



Performance Report for:

<http://andreamorrison.co.uk/>

Report generated: Thu, Mar 7, 2024 4:01 PM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

E	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	49%	75%	5.9s	102ms	0.16

Top Issues

High	Reduce initial server response time <small>FCP LCP</small>	Root document took 2.3s
High	Avoid enormous network payloads <small>LCP</small>	Total size was 6.18MB
Med	Avoid chaining critical requests <small>FCP LCP</small>	37 chains found
Med	Don't lazy load Largest Contentful Paint image <small>LCP</small>	LCP was lazy loaded
Med	Serve static assets with an efficient cache policy	Potential savings of 4.42MB

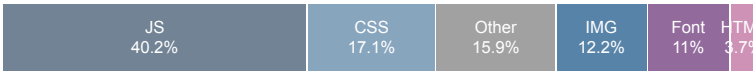
Page Details



Total Page Size - 6.16MB



Total Page Requests - 82



How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

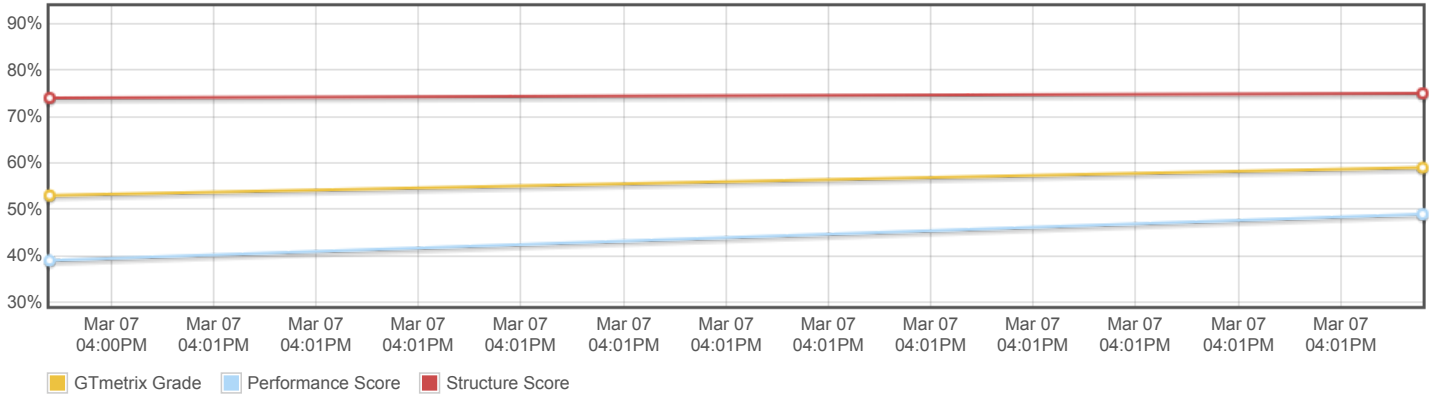
About GTmetrix



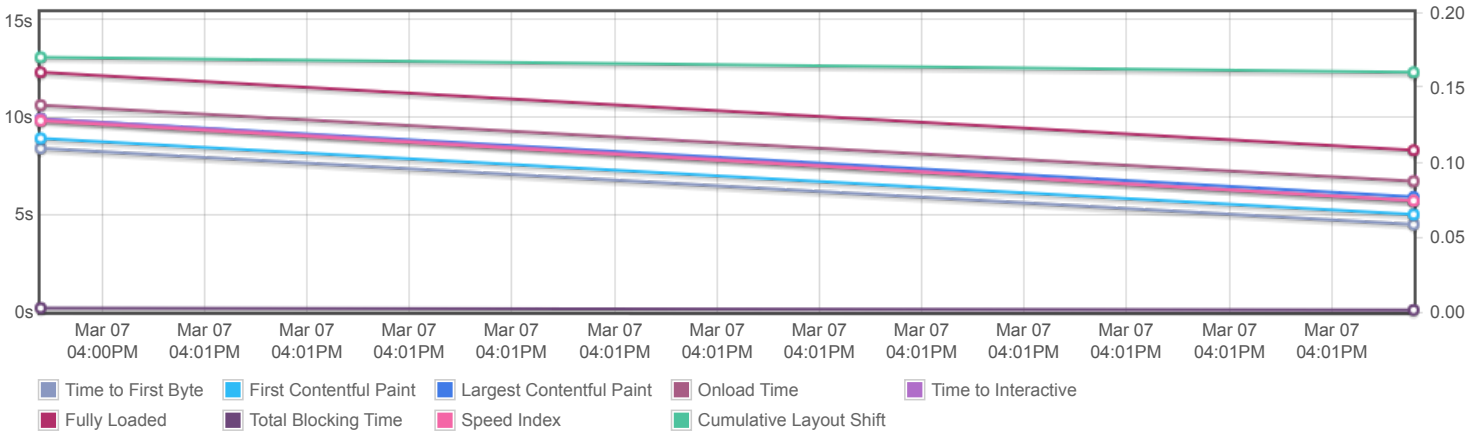
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

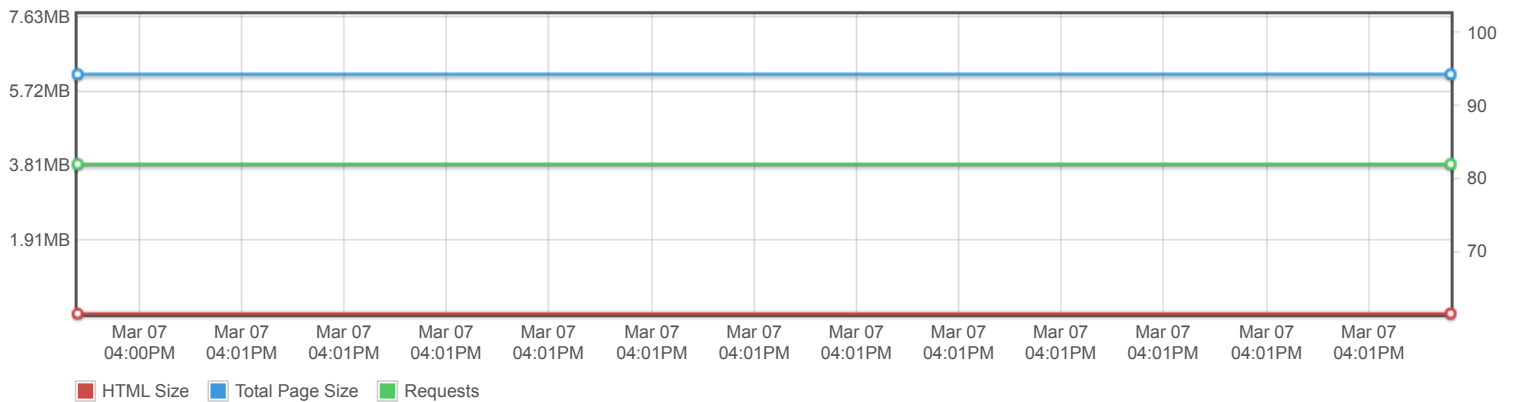
Page scores



Page metrics

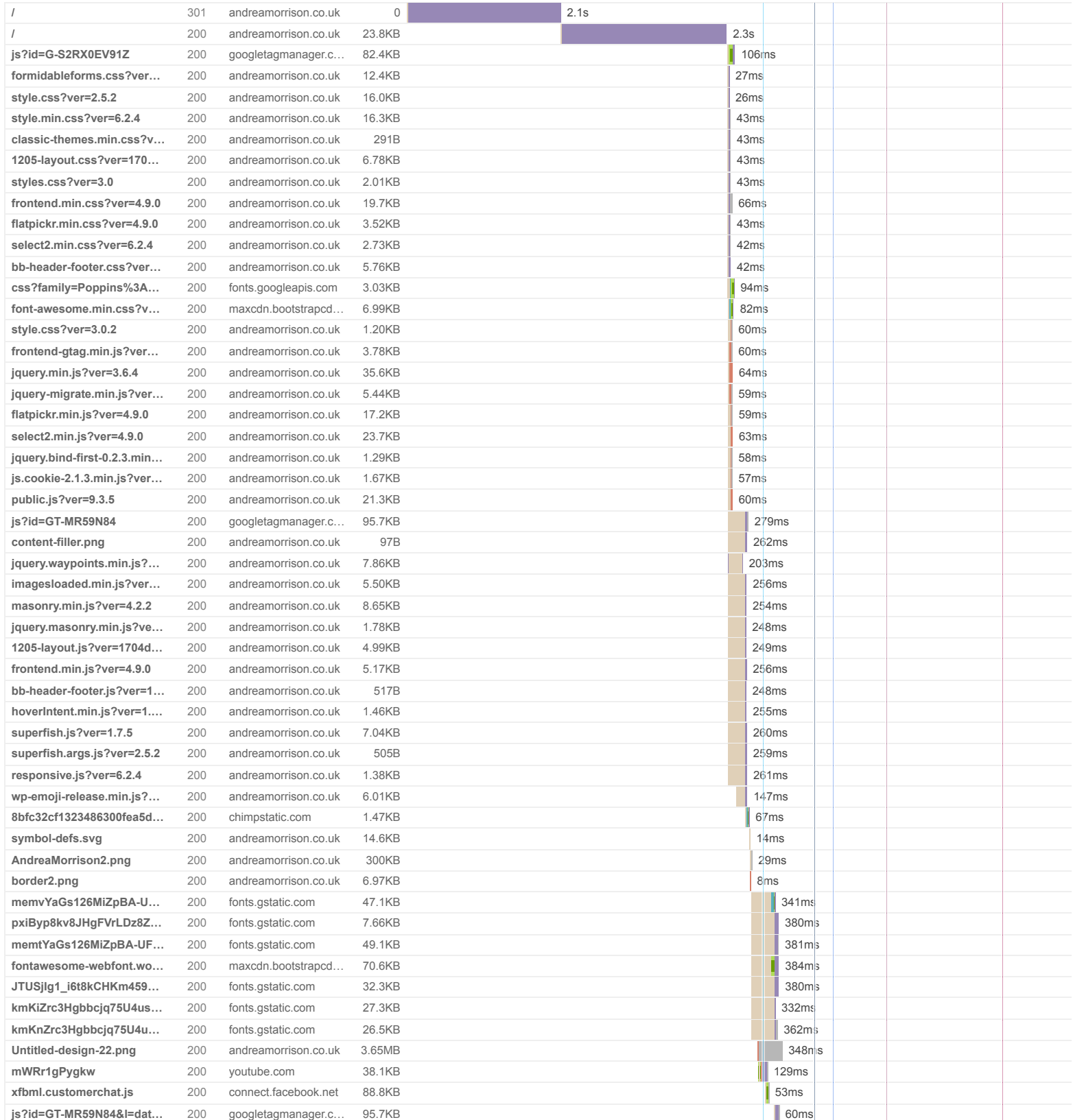


Page sizes and request counts

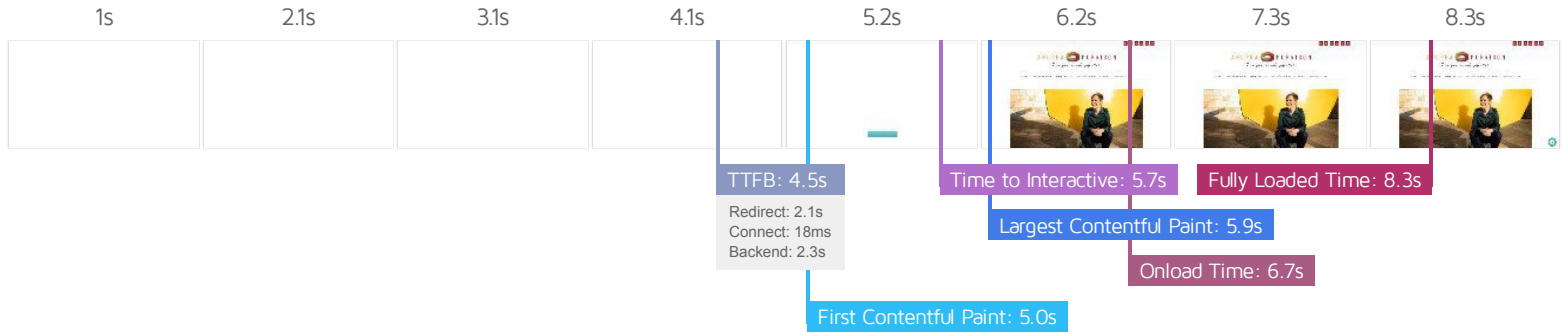


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Andrea Morrison Coaching - Discover A Natural Confidence



www-player.css	200	youtube.com	46.8KB	45ms			
embed.js	200	youtube.com	17.6KB	33ms			
www-embed-player.js	200	youtube.com	95.0KB	57ms			
base.js	200	youtube.com	778KB	130ms			
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB	121ms			
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB	122ms			
SDK?app_id=&attribution...	(failed)	facebook.com	742B	69ms			
facade?app_id=&attributi...	200	facebook.com	3.42KB	79ms			
Untitled-design-22-300x1...	200	andreamorrison.co.uk	84.7KB	20ms			
184A7562-300x200.jpg	200	andreamorrison.co.uk	12.9KB	13ms			
Untitled-design-44-300x1...	200	andreamorrison.co.uk	110KB	26ms			
SDK?app_id=&attribution...	(failed)	facebook.com	742B	38ms			
id	302	googleads.g.doublec...	0	48ms			
id?sif_rd=1	302	googleads.g.doublec...	0	42ms			
ad_status.js	200	static.doubleclick.net	29B	39ms			
POST Create	200	jnn-pa.googleapis.com	39.9KB	66ms			
OPTIONS Create	200	jnn-pa.googleapis.com	0	42ms			
remote.js	200	youtube.com	33.1KB	16ms			
6mt_jkCC8QEMfVv4UaXe...	200	google.com	19.5KB	33ms			
sddefault.webp	200	i.ytimg.com	10.7KB	40ms			
70r5TkYTLC0cpKLAiQE...	200	yt3.ggpht.com	3.54KB	52ms			
id?sif_rd=1	200	googleads.g.doublec...	120B	16ms			
POST GenerateIT	200	jnn-pa.googleapis.com	134B	33ms			
OPTIONS GenerateIT	200	jnn-pa.googleapis.com	0	15ms			
cast_sender.js	200	gstatic.com	1.96KB	70ms			
generate_204?fmea-A	204	youtube.com	0	6ms			
cast_sender.js	200	gstatic.com	15.0KB	9ms			
cropped-Untitled-design-...	200	andreamorrison.co.uk	974B	7ms			
POST log_event?alt=json...	200	youtube.com	50B				18ms
82 Requests	6.16MB	(13.7MB Uncompressed)	Fully Loaded 8.3s	(Onload 6.7s)			



Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Much longer than recommended</p> <p>4.9s</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Much longer than recommended</p> <p>5.7s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Much longer than recommended</p> <p>5.7s</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>102ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Much longer than recommended</p> <p>5.9s</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>More than recommended</p> <p>0.16</p>

Browser Timings

Redirect	2.1s	Connect	18ms	Backend	2.3s
TTFB	4.5s	First Paint	5.0s	DOM Int.	5.7s
DOM Loaded	5.7s	Onload	6.7s	Fully Loaded	8.3s

IMPACT AUDIT

Med-Low

Lazy load third-party resources with facades TBT

2 facade alternatives available

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required.

PRODUCT	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
YouTube Embedded Player (Video)	1.00MB	0ms
https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/base.js	778KB	0ms
https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js	95.1KB	0ms
https://www.youtube.com/s/player/c48a9559/www-player.css	47.1KB	0ms
https://www.youtube.com/embed/mWRr1gPygkw	38.1KB	0ms
https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/remote.js	33.1KB	0ms
Other resources	32.7KB	0ms
Facebook Messenger Customer Chat (Social)	94.0KB	0ms
https://connect.facebook.net/en_US/sdk/xfbml.customerchat.js	90.6KB	0ms
https://www.facebook.com/plugins/customer_chat/facade/?app_id=&attribution=wordpress&attribution_version=2.3&channel=https%3A%2F%2Fstaticxx.facebook.com%2F%2Fconnect%2Fxd_arbiter%2F%3Fversion%3D46%23cb%3Df0b8397f7faf2e41b%26domain%3Dandreamorrison.co.uk%26is_canvas%3Dfalse%26origin%3Dhttps%253A%252F%252Fandreamorrison.co.uk%252Ffc740a39e28cb3ee0%26relation%3Dparent.parent&current_url=https%3A%2F%2Fandreamorrison.co.uk%2F&is_loaded_by_facade=true&locale=en_US&log_id=ceb63324-72ae-4ef7-b80e-2efdec6c4b5d&page_id=476682355783676&request_time=1709856125640&sdk=joey&should_use_new_domain=false&suppress_http_code=1	3.42KB	0ms

Low

Avoid large layout shifts CLS

5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Discover a Natural Confidence and Realise Your Potential With insightful coachi... <div class="fl-row-content-wrap">	0.15
div#utility_bar_right > section#simple-social-icons-2 > div.widget-wrap > ul.alignright <ul class="alignright">	0.00
HOME ABOUT ANDREA WORK WITH ME BLOG/PODCAST CONTACT ONLINE STORE <ul id="menu-main" class="menu genesis-nav-menu menu-primary js-superfish sf-js-enabled sf-arrows" style="touch-action: pan-y;">	0.00
ABOUT ANDREA <li id="menu-item-1431" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-has-children">	0.00
BLOG/PODCAST <li id="menu-item-1438" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-1438">	0.00

Low

Avoid long main-thread tasks TBT

7 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• https://andreamorrison.co.uk/	4.8s	105ms
• https://andreamorrison.co.uk/	4.5s	95ms
• https://www.googletagmanager.com/gtag/js?id=GT-MR59N84	5.3s	93ms
• Unattributable	5.4s	85ms
• https://andreamorrison.co.uk/	5.0s	71ms
• https://www.googletagmanager.com/gtag/js?id=G-S2RX0EV91Z	4.9s	69ms
• https://www.googletagmanager.com/gtag/js?id=G-S2RX0EV91Z	5.1s	52ms

Low

Allow back/forward cache restoration

5 failure reasons

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations.

FAILURE REASON	FAILURE TYPE
The page has an unload handler in a sub frame. https://www.facebook.com/bubble https://www.facebook.com/v6.0/plugins/customer_chat/bubble https://www.facebook.com/v6.0/plugins/customer_chat/bubble https://www.facebook.com/v6.0/plugins/customer_chat/bubble https://www.facebook.com/v6.0/plugins/customer_chat/bubble	Actionable

Low

Avoid an excessive DOM size TBT

652 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		652
Maximum DOM Depth	Ignite your business birthday bash 	23
Maximum Child Elements	NavigationHome About Andrea – Book Andrea as your Inspirational Speaker Work W... <select id="menu-main-1" class="menu mobile-dropdown-menu nav-chosen-select">	28

Low

Eliminate render-blocking resources FCP LCP

Potential savings of 43ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://andreamorrison.co.uk/wp-content/themes/andrea-morrison/style.css?ver=2.5.2	16.0KB	152ms
https://andreamorrison.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.2.4	16.3KB	304ms
https://andreamorrison.co.uk/wp-content/uploads/bb-plugin/cache/1205-layout.css?ver=1704d70c5e28f5a33c3b0e928fd24220	6.78KB	152ms
https://andreamorrison.co.uk/wp-content/plugins/better-click-to-tweet/assets/css/styles.css?ver=3.0	2.29KB	152ms
https://andreamorrison.co.uk/wp-content/plugins/wp-user-avatar/assets/css/frontend.min.css?ver=4.9.0	19.7KB	304ms
https://andreamorrison.co.uk/wp-content/plugins/bb-header-footer/assets/css/bb-header-footer.css?ver=1.2.2	6.05KB	152ms
https://fonts.googleapis.com/css?family=Poppins%3A300%7CLibre+Baskerville%3A400%2C700%7CMontserrat%3A400%2C700%7COpen+Sans%3Alight%2Clight%2Cregular%2Cregularitalic%2C300%2C600%2C600italic%2Cbold%2Cbolditalic%2C800%2C800italic%7C&ver=6.2.4	3.03KB	780ms
https://maxcdn.bootstrapcdn.com/font-awesome/4.6.2/css/font-awesome.min.css?ver=1.8.1	6.99KB	805ms
https://andreamorrison.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.6.4	35.6KB	152ms
https://andreamorrison.co.uk/wp-content/plugins/wp-user-avatar/assets/flatpickr/flatpickr.min.js?ver=4.9.0	17.2KB	152ms
https://andreamorrison.co.uk/wp-content/plugins/pixelyoursite/dist/scripts/jquery.bind-first-0.2.3.min.js?ver=6.2.4	1.58KB	152ms

Low

Ensure text remains visible during webfont load FCP LCP

7 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBBObj2QVTS-muw.woff2	56ms
https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLDz8Z1xIFQ.woff2	103ms
https://fonts.gstatic.com/s/opensans/v40/mem1YaGs126MiZpBA-UfUicVXSCEkx2cmqvXIWqWuU6F.woff2	104ms
https://maxcdn.bootstrapcdn.com/font-awesome/4.6.2/fonts/fontawesome-webfont.woff2?v=4.6.2	107ms
https://fonts.gstatic.com/s/montserrat/v26/JTUSjIlg1_i6t8kCHKm459Wlhyy.woff2	104ms
https://fonts.gstatic.com/s/librebaskerville/v14/kmKiZrc3Hgbbcjg75U4uslyuy4kn0qviTgY3KcA.woff2	56ms
https://fonts.gstatic.com/s/librebaskerville/v14/kmKnZrc3Hgbbcjg75U4uslyuy4kn0qNZaxM.woff2	87ms

Low

Reduce JavaScript execution time TBT

595ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
https://andreamorrison.co.uk/	549ms	112ms	6ms
Unattributable	371ms	11ms	0ms
https://www.googletagmanager.com/gtag/js?id=GT-MR59N84	131ms	92ms	38ms
https://connect.facebook.net/en_US/sdk/xfbml.customerchat.js	131ms	114ms	5ms
https://www.googletagmanager.com/gtag/js?id=G-S2RX0EV91Z	129ms	121ms	3ms
https://andreamorrison.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.6.4	123ms	86ms	1ms

Low

Enable text compression FCP LCP

Potential savings of 19.9KB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://andreamorrison.co.uk/wp-content/plugins/bb-plugin/js/jquery.waypoints.min.js?ver=1.8.1	7.86KB	5.32KB
https://andreamorrison.co.uk/wp-content/themes/genesis/lib/js/menu/superfish.js?ver=1.7.5	7.04KB	4.78KB
https://andreamorrison.co.uk/wp-content/plugins/bb-header-footer/assets/css/bb-header-footer.css?ver=1.2.2	5.76KB	4.71KB
https://andreamorrison.co.uk/wp-includes/js/imagesloaded.min.js?ver=4.1.4	5.50KB	3.71KB
https://andreamorrison.co.uk/wp-content/plugins/better-click-to-tweet/assets/css/styles.css?ver=3.0	2.01KB	1.42KB

Low

Properly size images

Potential savings of 3.01MB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://andreamorrison.co.uk/wp-content/uploads/2022/04/Untitled-design-22.png	3.65MB	2.97MB
https://andreamorrison.co.uk/wp-content/uploads/2023/03/Untitled-design-44-300x169.png	110KB	24.6KB
https://andreamorrison.co.uk/wp-content/uploads/2022/04/Untitled-design-22-300x169.png	84.7KB	19.0KB

Low

Avoid multiple page redirects FCP LCP

Potential savings of 2.1s

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• http://andreamorrison.co.uk/	2.1s
• https://andreamorrison.co.uk/	0ms

Low

Reduce unused CSS FCP LCP

Potential savings of 61.5KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://andreamorrison.co.uk/wp-content/plugins/wp-user-avatar/assets/css/frontend.min.css?ver=4.9.0	19.7KB	19.7KB
• https://andreamorrison.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.2.4	16.3KB	16.3KB
• https://andreamorrison.co.uk/wp-content/themes/andrea-morrison/style.css?ver=2.5.2	16.0KB	13.0KB
• https://andreamorrison.co.uk/wp-content/plugins/formidable/css/formidableforms.css?ver=441757	12.4KB	12.4KB

Low

Serve images in next-gen formats

Potential savings of 3.64MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://andreamorrison.co.uk/wp-content/uploads/2022/04/Untitled-design-22.png	3.65MB	3.20MB
https://andreamorrison.co.uk/wp-content/uploads/2019/05/AndreaMorrison2.png	300KB	270KB
https://andreamorrison.co.uk/wp-content/uploads/2023/03/Untitled-design-44-300x169.png	110KB	98KB
https://andreamorrison.co.uk/wp-content/uploads/2022/04/Untitled-design-22-300x169.png	84.7KB	77.2KB

Low

Minify CSS FCP LCP

Potential savings of 3.65KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://andreamorrison.co.uk/wp-content/themes/andrea-morrison/style.css?ver=2.5.2	16.0KB	3.65KB

Low

Avoid non-composited animations CLS

15 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT

NAME

div.widget-wrap > ul.alignright > li.ssi-youtube > a

```
<a href="https://www.youtube.com/channel/UCd3Uay1GfIdo58wzToxeetg" target="_blank" rel="noopener norereferrer">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: background-color

background-color

Unsupported CSS Property: width

width

Unsupported CSS Property: border-left-color

border-left-color

Unsupported CSS Property: font-size

font-size

Unsupported CSS Property: border-right-color

border-right-color

Unsupported CSS Property: padding-bottom

padding-bottom

Unsupported CSS Property: line-height

line-height

Unsupported CSS Property: padding-left

padding-left

Unsupported CSS Property: padding-right

padding-right

Unsupported CSS Property: border-top-color

border-top-color

Unsupported CSS Property: padding-top

padding-top

Unsupported CSS Property: border-bottom-color

border-bottom-color

Unsupported CSS Property: height

height

div.widget-wrap > ul.alignright > li.ssi-instagram > a

```
<a href="https://www.instagram.com/andreamorrisoncoaching/" target="_blank" rel="noopener norereferrer">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: background-color

background-color

Unsupported CSS Property: width

width

Unsupported CSS Property: border-left-color

border-left-color

Unsupported CSS Property: font-size

font-size

Unsupported CSS Property: border-right-color

border-right-color

Unsupported CSS Property: padding-bottom

padding-bottom

Unsupported CSS Property: line-height

line-height

Unsupported CSS Property: padding-left

padding-left

Unsupported CSS Property: padding-right

padding-right

Unsupported CSS Property: border-top-color

border-top-color

Unsupported CSS Property: padding-top

padding-top

Unsupported CSS Property: border-bottom-color

border-bottom-color

Unsupported CSS Property: height

height

div.widget-wrap > ul.alignright > li.ssi-linkedin > a

```
<a href="https://www.linkedin.com/in/%F0%9F%8C%9Fandrea-morrison%F0%9F%8C%9F-802950..." target="_blank" rel="noopener norereferrer">
```

Unsupported CSS Property: color

color

Unsupported CSS Property: background-color

background-color

Unsupported CSS Property: width

width

Unsupported CSS Property: border-left-color

border-left-color

Unsupported CSS Property: font-size

font-size

Unsupported CSS Property: border-right-color

border-right-color

Unsupported CSS Property: padding-bottom

padding-bottom

Unsupported CSS Property: line-height

line-height

Unsupported CSS Property: padding-left

padding-left

Unsupported CSS Property: padding-right

padding-right

ELEMENT	NAME
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-bottom-color	border-bottom-color
Unsupported CSS Property: height	height
div.widget-wrap > ul.alignright > li.ssi-facebook > a 	
Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: width	width
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: line-height	line-height
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-bottom-color	border-bottom-color
Unsupported CSS Property: height	height
div.widget-wrap > ul.alignright > li.ssi-twitter > a 	
Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: width	width
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: line-height	line-height
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-bottom-color	border-bottom-color
Unsupported CSS Property: height	height
div.widget-wrap > ul.alignright > li.ssi-email > a 	
Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: width	width
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: padding-bottom	padding-bottom

ELEMENT	NAME
Unsupported CSS Property: line-height	line-height
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-bottom-color	border-bottom-color
Unsupported CSS Property: height	height
div.fl-post-grid > div.fl-post-grid-post > div.fl-post-grid-image > a	
	
Unsupported CSS Property: visibility	visibility
Consistency in business	
	
Unsupported CSS Property: visibility	visibility
One easy way to reduce stress quickly	
	
Unsupported CSS Property: visibility	visibility
An easy approach to be more certain of your decisions (Part I)	
	
Unsupported CSS Property: visibility	visibility
div.fl-post-grid > div.fl-post-grid-post > div.fl-post-grid-image > a	
	
Unsupported CSS Property: visibility	visibility
ajmorrison	
	
Unsupported CSS Property: visibility	visibility
ajmorrison	
	
Unsupported CSS Property: visibility	visibility
ajmorrison	
	
Unsupported CSS Property: visibility	visibility
A fresh approach to easily create more consistency in business	
	
Unsupported CSS Property: visibility	visibility

Low **Minify JavaScript** FCP LCP Potential savings of 12.9KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://andreamorrison.co.uk/wp-content/plugins/pixelyoursite/dist/scripts/public.js?ver=9.3.5	21.3KB	10.9KB
https://andreamorrison.co.uk/wp-content/themes/genesis/lib/js/menu/superfish.js?ver=1.7.5	7.31KB	2.09KB

Low **Reduce unused JavaScript** LCP Potential savings of 197KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.googletagmanager.com/gtag/js?id=GT-MR59N84&l=dataLayer&cx=c	95.7KB	64.6KB
https://connect.facebook.net/en_US/sdk/xfbml.customerchat.js	90.6KB	51.5KB
https://www.googletagmanager.com/gtag/js?id=GT-MR59N84	95.8KB	42.4KB
https://www.googletagmanager.com/gtag/js?id=G-S2RX0EV91Z	82.8KB	38.2KB

N/A **Largest Contentful Paint element** LCP 5,930 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Untitled design (22)

```

```

PHASE	% OF LCP	TIMING
TTFB	75%	4.5s
Load Delay	7%	432ms
Load Time	6%	346ms
Render Delay	12%	684ms

N/A **Minimize main-thread work** TBT Main-thread busy for 1.6s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Script Evaluation	611ms
Other	508ms
Style & Layout	266ms
Parse HTML & CSS	68ms
Script Parsing & Compilation	68ms
Rendering	37ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 21ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE TAG MANAGER	274KB	21ms
• https://www.googletagmanager.com/gtag/js?id=G-S2RX0EV91Z	82.8KB	16ms
• https://www.googletagmanager.com/gtag/js?id=GT-MR59N84	95.8KB	4ms
• https://www.googletagmanager.com/gtag/js?id=GT-MR59N84&l=dataLayer&cx=c	95.7KB	0ms
YOUTUBE	1.00MB	0ms
• https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/base.js	778KB	0ms
• https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js	95.1KB	0ms
• Other resources	151KB	0ms
GOOGLE FONTS	225KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memfYaGs126MiZpBA-UFUlcVXSCEkx2cmqvXIWqWuU6F.woff2	49.3KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUSjlg1_i6t8kCHKm459Wlhyy.woff2	32.4KB	0ms
• https://fonts.gstatic.com/s/librebaskerville/v14/kmKiZrc3Hgbbcjg75U4uslyuy4kn0qviTgY3KcA.woff2	27.4KB	0ms
• https://fonts.gstatic.com/s/librebaskerville/v14/kmKnZrc3Hgbbcjg75U4uslyuy4kn0qNZaxM.woff2	26.6KB	0ms
• Other resources	41.6KB	0ms
FACEBOOK	94.0KB	0ms
• https://connect.facebook.net/en_US/sdk/xfbml.customerchat.js	90.6KB	0ms
BOOTSTRAP CDN	77.6KB	0ms
• https://maxcdn.bootstrapcdn.com/font-awesome/4.6.2/fonts/fontawesome-webfont.woff2?v=4.6.2	70.6KB	0ms
• https://maxcdn.bootstrapcdn.com/font-awesome/4.6.2/css/font-awesome.min.css?ver=1.8.1	6.99KB	0ms
OTHER GOOGLE APIS/SDKS	60.3KB	0ms
• https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create	40.2KB	0ms
• https://www.google.com/js/th/6mt_jkCC8QEMFv4UaXe0WVRezbgEIH9_VSMBGBwk28.js	20.1KB	0ms
GOOGLE CDN	17.8KB	0ms
• https://www.gstatic.com/eureka/clank/117/cast_sender.js	15.4KB	0ms
MAILCHIMP	1.47KB	0ms
GOOGLE/DOUBLECLICK ADS	1.20KB	0ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Nothing to do here, good job!

N/A

User Timing marks and measures

No user timings and/or marks found.