

Contoso Legal LLP



PREPARED BY
Harbour IT

DATE
12 Oct 2026

DATA COLLECTED
11 Oct 2026, 20:32 UTC

MICROSOFT 365 TENANT
contoso.onmicrosoft.com

How much mail each domain sends and receives, how much was delivered, sent to Junk, quarantined or failed, and who gets the most spam and phishing.

Filtered view. Mail per day: 3 of 32 rows, Delivered is 1, 1 column hidden. The headline figures cover every row.

Messages

192

Counted since 1 Oct 2026

Delivered

89%

171 messages

Quarantined

2

Held in quarantine

Failed

10

Not delivered

Phishing recipients

3

Targeted in the last 30 days

Mail per domain 1 1 to review

Mail counted for each of the tenant's domains since 1 Oct 2026, one count per message and recipient: received from outside, sent outside, and between colleagues. Junk is mail delivered to the Junk Email folder; quarantined mail waits in the Defender portal's quarantine (Email & collaboration > Review > Quarantine); failed mail wasn't delivered (the sender gets a bounce). A domain where more than 5% of mail fails is flagged: check its MX record and any connectors.

Flag	Domain	Received	Sent	Between colleagues	Delivered	Junk	Quarantined	Failed	Failed share
● Medium	contoso.example	110	45	37	171	9	2	10	5%

Top phishing recipients 3

The people Microsoft caught the most phishing for in the last 30 days (its top 20). These are the people attackers target: make sure they have phishing-resistant MFA and know how to report a message.

	Rank	Recipient	Phishing messages
	1	joseph.morris@contoso.example	4
	2	megan.smith@contoso.example	3
	3	jacob.johnson@contoso.example	2

Top spam recipients 6

The people Microsoft caught the most spam for in the last 30 days (its top 20). Someone near the top every month may have an address that's been widely published or leaked.

	Rank	Recipient	Spam messages
	1	joseph.morris@contoso.example	61
	2	megan.smith@contoso.example	30
	3	jacob.johnson@contoso.example	24
	4	owen.taylor@contoso.example	19
	5	rhys.evans@contoso.example	12
	6	evie.davis@contoso.example	11

Mail per day 3

The same counts for each day, newest first.

Date	Direction	Delivered	Junk	Quarantined	Failed
11 Oct 2026	Sent	1	0	0	0
1 Oct 2026	Between colleagues	1	0	0	0
1 Oct 2026	Received	1	0	0	0

Counted up to 11 Oct 2026; the message trace runs about an hour behind.

Prepared by Harbour IT (help@harbourit.example · 0161 496 0000). Read from Microsoft 365 with read-only access; nothing was changed. Data collected 11 Oct 2026, 20:32 UTC.