# **Executive Summary**



# Performance Report for:

http://champions-mindset.co.uk/

Report generated: Thu, Mar 7, 2024 6:03 PM -0800

Test Server Location: K London, UK

Using: O Chrome 117.0.0.0, Lighthouse 11.0.0

B

Performance 78%

Structure

93%

L. Contentful Paint

2.3s

T. Blocking Time

167ms

C. Layout Shift

0

## Top Issues

Med-Low	Serve static assets with an efficient cache policy	Potential savings of 328KB
Med-Low	Use a Content Delivery Network (CDN)	21 resources found
Med-Low	Lazy load third-party resources with facades TBT	1 facade alternative available
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Avoid an excessive DOM size TBT	683 elements

## Page Details

6.4s

**Fully Loaded Time** 

Total Page Size - 1.85MB



## Total Page Requests - 55

	JS 41.8%		Other 18.2%	CSS 14.5%	IMG 12.7%	Font HTML 7.3% 5.5%
HTML	JS	CSS	IMG	Video	Font	Other

## 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**

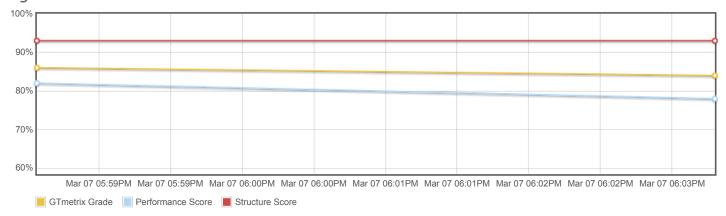


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

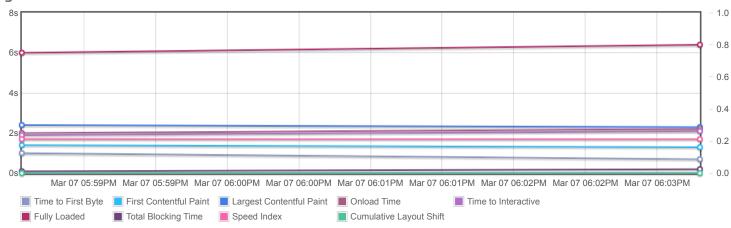
https://carbon60.com/



# Page scores



# Page metrics



# Page sizes and request counts



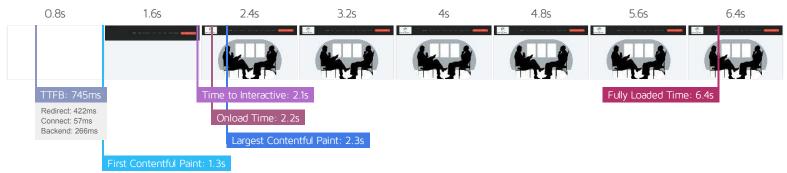


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

#### Champion's Mindset Sport Performance Psychology Experts 301 0 421ms champions-mindset. 200 champions-mindset... 225KB 325ms style.min.css?ver=4.6.7 10.9KB 52ms 200 champions-mindset... css?family=Open+Sans%... 2.04KB 108ms 200 fonts.googleapis.com style.css?ver=27b828ed0... 13.8KB 38ms 200 champions-mindset. cookieblocker.css?ver=1... 200 815B 34ms champions-mindset... 828B 37ms slick.min.css?ver=2.12.4 200 champions-mindset... custom-style-blocks.css?... 200 champions-mindset.... 23.7KB 92ms timeme.js?ver=1.5.6.1 200 champions-mindset 3.34KB 276 ms burst.js?ver=1.5.6.1 200 champions-mindset.. 4.33KB 312ms jquery.js?ver=3.7.1 200 champions-mindset.... 77.8KB 107ms jquery-migrate.js?ver=3.4.1 200 9 50KB 50ms champions-mindset.... js?id=G-G8F2W6N2ST 448ms 200 googletagmanager.c... 92.7KB js?id=AW-11178416776 439ms 200 78.2KB googletagmanager.c... style.js?ver=4.6.7 200 champions-mindset.. 5.78KB 47ms post.js?ver=2.12.4 2.27KB 35ms 200 champions-mindset. imagesloaded.min.js?ver... 200 1.94KB 35ms champions-mindset. slick.min.js?ver=2.12.4 200 10.4KB 77ms champions-mindset.... smush-lazy-load.min.is?v... 200 3.47KB 77ms champions-mindset.... complianz.js?ver=170965... 17 4KB 200 champions-mindset.... 363ms memSYaGs126MiZpBA-U... 200 fonts.gstatic.com 18.2KB 257 ms nuFiD-vYSZviVYUb\_rj3ij\_... 200 37 5KB 271 ms fonts.gstatic.com POST endpoint.php 200 champions-mindset.... 1B 69ms cropped-FullLogo-177x10... 200 2.93KB 30ms champions-mindset.... consulting-information-ta... 200 champions-mindset. 92.6KB 40ms 2.58KB banner-1-optin.css?v=611... 200 champions-mindset. 36ms twemoji.js?ver=27b828ed... 35ms 200 7.75KB champions-mindset.... 33ms wp-emoji.js?ver=27b828e... 200 champions-mindset... 3.10KB 11178416776?random=17... 200 googleads.g.doublec.. 1.28KB 73ms 11178416776?random=17... 42B 200 google.com 47ms 11178416776?random=17... 200 42B 55ms google.co.uk 200 651B 8ms cropped-cropped-FullLog... champions-mindset... pQNI5HUs9w4?feature=o... 200 youtube.com 38.0KB 124ms www-player.css 200 youtube.com 46.8KB 23ms 17.6KB 16ms youtube.com embed.js www-embed-player.js 200 youtube.com 95.0KB 27ms 200 778KB 49ms base.is voutube.com KFOmCnqEu92Fr1Mu4mx... 200 fonts.gstatic.com 15 0KB 53ms KFOICnqEu92Fr1MmEU9f... 200 fonts.gstatic.com 15.2KB 53ms 0 id 302 56ms googleads.g.doublec.. id?slf\_rd=1 302 0 46ms googleads.g.doublec. ad\_status.js 200 29B 60ms static.doubleclick.net **POST Create** 200 jnn-pa.googleapis.com 39 8KB 71ms **OPTIONS Create** 200 jnn-pa.googleapis.com 0 43ms remote.is 33.1KB 17ms 200 voutube.com fSwQ49dNtQ0TRgWZKHI... 200 google.com 19.3KB 29ms maxresdefault.jpg?sqp=-... 200 i.ytimg.com 31.4KB П 117ms DX5M9p3pkaagHooU00S... 200 1 72KB 98ms yt3.ggpht.com id?slf\_rd=1 200 120B 37ms googleads.g.doublec.. POST GenerateIT 200 134B jnn-pa.googleapis.com 36ms **OPTIONS GenerateIT** 200 jnn-pa.googleapis.com Λ 19ms generate\_204?iL4yBA 204 youtube.com 0 9ms 200 59ms cast\_sender.js gstatic.com 1.96KB

55 Requests 1.85MB	(8.99MB Uncompressed)	Fully Loaded 6.4s (Onload 2.2s)			
POST log_event?alt=json	200 youtube.com	50B			26ms
cast_sender.js	200 gstatic.com	15.0KB		14ms	





First Contentful Paint: 1.3s			
Performance Metrics			
First Contentful Paint  How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Longer than recommended	Time to Interactive  How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Good - Nothing to do here
Speed Index  How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	OK, but consider improvement 1.7s	Total Blocking Time  How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	OK, but consider improvement 167ms
Largest Contentful Paint  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.	Longer than recommended 2.3s	Cumulative Layout Shift  How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	Good - Nothing to do here

# **Browser Timings**

Redirect	422ms	Connect	57ms	Backend	266ms
TTFB	745ms	First Paint	1.3s	DOM Int.	1.7s
DOM Loaded	1.7s	Onload	2.2s	Fully Loaded	6.4s



IMPACT AUDIT

Low

Avoid long main-thread tasks TBT

5 long tasks found

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

URL		START TIME	DURATION
https://champid	ons-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/js/imagesloaded.min.js?ver=2.12.4	1.9s	184ms
https://champid	ons-mindset.co.uk/	1.1s	101ms
https://champid	ons-mindset.co.uk/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=3.15.5	1.8s	74ms
<ul> <li>Unattributable</li> </ul>		888ms	66ms
<ul> <li>https://champio</li> </ul>	ons-mindset.co.uk/wp-content/themes/astra/assets/js/unminified/style.js?ver=4.6.7	1.4s	58ms

Low

Eliminate render-blocking resources FCP LCP

Potential savings of 36ms

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://champions-mindset.co.uk/wp-content/themes/astra/assets/css/minified/style.min.css?ver=4.6.7	11.0KB	330ms
• https://fonts.googleapis.com/css?family=Open+Sans%3A400%7CPlayfair+Display%3A500%2C700&display=fallback&ver=4.6.7	2.04KB	786ms
• <a href="https://champions-mindset.co.uk/wp-includes/css/dist/block-library/style.css?ver=27b828ed0a401b5611ef421d0679b72b">https://champions-mindset.co.uk/wp-includes/css/dist/block-library/style.css?ver=27b828ed0a401b5611ef421d0679b72b</a>	13.8KB	165ms
• <a href="https://champions-mindset.co.uk/wp-content/uploads/uag-plugin/custom-style-blocks.css?ver=2.12.4">https://champions-mindset.co.uk/wp-content/uploads/uag-plugin/custom-style-blocks.css?ver=2.12.4</a>	23.8KB	330ms
• <a href="https://champions-mindset.co.uk/wp-includes/js/jguery/jguery.js?ver=3.7.1">https://champions-mindset.co.uk/wp-includes/js/jguery/jguery.js?ver=3.7.1</a>	77.9KB	495ms

Low

Avoid chaining critical requests FCP LCP

14 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: 1.4s

INITIAL NAVIGATION

http://champions-mindset.co.uk/ 338B, 418ms

https://champions-mindset.co.uk/ 33.9KB, 324ms

https://champions-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/js/slick.min.js?ver=2.12.4 🖪 10.5KB, 73ms

https://champions-mindset.co.uk/wp-content/uploads/uag-plugin/custom-style-blocks.css?ver=2.12.4 2 23.8KB, 88ms

https://champions-mindset.co.uk/wp-content/themes/astra/assets/js/unminified/style.js?ver=4.6.7 3 5.85KB, 44ms

https://champions-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/css/slick.min.css?ver=2.12.4 🗗 908B, 32ms

https://champions-mindset.co.uk/wp-content/plugins/complianz-gdpr/assets/css/cookieblocker.css?ver=1709650090 4 930B, 30ms

https://champions-mindset.co.uk/wp-includes/js/jquery/jquery.js?ver=3.7.1 77.9KB, 104ms

https://champions-mindset.co.uk/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=3.15.5 🖪 3.55KB, 73ms

https://champions-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/js/imagesloaded.min.js?ver=2.12.4 🗗 2.02KB, 31ms

https://champions-mindset.co.uk/wp-includes/css/dist/block-library/style.css?ver=27b828ed0a401b5611ef421d0679b72b

https://champions-mindset.co.uk/wp-includes/js/jquery/jquery-migrate.js?ver=3.4.1 🗗 9.58KB, 46ms

https://champions-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/js/post.js?ver=2.12.4 🗖 2.32KB, 31ms

https://champions-mindset.co.uk/wp-content/themes/astra/assets/css/minified/style.min.css?ver=4.6.7 🖪 11.0KB, 47ms

https://fonts.googleapis.com/css?family=Open+Sans%3A400%7CPlayfair+Display%3A500%2C700&display=fallback&ver=4.6.7 💆 2.04KB, 104ms

https://fonts.gstatic.com/s/playfairdisplay/v37/nuFiD-vYSZviVYUb\_rj3ij\_anPXDTzYgA.woff2 37.6KB, 52ms

https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsjZ0B4gaVI.woff2 18.8KB, 38ms

Avoid enormous network payloads LCP

Total size was 1.68MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://www.youtube.com/s/player/c48a9559/player_ias.vflset/en_US/base.js	778KB
• https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js	95.1KB
https://www.googletagmanager.com/gtag/js?id=G-G8F2W6N2ST	93.1KB
https://champions-mindset.co.uk/wp-content/uploads/2021/02/consulting-information-talk-2204253.jpg.	92.7KB
https://www.googletagmanager.com/gtag/js?id=AW-11178416776	78.3KB
• <a href="https://champions-mindset.co.uk/wp-includes/js/jquery/jquery.js?ver=3.7.1">https://champions-mindset.co.uk/wp-includes/js/jquery/jquery.js?ver=3.7.1</a>	77.9KB
https://www.youtube.com/s/player/c48a9559/www-player.css	47.1KB
https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create	40.0KB
https://www.youtube.com/embed/pQNI5HUs9w4?feature=oembed	38.0KB
• <a href="https://fonts.gstatic.com/s/playfairdisplay/v37/nuFiD-vYSZviVYUb_rj3ij_anPXDTzYgA.woff2">https://fonts.gstatic.com/s/playfairdisplay/v37/nuFiD-vYSZviVYUb_rj3ij_anPXDTzYgA.woff2</a>	37.6KB

**Properly size images** 

Potential savings of 45.8KB

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

URL **RESOURCE SIZE POTENTIAL SAVINGS** 

https://champions-mindset.co.uk/wp-content/uploads/2021/02/consulting-information-talk-2204253.jpg 92.6KB 45.8KB

Avoid multiple page redirects FCP LCP

Potential savings of 419ms

Redirects introduce additional delays before the page can be loaded.

URL

TIME SPENT

• http://champions-mindset.co.uk/

419ms

0ms

URL

• https://champions-mindset.co.uk/

Efficiently encode images

Potential savings of 36.7KB

Optimized images load faster and consume less cellular data.

**RESOURCE SIZE** POTENTIAL SAVINGS

https://champions-mindset.co.uk/wp-content/uploads/2021/02/consulting-information-talk-2204253.jpg

92.6KB

36.7KB

Reduce JavaScript execution time TBT

348ms 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://champions-mindset.co.uk/	543ms	37ms	3ms
Unattributable	359ms	13ms	0ms
<ul> <li>https://champions-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/js/imagesloa ded.min.js?ver=2.12.4</li> </ul>	256ms	120ms	0ms
https://champions-mindset.co.uk/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?v er=3.15.5	162ms	34ms	0ms
https://www.googletagmanager.com/gtag/js?id=AW-11178416776	84ms	78ms	3ms
https://www.googletagmanager.com/gtag/js?id=G-G8F2W6N2ST	57ms	53ms	3ms

Low

Reduce unused CSS FCP LCP

Potential savings of 36.5KB

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

• <a href="https://champions-mindset.co.uk/wp-content/uploads/uag-plugin/custom-style-blocks.css?ver=2.12.4">https://champions-mindset.co.uk/wp-content/uploads/uag-plugin/custom-style-blocks.css?ver=2.12.4</a>
23.8KB
23.3KB

• <a href="https://champions-mindset.co.uk/wp-includes/css/dist/block-library/style.css?ver=27b828ed0a401b5611ef421d0679">https://champions-mindset.co.uk/wp-includes/css/dist/block-library/style.css?ver=27b828ed0a401b5611ef421d0679</a>
13.8KB
13.2KB

Low

Serve images in next-gen formats

Potential savings of 71.2KB

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://champions-mindset.co.uk/wp-content/uploads/2021/02/consulting-information-talk-2204253.jpg 92.6KB 71.2KB

Low

Reduce initial server response time FCP LCP

Root document took 265ms

Keep the server response time for the main document short because all other requests depend on it.

URL TIME SPENT

• https://champions-mindset.co.uk/ 265ms

Low

Avoid non-composited animations CLS

45 animated elements found

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

ELEMENT	NAME
Unsupported CSS Property: visibility	visibilit V
<pre>teacher, students, schoolboys-158711.jpg <a href="https://champions-mindset.co.uk/recent-research/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	,
Unsupported CSS Property: visibility	visibilit V
<pre>golf, tee, golf tournament-1002808.jpg <a href="https://champions-mindset.co.uk/improving-putting-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	,
Unsupported CSS Property: visibility	visibilit V
The Gold Medal Profile for Sport Psychology <a href="https://champions-mindset.co.uk/the-gold-medal-profile-for-sport-psycholog" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a>	
Unsupported CSS Property: visibility	visibilit V
<pre>man, boy, face <a href="https://champions-mindset.co.uk/meditation/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit V
<pre>div &gt; article.uagb-postinner-wrap &gt; div.uagb-postimage &gt; a <a href="https://champions-mindset.co.uk/the-power-of-music-on-your-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	,
Unsupported CSS Property: visibility	visibilit y
READ MORE <a class="wp-block-buttonlink uagb-text-link" href="https://champions-mindset.co.uk/meditation/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a>	,
Unsupported CSS Property: visibility	visibilit V
Recent research <a href="https://champions-mindset.co.uk/recent-research/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a>	y
Unsupported CSS Property: visibility	visibilit y
<pre>Improving Putting Performance <a href="https://champions-mindset.co.uk/improving-putting-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	,
Unsupported CSS Property: visibility	visibilit y
<pre>golf, tee, golf tournament-1002808.jpg <a href="https://champions-mindset.co.uk/improving-putting-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	,
Unsupported CSS Property: visibility	visibilit
The Power of Music on Your Performance	У
<pre><a href="https://champions-mindset.co.uk/the-power-of-music-on-your-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit y
READ MORE	
<pre><a class="wp-block-buttonlink uagb-text-link" href="https://champions-mindset.co.uk/meditation/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit y
Meditation	

ELEMENT	NAME
<pre><a href="https://champions-mindset.co.uk/meditation/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit y
The Power of Music on Your Performance <a href="https://champions-mindset.co.uk/the-power-of-music-on-your-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a>	
Unsupported CSS Property: visibility	visibilit V
<pre>number, 1, alphabet-146021.jpg <a href="https://champions-mindset.co.uk/the-gold-medal-profile-for-sport-psycholog" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit y
<pre>div &gt; article.uagb-postinner-wrap &gt; div.uagb-postimage &gt; a <a href="https://champions-mindset.co.uk/the-power-of-music-on-your-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit y
READ MORE <a class="wp-block-buttonlink uagb-text-link" href="https://champions-mindset.co.uk/the-gold-medal-profile-for-sport-psycholog" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a>	
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<pre>golf, tee, golf tournament-1002808.jpg <a href="https://champions-mindset.co.uk/golf-putting-the-yips-and-self-talk-system" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	,
Unsupported CSS Property: visibility	visibilit y
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Unsupported CSS Property: visibility	visibilit V
READ MORE <a class="wp-block-buttonlink uagb-text-link" href="https://champions-mindset.co.uk/the-power-of-music-on-your-performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a>	,
Unsupported CSS Property: visibility	visibilit y
READ MORE	,
<pre><a class="wp-block-buttonlink uagb-text-link" href="https://champions-mindset.co.uk/golf-putting-the- yips-and-self-talk-system" rel="bookmark noopener noreferrer" tabindex="0" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit y
READ MORE	
<pre><a class="wp-block-buttonlink uagb-text-link" href="https://champions-mindset.co.uk/improving-putting- performance/" rel="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	i.a.i.la.ii.i.
Unsupported CSS Property: visibility	visibilit y
Golf Putting. The Yips and Self-Talk Systems	
<pre><a href="https://champions-mindset.co.uk/golf-putting-the-yips-and-self-talk-system" rel="bookmark noopener noreferrer" tabindex="0" target="_self"></a></pre>	
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<pre><a nref="nttps://cnampions-mindset.co.uk/meditation/" ref="bookmark noopener noreferrer" tabindex="-1" target="_self"></a></pre>	
Unsupported CSS Property: visibility	visibilit y

ELEMENT NAME Golf Putting. The Yips and Self-Talk Systems <a href="https://champions-mindset.co.uk/golf-putting-the-yips-and-self-talk-system..." target=" self"</pre> rel="bookmark noopener noreferrer" tabindex="-1"> visibilit Unsupported CSS Property: visibility **READ MORE** <a class="wp-block-button link uagb-text-link" href="https://champions-mindset.co.uk/golf-putting-the-</pre> yips-and-self-talk-system..." target=" self" rel="bookmark noopener noreferrer" tabindex="-1"> visibilit Unsupported CSS Property: visibility У man, boy, face <a href="https://champions-mindset.co.uk/meditation/" target=" self" rel="bookmark noopener noreferrer"</pre> tabindex="0"> visibilit Unsupported CSS Property: visibility ٧ Recent research <a href="https://champions-mindset.co.uk/recent-research/" target=" self" rel="bookmark noopener</pre> noreferrer" tabindex="-1"> visibilit Unsupported CSS Property: visibility У READ MORE <a class="wp-block-button\_\_link uagb-text-link" href="https://champions-mindset.co.uk/improving-putting-</pre> performance/" target=" self" rel="bookmark noopener noreferrer" tabindex="-1"> visibilit Unsupported CSS Property: visibility У Meditation <a href="https://champions-mindset.co.uk/meditation/" target=" self" rel="bookmark noopener noreferrer"</pre> tabindex="0"> visibilit Unsupported CSS Property: visibility ٧ Recent research <a href="https://champions-mindset.co.uk/recent-research/" target=" self" rel="bookmark noopener</pre> noreferrer" tabindex="0"> visibilit Unsupported CSS Property: visibility У The Gold Medal Profile for Sport Psychology <a href="https://champions-mindset.co.uk/the-gold-medal-profile-for-sport-psycholog.." target=" self"</pre> rel="bookmark noopener noreferrer" tabindex="-1"> visibilit Unsupported CSS Property: visibility **READ MORE** <a class="wp-block-button link uagb-text-link" href="https://champions-mindset.co.uk/recent-research/"</pre> target=" self" rel="bookmark noopener noreferrer" tabindex="-1"> visibilit Unsupported CSS Property: visibility У READ MORE <a class="wp-block-button link uagb-text-link" href="https://champions-mindset.co.uk/the-power-of-music-</pre> on-your-performance/" target=" self" rel="bookmark noopener noreferrer" tabindex="-1"> visibilit Unsupported CSS Property: visibility У

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

Minify JavaScript FCP LCP

Potential savings of 52.6KB

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<ul> <li>https://champions-mindset.co.uk/wp-includes/js/jquery/jquery.js?ver=3.7.1</li> </ul>	77.9KB	39.8KB
• https://champions-mindset.co.uk/wp-content/plugins/complianz-gdpr/cookiebanner/js/complianz.js?ver=1709650091	17.5KB	5.25KB
<ul> <li>https://champions-mindset.co.uk/wp-includes/js/jquery/jquery-migrate.js?ver=3.4.1</li> </ul>	9.58KB	3.90KB
• https://champions-mindset.co.uk/wp-includes/js/twemoji.js?ver=27b828ed0a401b5611ef421d0679b72b	7.81KB	3.67KB

Low

Reduce unused JavaScript LCP

Potential savings of 100KB

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=G-G8F2W6N2ST	93.1KB	40.2KB
https://champions-mindset.co.uk/wp-includes/js/jguery/jguery.js?ver=3.7.1	77.9KB	30.8KB
https://www.googletagmanager.com/gtag/js?id=AW-11178416776	78.3KB	28.9KB

N/A

Largest Contentful Paint element LCP

2,340 ms

This is the largest contentful element painted within the viewport.

#### ELEMENT

#### consulting, information, talk

<img decoding="async" width="1280" height="853" data-id="639" alt="consulting, information, talk" datasrcset="https://champions-mindset.co.uk/wp-content/uploads/2021/02/consulting-info..." data-src="https://championsmindset.co.uk/wp-content/uploads/2021/02/consulting-info..." data-sizes="(max-width: 1280px) 100vw, 1280px"
class="wp-image-639 lazyloaded" src="https://champions-mindset.co.uk/wp-content/uploads/2021/02/consulting-info..."
sizes="(max-width: 1280px) 100vw, 1280px" srcset="https://champions-mindset.co.uk/wpcontent/uploads/2021/02/consulting-info..." ...>

PHASE	% OF LCP	TIMING
TTFB	32%	746ms
Load Delay	30%	706ms
Load Time	2%	35ms
Render Delay	36%	846ms

N/A

Avoid large layout shifts CLS

3 elements found

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

ELEMENT	CLS CONTRIBUTION
Home About Book Support Courses Blog Contact Terms & Conditions <div class="ast-main-header-bar-alignment"></div>	0.00
<pre>Home <h1 class="entry-title" itemprop="headline"></h1></pre>	0.00
<pre>CALL 07868 990 674 <div class="ast-masthead-custom-menu-items button-custom-menu-item"></div></pre>	0.00

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
Other	615ms
Style & Layout	451ms
Script Evaluation	425ms
Parse HTML & CSS	97ms
Script Parsing & Compilation	22ms
Rendering	20ms
Garbage Collection	15ms

N/A

Reduce the impact of third-party code TBT

Total size was 1.35MB

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
YOUTUBE	1.02MB	0ms
• <a href="https://www.youtube.com/s/player/c48a9559/player">https://www.youtube.com/s/player/c48a9559/player</a> ias.vflset/en US/base.js	778KB	0ms
• <a href="https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js">https://www.youtube.com/s/player/c48a9559/www-embed-player.vflset/www-embed-player.js</a>	95.1KB	0ms
Other resources	170KB	0ms
GOOGLE TAG MANAGER	171KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-G8F2W6N2ST">https://www.googletagmanager.com/gtag/js?id=G-G8F2W6N2ST</a>	93.1KB	0ms
https://www.googletagmanager.com/gtag/js?id=AW-11178416776	78.3KB	0ms
GOOGLE FONTS	89.2KB	0ms
• <a href="https://fonts.gstatic.com/s/playfairdisplay/v37/nuFiD-vYSZviVYUb_rj3ij_anPXDTzYgA.woff2">https://fonts.gstatic.com/s/playfairdisplay/v37/nuFiD-vYSZviVYUb_rj3ij_anPXDTzYgA.woff2</a>	37.6KB	0ms
<a href="https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsjZ0B4gaVl.woff2">https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsjZ0B4gaVl.woff2</a> <a href="https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsjZ0B4gaVl.woff2">https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsjZ0B4gaVl.woff2</a>	18.8KB	0ms
• <a href="https://fonts.gstatic.com/s/roboto/v18/KFOmCngEu92Fr1Mu4mxK.woff2">https://fonts.gstatic.com/s/roboto/v18/KFOmCngEu92Fr1Mu4mxK.woff2</a>	15.5KB	0ms
https://fonts.gstatic.com/s/roboto/v18/KFOICngEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
OTHER GOOGLE APIS/SDKS	60.9KB	0ms
• https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create	40.0KB	0ms
https://www.google.com/js/th/fSwQ49dNtQ0TRgWZKHIAlhVKPl4K4-2hZ-2qmgklZeM.js	19.8KB	0ms
GOOGLE CDN	17.8KB	0ms
https://www.gstatic.com/eureka/clank/117/cast_sender.js	15.4KB	0ms
GOOGLE/DOUBLECLICK ADS	3.00KB	0ms

Nothing to do here, good job!

N/A

N/A

**User Timing marks and measures** 

Avoid serving legacy JavaScript to modern browsers TBT

No user timings and/or marks found.