MAIL FLOW BY DOMAIN

Contoso Legal LLP

Harbour IT

PREPARED BY	DATE	DATA COLLECTED	MICROSOFT 365 TENANT
Harbour IT	14 Oct 2026	14 Oct 2026, 04:00 UTC	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: 24 of 31 rows, Failed is 0. The headline figures cover every row.

Messages	Delivered	Quarantined	Failed	Phishing recipients
192	89%	2	10	3
Counted since 4 Oct 2026	171 messages	Held in quarantine	Not delivered	Targeted in the last 30 days

Mail per domain 1

1 to review

Mail counted for each of the tenant's domains since 4 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 24

The same counts for each day, newest first.

Date	Domain	Direction	Delivered	Junk	Quarantined	Failed
14 Oct 2026	contoso.example	Received	1	0	0	0
13 Oct 2026	contoso.example	Between colleagues	3	0	0	0
13 Oct 2026	contoso.example	Sent	1	0	0	0
13 Oct 2026	contoso.example	Received	5	1	0	0
12 Oct 2026	contoso.example	Between colleagues	4	0	0	0
12 Oct 2026	contoso.example	Sent	4	0	0	0
12 Oct 2026	contoso.example	Received	8	1	0	0
11 Oct 2026	contoso.example	Between colleagues	3	0	0	0
10 Oct 2026	contoso.example	Between colleagues	3	0	0	0
10 Oct 2026	contoso.example	Sent	5	0	0	0
10 Oct 2026	contoso.example	Received	18	1	1	0
9 Oct 2026	contoso.example	Between colleagues	3	0	0	0
9 Oct 2026	contoso.example	Received	11	1	0	0
8 Oct 2026	contoso.example	Between colleagues	4	0	0	0
8 Oct 2026	contoso.example	Received	5	1	0	0
7 Oct 2026	contoso.example	Between colleagues	3	0	0	0
6 Oct 2026	contoso.example	Between colleagues	6	0	0	0
6 Oct 2026	contoso.example	Sent	5	0	0	0
6 Oct 2026	contoso.example	Received	9	0	0	0
5 Oct 2026	contoso.example	Between colleagues	3	0	0	0

Date	Domain	Direction	Delivered	Junk	Quarantined	Failed
5 Oct 2026	contoso.example	Sent	3	0	0	0
5 Oct 2026	contoso.example	Received	10	2	0	0
4 Oct 2026	contoso.example	Between colleagues	5	0	0	0
4 Oct 2026	contoso.example	Received	9	1	0	0

Counted up to 14 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 14 Oct 2026, 04:00 UTC.