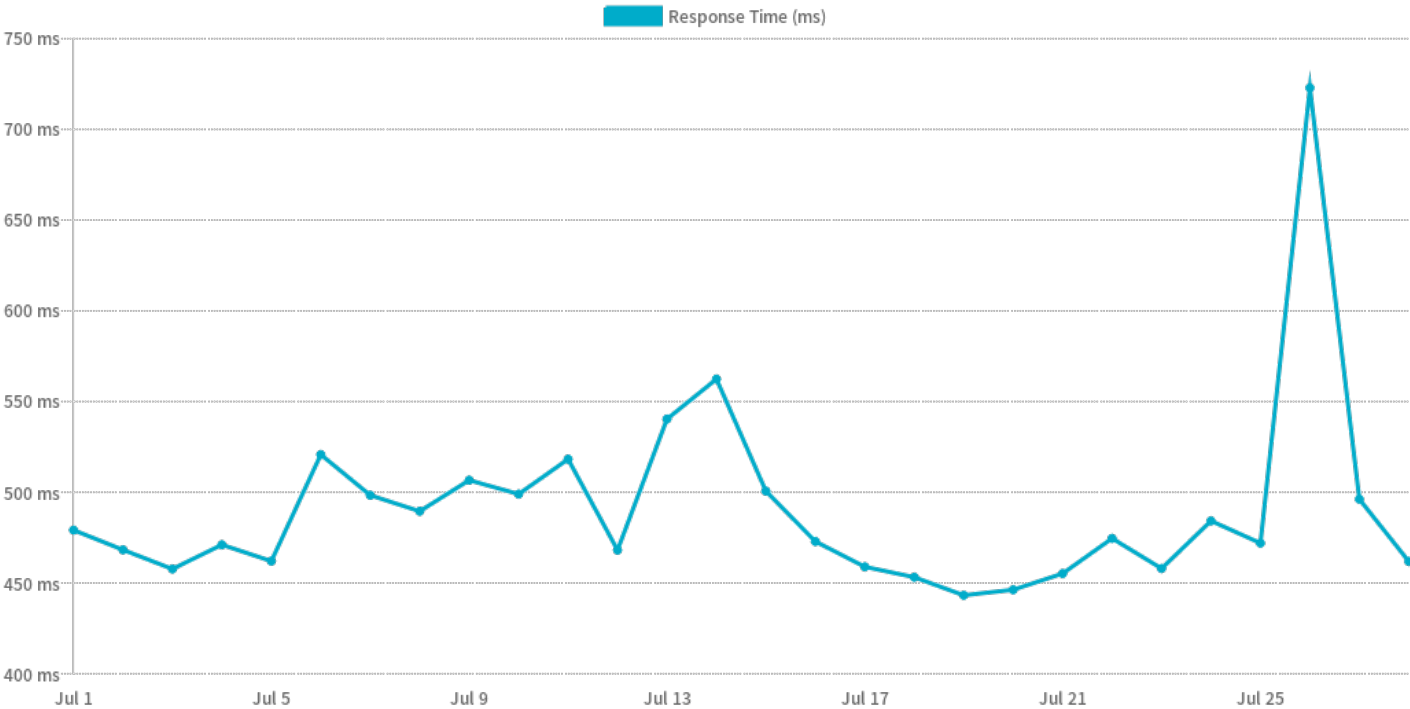
This report details how accessible your website's server has been over the period including any downtime and your average server response time.

✔ Your website had no downtime during the reporting period.

Availability	100%
Outages	0
Downtime	0s

Response Time

This graph shows your server response time over the report period. A lower response time is better.



 SEO

SEO Audits

Google Lighthouse SEO audits ensure that your page is optimized for search engine results ranking. We recommend actioning as many as possible.

85  /100

Score On Desktop

85  /100

Score On Mobile

Last Test Date

July 29th, 2026 at 11:20

Audit Summary	Desktop	Mobile
Content Audits	2 	2 
Crawling and Indexing Audits		
Responsive Audits		

Broken Link Checker

Summary

Here is the Broken Link Checker summary.

Summary

Broken Links	11 Broken Links
Total broken links found on your site.	
Total Links Found	1,667 Links
Total links found on your site.	
Unique URLs	133 URLs
Total unique URLs on your site.	
Next Scheduled Scan	-
Next time that the scan will run automatically.	

Backups

Overview

We are currently backing up your site on a Daily basis. You can find details on the last backup below.

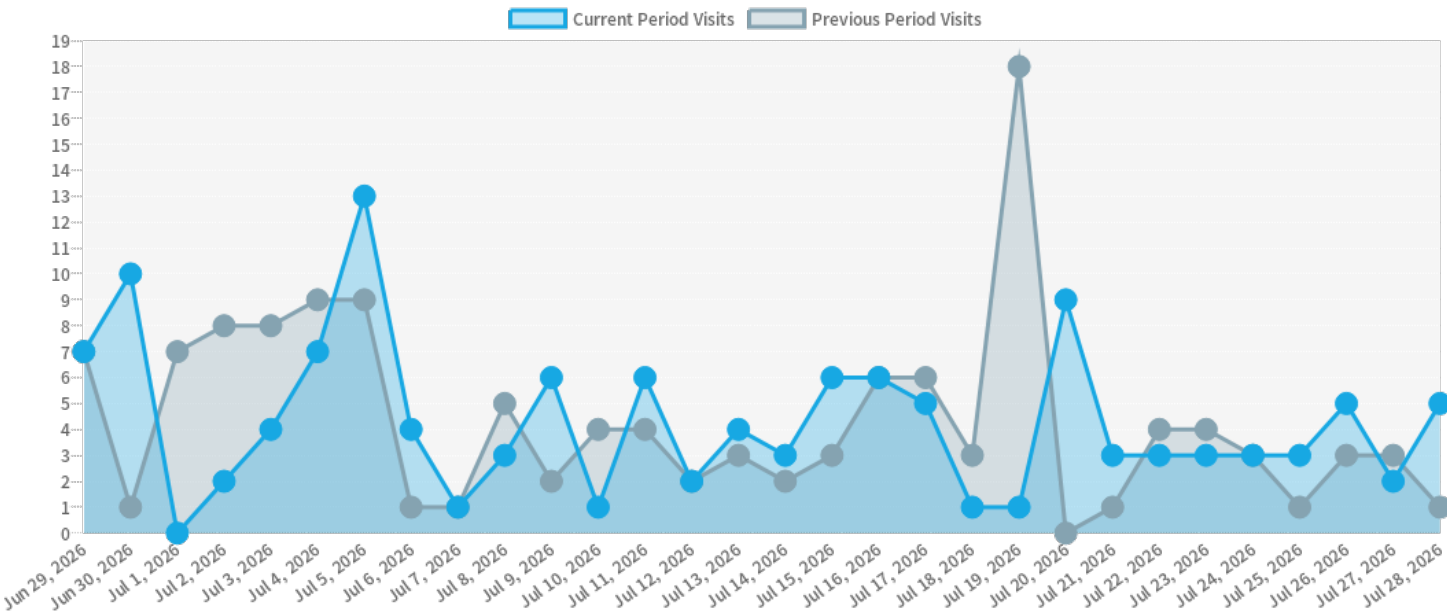
Your website is all backed up.

Last Backup	July 29th, 2026 at 3:42
WP Version	7.0.2
Schedule	Daily

Analytics

Traffic

An overview of your traffic analytics for the current reporting period compared to last.



Visits

128

↓ 1%

Unique Visits

120

↑ 1%

Pageviews

277

↓ 8%

Unique Pageviews

242

↑ 12%

Avg. Visit Time

1.2 mins

↑ 60%

Bounce Rate

53.7%

↓ 5%

Avg. Page Load Time

1.82 sec

↓ 59%

 Billing

Billing

Here is the billing summary report for your site.

Summary

Monthly Recurring Billing	GBP 0.00
Normalized monthly bill from all active subscriptions.	

Active Subscriptions	-
Total number of active subscriptions for this site.	

Net Billing	GBP 0.00
Total amount billed for all recurring and one-time invoices, minus any refunds issued.	

Outstanding Invoices	-
Total invoices which are due and failed.	