



Performance Report for:

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

Report generated: Thu, Mar 7, 2024 6:03 PM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

B	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	78%	93%	2.3s	167ms	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 <small>TBT</small>	1 facade alternative available
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Avoid an excessive DOM size <small>TBT</small>	683 elements

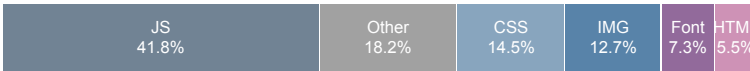
Page Details



Total Page Size - 1.85MB



Total Page Requests - 55



■ 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.**

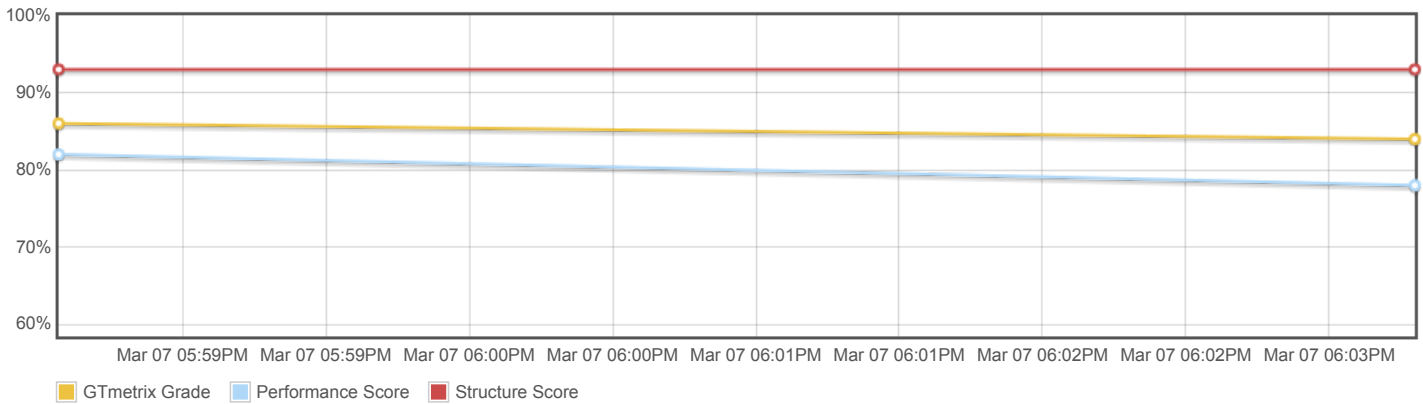
About GTmetrix



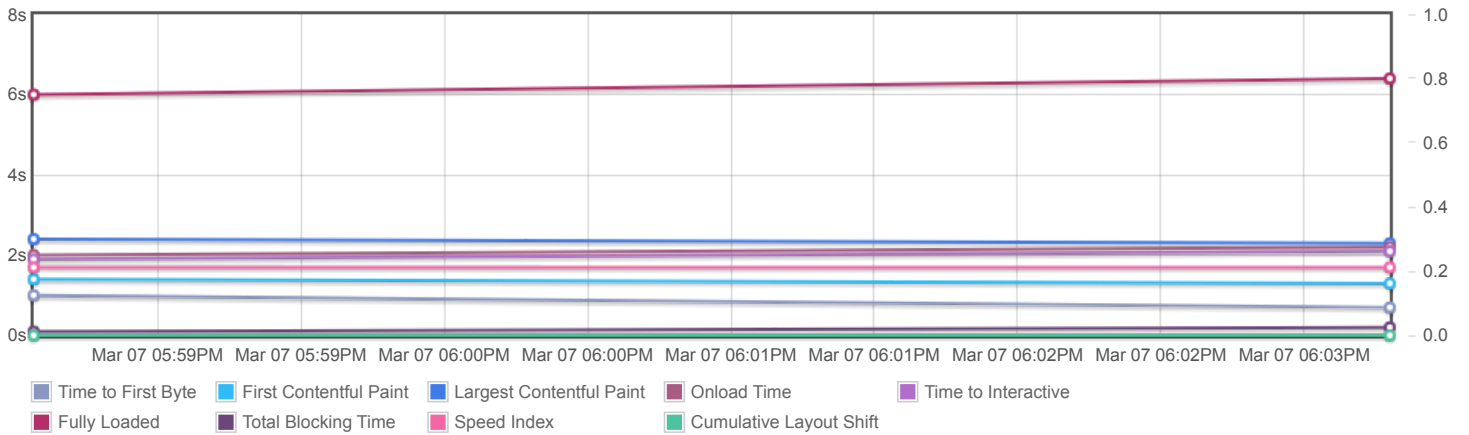
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

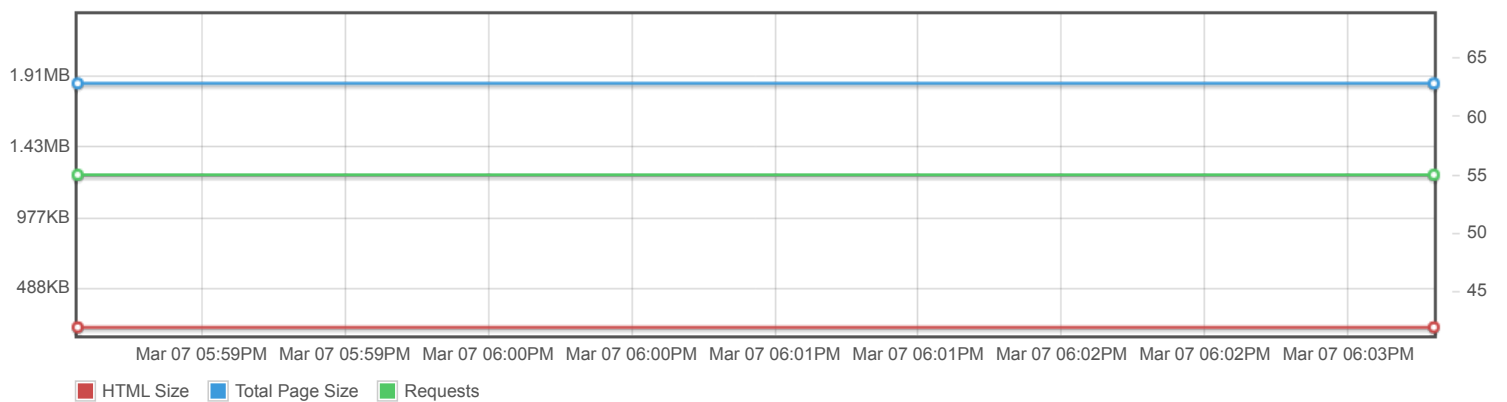
Page scores



Page metrics

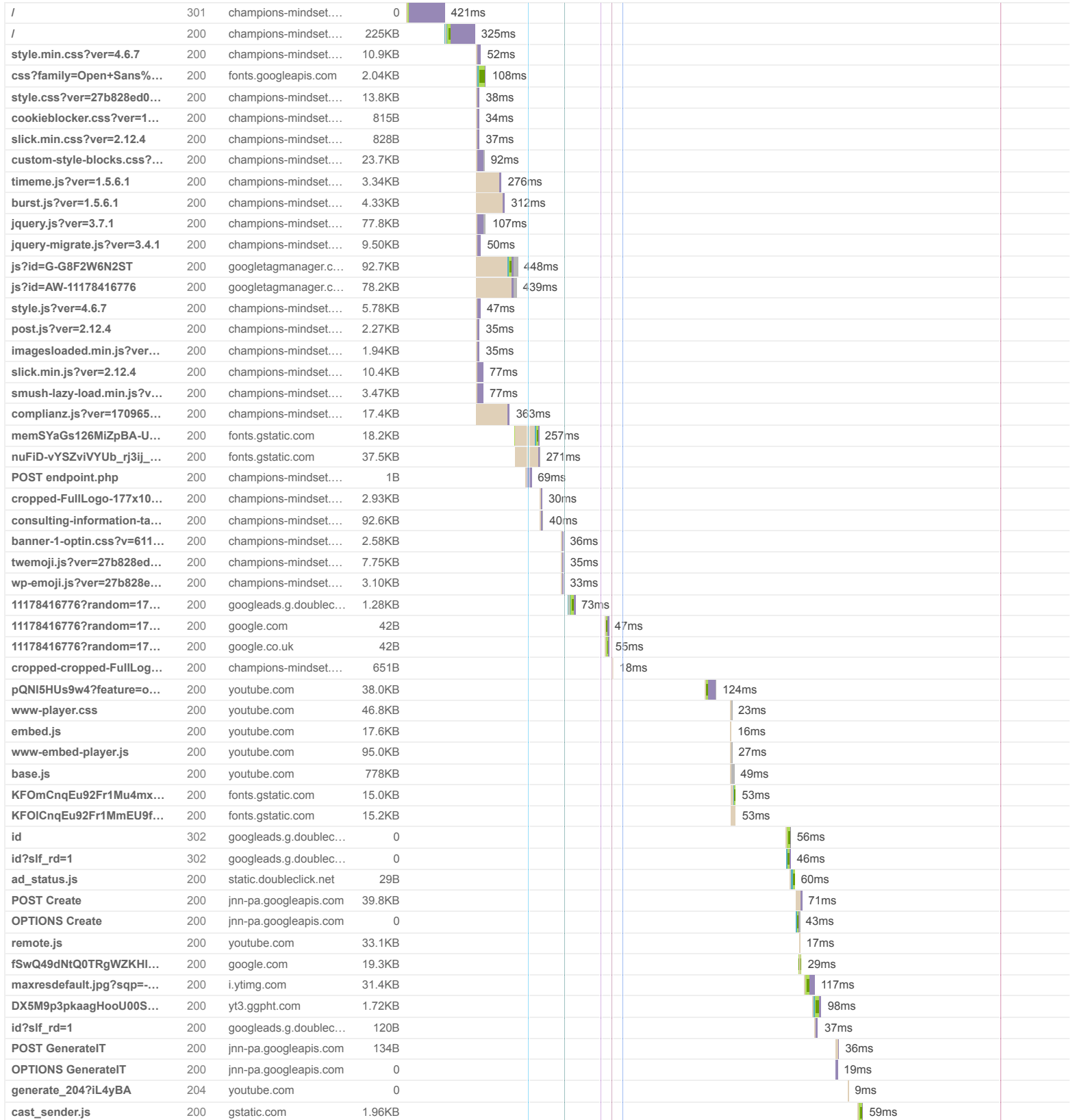


Page sizes and request counts

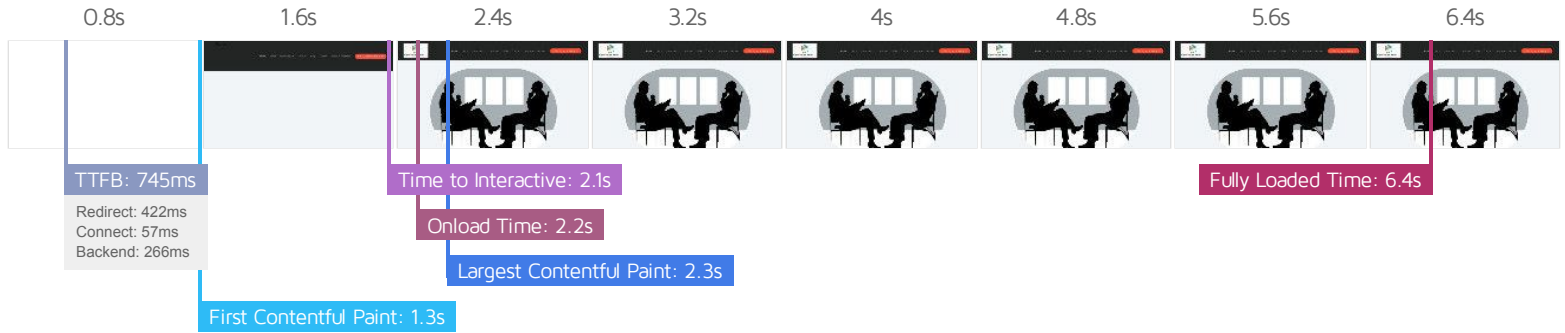


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Champion's Mindset Sport Performance Psychology Experts



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



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>Longer than recommended</p> <p>1.3s</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>Good - Nothing to do here</p> <p>2.1s</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>OK, but consider improvement</p> <p>1.7s</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>OK, but consider improvement</p> <p>167ms</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>Longer than recommended</p> <p>2.3s</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>Good - Nothing to do here</p> <p>0</p>

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://champions-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/js/imagesloaded.min.js?ver=2.12.4	1.9s	184ms
https://champions-mindset.co.uk/	1.1s	101ms
https://champions-mindset.co.uk/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=3.15.5	1.8s	74ms
Unattributable	888ms	66ms
https://champions-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
https://champions-mindset.co.uk/wp-includes/css/dist/block-library/style.css?ver=27b828ed0a401b5611ef421d0679b72b	13.8KB	165ms
https://champions-mindset.co.uk/wp-content/uploads/uag-plugin/custom-style-blocks.css?ver=2.12.4	23.8KB	330ms
https://champions-mindset.co.uk/wp-includes/js/jquery/jquery.js?ver=3.7.1	77.9KB	495ms

Low

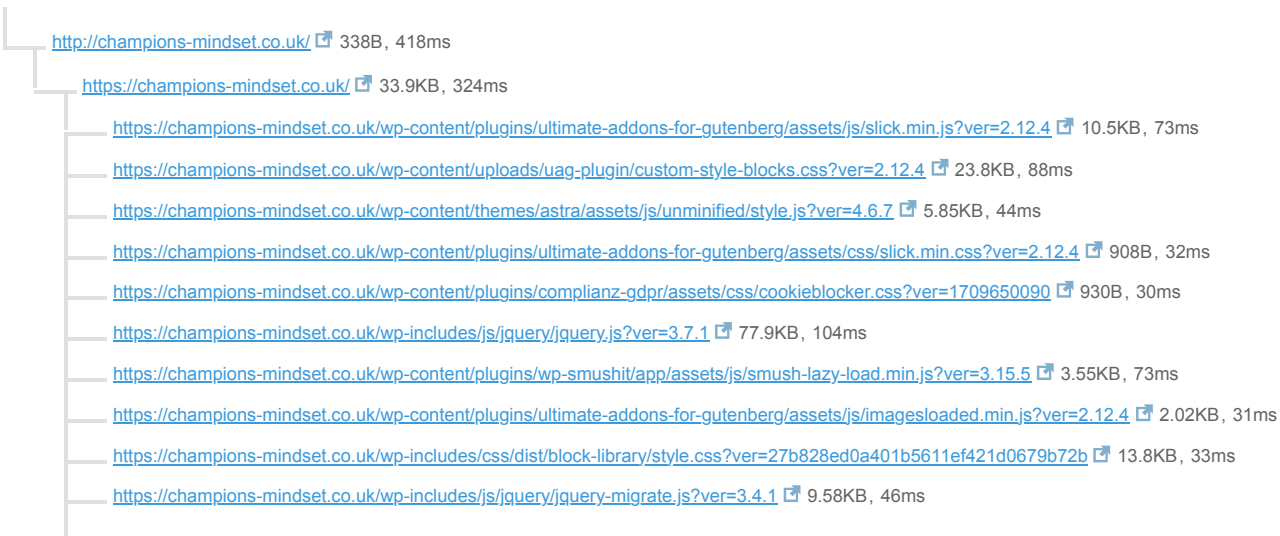
Avoid chaining critical requests FCP LCP

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



- <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-vYSZviVYUub_rj3ij__anPXDTzYgA.woff2 37.6KB, 52ms
- <https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsjZ0B4gaVI.woff2> 18.8KB, 38ms

Low

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
https://champions-mindset.co.uk/wp-includes/js/jquery/jquery.js?ver=3.7.1	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
https://fonts.gstatic.com/s/playfairdisplay/v37/nuFiD-vYSZviVYUub_rj3ij__anPXDTzYgA.woff2	37.6KB

Low

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

Low

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
https://champions-mindset.co.uk/	0ms

Low

Efficiently encode images

Potential savings of 36.7KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://champions-mindset.co.uk/wp-content/uploads/2021/02/consulting-information-talk-2204253.jpg	92.6KB	36.7KB

Low

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
• https://champions-mindset.co.uk/wp-content/plugins/ultimate-addons-for-gutenberg/assets/js/imagesloaded.min.js?ver=2.12.4	256ms	120ms	0ms
• https://champions-mindset.co.uk/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load.min.js?ver=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
• https://champions-mindset.co.uk/wp-content/uploads/uag-plugin/custom-style-blocks.css?ver=2.12.4	23.8KB	23.3KB
• https://champions-mindset.co.uk/wp-includes/css/dist/block-library/style.css?ver=27b828ed0a401b5611ef421d0679b72b	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
<p>number, 1, alphabet-146021.jpg</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>teacher, students, schoolboys-158711.jpg</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>number, 1, alphabet-146021.jpg</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>READ MORE</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>READ MORE</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>READ MORE</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>Meditation</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>Improving Putting Performance</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>READ MORE</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>The Gold Medal Profile for Sport Psychology</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>READ MORE</p> <p>></p> <p>Unsupported CSS Property: visibility</p>	visibility
<p>golf, tee, golf tournament-1002808.jpg</p> <p>></p>	

ELEMENT	NAME
Unsupported CSS Property: visibility	visibility
teacher, students, schoolboys-158711.jpg 	
Unsupported CSS Property: visibility	visibility
golf, tee, golf tournament-1002808.jpg 	
Unsupported CSS Property: visibility	visibility
The Gold Medal Profile for Sport Psychology 	
Unsupported CSS Property: visibility	visibility
man, boy, face 	
Unsupported CSS Property: visibility	visibility
div > article.uagb-post__inner-wrap > div.uagb-post__image > a 	
Unsupported CSS Property: visibility	visibility
READ MORE 	
Unsupported CSS Property: visibility	visibility
Recent research 	
Unsupported CSS Property: visibility	visibility
Improving Putting Performance 	
Unsupported CSS Property: visibility	visibility
golf, tee, golf tournament-1002808.jpg 	
Unsupported CSS Property: visibility	visibility
The Power of Music on Your Performance 	
Unsupported CSS Property: visibility	visibility
READ MORE 	
Unsupported CSS Property: visibility	visibility
Meditation	

ELEMENT	NAME
<pre></pre>	
Unsupported CSS Property: visibility	visibility
The Power of Music on Your Performance	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
number, 1, alphabet-146021.jpg	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
div > article.uagb-post__inner-wrap > div.uagb-post__image > a	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
READ MORE	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
golf, tee, golf tournament-1002808.jpg	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
teacher, students, schoolboys-158711.jpg	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
READ MORE	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
READ MORE	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
READ MORE	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
Golf Putting. The Yips and Self-Talk Systems	
<pre></pre>	
Unsupported CSS Property: visibility	visibility
man, boy, face	
<pre></pre>	
Unsupported CSS Property: visibility	visibility

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" rel="bookmark noopener noreferrer" tabindex="-1">
```

Unsupported CSS Property: visibility

visibilit
y

READ MORE

```
<a class="wp-block-button__link uagb-text-link" href="https://champions-mindset.co.uk/golf-putting-the-yips-and-self-talk-system..." target="_self" rel="bookmark noopener noreferrer" tabindex="-1">
```

Unsupported CSS Property: visibility

visibilit
y

man, boy, face

```
<a href="https://champions-mindset.co.uk/meditation/" target="_self" rel="bookmark noopener noreferrer" tabindex="0">
```

Unsupported CSS Property: visibility

visibilit
y

Recent research

```
<a href="https://champions-mindset.co.uk/recent-research/" target="_self" rel="bookmark noopener noreferrer" tabindex="-1">
```

Unsupported CSS Property: visibility

visibilit
y

READ MORE

```
<a class="wp-block-button__link uagb-text-link" href="https://champions-mindset.co.uk/improving-putting-performance/" target="_self" rel="bookmark noopener noreferrer" tabindex="-1">
```

Unsupported CSS Property: visibility

visibilit
y

Meditation

```
<a href="https://champions-mindset.co.uk/meditation/" target="_self" rel="bookmark noopener noreferrer" tabindex="0">
```

Unsupported CSS Property: visibility

visibilit
y

Recent research

```
<a href="https://champions-mindset.co.uk/recent-research/" target="_self" rel="bookmark noopener noreferrer" tabindex="0">
```

Unsupported CSS Property: visibility

visibilit
y

The Gold Medal Profile for Sport Psychology

```
<a href="https://champions-mindset.co.uk/the-gold-medal-profile-for-sport-psycholog..." target="_self" rel="bookmark noopener noreferrer" tabindex="-1">
```

Unsupported CSS Property: visibility

visibilit
y

READ MORE

```
<a class="wp-block-button__link uagb-text-link" href="https://champions-mindset.co.uk/recent-research/" target="_self" rel="bookmark noopener noreferrer" tabindex="-1">
```

Unsupported CSS Property: visibility

visibilit
y

READ MORE

```
<a class="wp-block-button__link uagb-text-link" href="https://champions-mindset.co.uk/the-power-of-music-on-your-performance/" target="_self" rel="bookmark noopener noreferrer" tabindex="-1">
```

Unsupported CSS Property: visibility

visibilit
y

Low

Minify JavaScript FCP LCP

Potential savings of 52.6KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://champions-mindset.co.uk/wp-includes/js/jquery/jquery.js?ver=3.7.1	77.9KB	39.8KB
https://champions-mindset.co.uk/wp-content/plugins/complianz-gdpr/cookiebanner/js/complianz.js?ver=1709650091	17.5KB	5.25KB
https://champions-mindset.co.uk/wp-includes/js/jquery/jquery-migrate.js?ver=3.4.1	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/jquery/jquery.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

```

```

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">	0.00
Home <h1 class="entry-title" itemprop="headline">	0.00
CALL 07868 990 674 <div class="ast-masthead-custom-menu-items button-custom-menu-item">	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
• 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	170KB	0ms
GOOGLE TAG MANAGER	171KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-G8F2W6N2ST	93.1KB	0ms
• https://www.googletagmanager.com/gtag/js?id=AW-11178416776	78.3KB	0ms
GOOGLE FONTS	89.2KB	0ms
• https://fonts.gstatic.com/s/playfairdisplay/v37/nuFiD-vYSZviVYUub_rj3ij__anPXDTzYgA.woff2	37.6KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyQOOSr4d_VJWUgsjZ0B4gaVI.woff2	18.8KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOICnqEu92Fr1MmEU9fBBc4.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/fSwQ49dNtQ0TRgWZKHIAhVKPI4K4-2hZ-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

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.