



Performance Report for: <https://drjohnpates.com/>

Report generated: Wed, Mar 6, 2024 8:52 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%	91%	2.3s	0ms	0

Top Issues

Med-Low	Serve static assets with an efficient cache policy	Potential savings of 186KB
Med-Low	Lazy load third-party resources with facades <small>TBT</small>	1 facade alternative available
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 2.75MB
Low	Allow back/forward cache restoration	1 failure reason
Low	Avoid chaining critical requests <small>FCP LCP</small>	81 chains found

Page Details



Total Page Size - 2.78MB



Total Page Requests - 169



Legend: 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.**

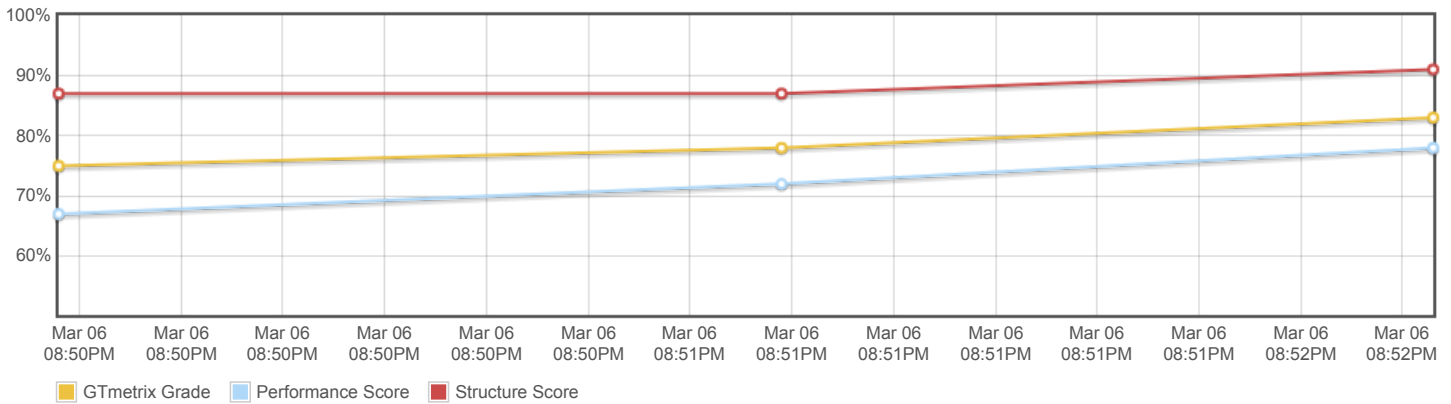
About GTmetrix



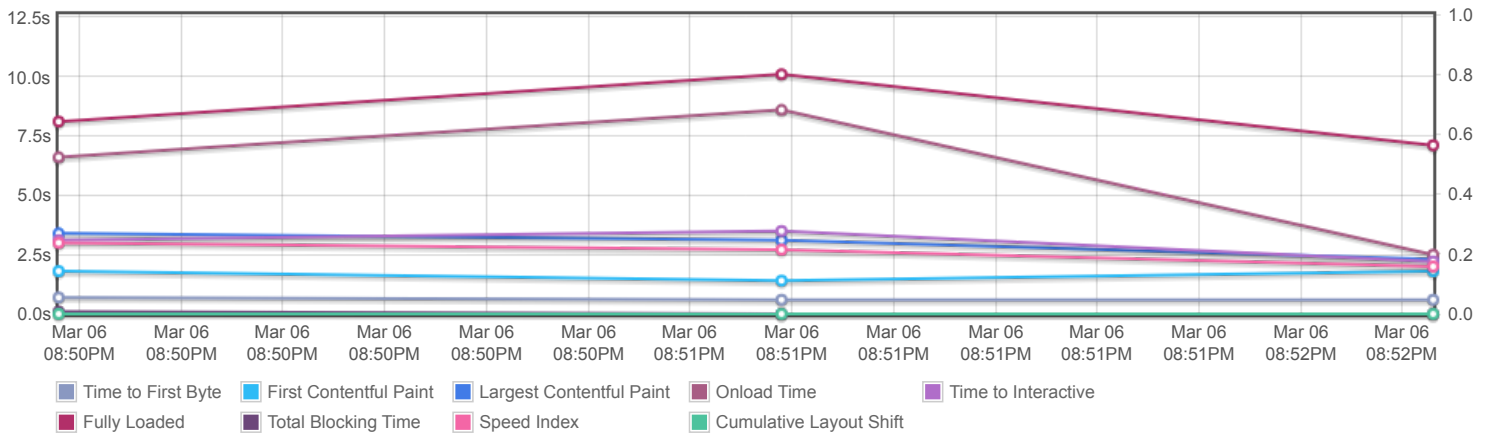
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

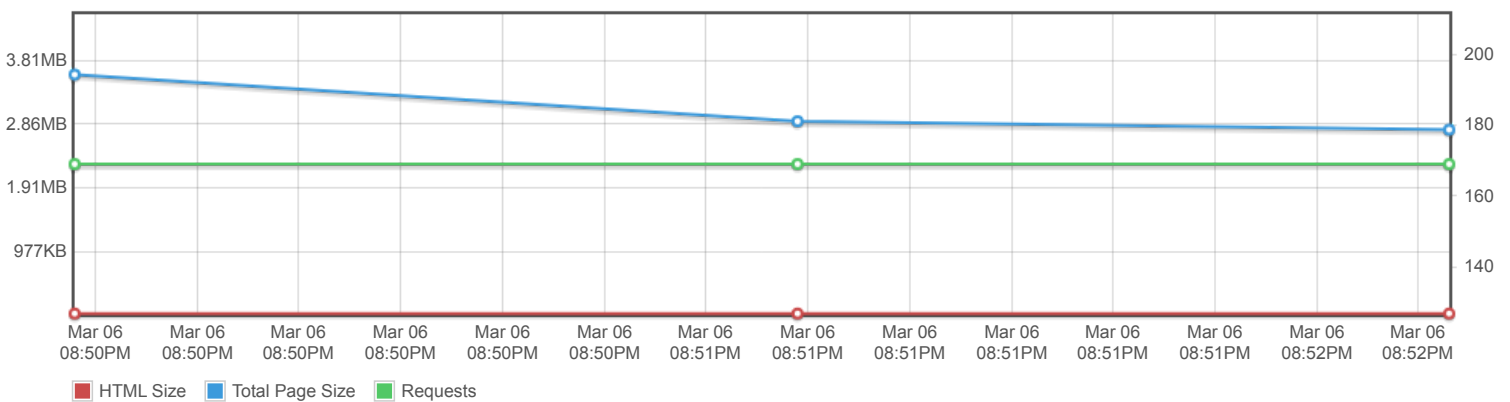
Page scores



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.

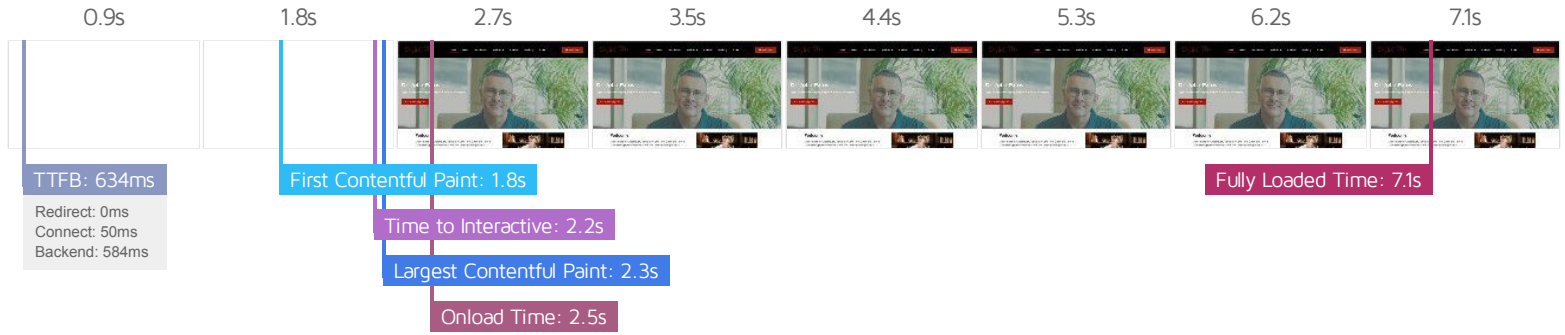
Golf Sports Psychologist | Dr John Pates UK

Resource	Size	Source	Load Time
/	200	drjohnpates.com	641ms
woocommerce-layout.css...	2.28KB	drjohnpates.com	443ms
woocommerce.css?ver=8...	8.47KB	drjohnpates.com	449ms
elementor-icons.min.css?...	3.60KB	drjohnpates.com	444ms
frontend-lite.min.css?ver...	12.5KB	drjohnpates.com	582ms
swiper.min.css?ver=8.4.5	4.12KB	drjohnpates.com	448ms
post-5.css?ver=1707934549	326B	drjohnpates.com	444ms
frontend-lite.min.css?ver...	1.47KB	drjohnpates.com	446ms
post-6.css?ver=1707934550	1.38KB	drjohnpates.com	496ms
style.css?ver=1.0	3.39KB	drjohnpates.com	497ms
post-52.css?ver=1708705...	656B	drjohnpates.com	499ms
post-36.css?ver=1707934...	831B	drjohnpates.com	498ms
text-animations.min.css?...	1.39KB	drjohnpates.com	505ms
frontend.min.css?ver=1.3...	40.0KB	drjohnpates.com	775ms
all.min.css?ver=1.3.89	12.0KB	drjohnpates.com	637ms
css?family=Varela%3A10...	2.27KB	fonts.googleapis.com	71ms
fontawesome.min.css?ve...	11.8KB	drjohnpates.com	636ms
solid.min.css?ver=5.15.3	286B	drjohnpates.com	505ms
brands.min.css?ver=5.15.3	284B	drjohnpates.com	509ms
jquery.min.js?ver=3.7.1	28.8KB	drjohnpates.com	642ms
jquery-migrate.min.js?ver...	4.56KB	drjohnpates.com	511ms
jquery.blockUI.min.js?ver...	3.59KB	drjohnpates.com	968ms
add-to-cart.min.js?ver=8.5.2	1.33KB	drjohnpates.com	968ms
js.cookie.min.js?ver=2.1....	1.25KB	drjohnpates.com	968ms
woocommerce.min.js?ver...	1.05KB	drjohnpates.com	968ms
cropped-WhatsApp-Imag...	14.2KB	drjohnpates.com	689ms
widget-nav-menu.min.css	3.59KB	drjohnpates.com	703ms
widget-carousel.min.css	3.57KB	drjohnpates.com	715ms
GettyImages-1139460872-...	79.7KB	drjohnpates.com	974ms
CM4_9959-copy-1-min-10...	63.6KB	drjohnpates.com	982ms
Paul_Broadhurst-1.jpg	193KB	drjohnpates.com	992ms
widget-icon-list.min.css	1.21KB	drjohnpates.com	725ms
wc-blocks.css?ver=11.8.0...	2.58KB	drjohnpates.com	733ms
sourcebuster.min.js?ver=...	4.63KB	drjohnpates.com	746ms
order-attribution.min.js?v...	987B	drjohnpates.com	757ms
wp-polyfill-inert.min.js?ve...	2.63KB	drjohnpates.com	768ms
regenerator-runtime.min.j...	2.72KB	drjohnpates.com	780ms
wp-polyfill.min.js?ver=3.1...	33.7KB	drjohnpates.com	791ms
react.min.js?ver=18.2.0	4.29KB	drjohnpates.com	837ms
hooks.min.js?ver=c6aec9...	1.83KB	drjohnpates.com	836ms
deprecated.min.js?ver=73...	808B	drjohnpates.com	841ms
dom.min.js?ver=49ff2869...	4.80KB	drjohnpates.com	856ms
react-dom.min.js?ver=18....	39.3KB	drjohnpates.com	863ms
escape-html.min.js?ver=0...	881B	drjohnpates.com	860ms
element.min.js?ver=ed1c...	5.13KB	drjohnpates.com	861ms
is-shallow-equal.min.js?v...	879B	drjohnpates.com	861ms
i18n.min.js?ver=7701b0c...	3.86KB	drjohnpates.com	869ms
keycodes.min.js?ver=346...	2.07KB	drjohnpates.com	863ms
priority-queue.min.js?ver...	1.80KB	drjohnpates.com	863ms
compose.min.js?ver=318...	12.4KB	drjohnpates.com	873ms
private-apis.min.js?ver=1...	1.23KB	drjohnpates.com	889ms
redux-routine.min.js?ver=...	3.03KB	drjohnpates.com	890ms
data.min.js?ver=dc5f2556...	8.96KB	drjohnpates.com	890ms

lodash.min.js?ver=4.17.19	200	drjohnpates.com	23.7KB		894ms	
wc-blocks-registry.js?ver...	200	drjohnpates.com	2.93KB		897ms	
url.min.js?ver=b49799790...	200	drjohnpates.com	3.70KB		894ms	
api-fetch.min.js?ver=0fa4...	200	drjohnpates.com	2.50KB		893ms	
wc-settings.js?ver=07c2f...	200	drjohnpates.com	2.27KB		893ms	
data-controls.min.js?ver=...	200	drjohnpates.com	995B		905ms	
html-entities.min.js?ver=...	200	drjohnpates.com	785B		919ms	
notices.min.js?ver=38e88...	200	drjohnpates.com	1.26KB		923ms	
wc-blocks-middleware.js...	200	drjohnpates.com	1.05KB		923ms	
wc-blocks-data.js?ver=c9...	200	drjohnpates.com	18.6KB		929ms	
dom-ready.min.js?ver=39...	200	drjohnpates.com	672B		923ms	
a11y.min.js?ver=7032343...	200	drjohnpates.com	1.20KB		923ms	
primitives.min.js?ver=698...	200	drjohnpates.com	1.40KB		923ms	
warning.min.js?ver=1228...	200	drjohnpates.com	604B		923ms	
blocks-components.js?ve...	200	drjohnpates.com	31.1KB		929ms	
blocks-checkout.js?ver=9...	200	drjohnpates.com	32.1KB		957ms	
order-attribution-blocks....	200	drjohnpates.com	502B		929ms	
particles.js?ver=3.0.6	200	drjohnpates.com	8.74KB		930ms	
jarallax.min.js?ver=1.12.7	200	drjohnpates.com	5.26KB		956ms	
parallax.min.js?ver=1.0	200	drjohnpates.com	5.26KB		938ms	
jquery.smartmenus.min.js...	200	drjohnpates.com	7.08KB		938ms	
imagesloaded.min.js?ver=...	200	drjohnpates.com	2.02KB		938ms	
webpack-pro.runtime.min...	200	drjohnpates.com	2.52KB		938ms	
webpack.runtime.min.js?...	200	drjohnpates.com	2.40KB		938ms	
frontend-modules.min.js?...	200	drjohnpates.com	16.3KB		938ms	
frontend.min.js?ver=3.7.7	200	drjohnpates.com	5.73KB		959ms	
waypoints.min.js?ver=4.0.2	200	drjohnpates.com	3.15KB		947ms	
core.min.js?ver=1.13.2	200	drjohnpates.com	7.00KB		947ms	
frontend.min.js?ver=3.19.2	200	drjohnpates.com	11.9KB		948ms	
elements-handlers.min.js...	200	drjohnpates.com	5.53KB		948ms	
frontend.min.js?ver=1.3.89	200	drjohnpates.com	37.1KB		960ms	
modal-popups.min.js?ver=...	200	drjohnpates.com	2.09KB		955ms	
woocommerce-smallscre...	200	drjohnpates.com	1.41KB		913ms	
WhatsApp-Image-2024-01...	200	drjohnpates.com	130KB		114ms	
fa-solid-900.woff2	200	drjohnpates.com	76.7KB		253ms	
DPEtYwqExx0AWHX5Ax4...	200	fonts.gstatic.com	18.5KB		275ms	
pxiEyp8kv8JHgFVrJJfecg...	200	fonts.gstatic.com	7.70KB		280ms	
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.4KB		273ms	
fa-brands-400.woff2	200	drjohnpates.com	75.3KB		260ms	
KFOICnqEu92Fr1MmWUlf...	200	fonts.gstatic.com	15.5KB		258ms	
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.6KB		227ms	
wp-emoji-release.min.js?...	200	drjohnpates.com	4.88KB		46ms	
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nav-menu.3de49ba5ef86f...	200	drjohnpates.com	1.52KB		16ms	
text-editor.2c35aafbe5bf0...	200	drjohnpates.com	991B		17ms	
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video.fea4f8dfdf17262f23...	200	drjohnpates.com	1.59KB		14ms	
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iframe_api	200	youtube.com	1.99KB		62ms	
www-widgetapi.js	200	youtube.com	66.7KB		17ms	
6UFko4-LogoMakr-100x1...	200	drjohnpates.com	2.44KB		10ms	
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o_zcF__bFgc?controls=1...	200	youtube.com	36.2KB		113ms	
93xSvplqxFA?controls=1...	200	youtube.com	37.3KB		87ms	
www-player.css	200	youtube.com	46.8KB		54ms	
embed.js	200	youtube.com	16.4KB		45ms	
www-embed-player.js	200	youtube.com	95.0KB		58ms	
base.js	200	youtube.com	777KB		201ms	
www-player.css	200	youtube.com	0		20ms	
embed.js	200	youtube.com	0		14ms	
www-embed-player.js	200	youtube.com	0		23ms	
base.js	200	youtube.com	0		212ms	

KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB			105ms	
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB			106ms	
www-player.css	200	youtube.com	0			10ms	
embed.js	200	youtube.com	0			7ms	
www-embed-player.js	200	youtube.com	0			11ms	
base.js	200	youtube.com	0			353ms	
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB			63ms	
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KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	0			90ms	
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	0			90ms	
id	302	googleads.g.doublec...	0			38ms	
id?sif_rd=1	302	googleads.g.doublec...	0			36ms	
ad_status.js	200	static.doubleclick.net	29B			34ms	
id	302	googleads.g.doublec...	0			12ms	
id?sif_rd=1	302	googleads.g.doublec...	0			11ms	
ad_status.js	200	static.doubleclick.net	0			5ms	
POST Create	200	jnn-pa.googleapis.com	39.9KB			65ms	
OPTIONS Create	200	jnn-pa.googleapis.com	0			35ms	
remote.js	200	youtube.com	33.1KB			16ms	
QlgJXITW_och5BKR4VvT...	200	google.com	19.4KB			33ms	
sdefault.webp	200	i.ytimg.com	21.1KB			49ms	
CVY0A2yMOjLTALwGUq...	200	yt3.ggpht.com	3.19KB			38ms	
id	302	googleads.g.doublec...	0			11ms	
id?sif_rd=1	302	googleads.g.doublec...	0			11ms	
ad_status.js	200	static.doubleclick.net	0			3ms	
id?sif_rd=1	200	googleads.g.doublec...	146B			13ms	
id?sif_rd=1	200	googleads.g.doublec...	146B			25ms	
POST Create	200	jnn-pa.googleapis.com	39.9KB			23ms	
remote.js	200	youtube.com	0			6ms	
QlgJXITW_och5BKR4VvT...	200	google.com	0			4ms	
sdefault.jpg	200	i.ytimg.com	33.9KB			26ms	
POST Create	200	jnn-pa.googleapis.com	39.8KB			29ms	
remote.js	200	youtube.com	0			5ms	
QlgJXITW_och5BKR4VvT...	200	google.com	0			4ms	
sdefault.webp	200	i.ytimg.com	21.5KB			24ms	
CVY0A2yMOjLTALwGUq...	200	yt3.ggpht.com	0			9ms	
id?sif_rd=1	200	googleads.g.doublec...	146B			17ms	
CVY0A2yMOjLTALwGUq...	200	yt3.ggpht.com	0			2ms	
POST GenerateIT	200	jnn-pa.googleapis.com	134B			38ms	
OPTIONS GenerateIT	200	jnn-pa.googleapis.com	0			16ms	
POST GenerateIT	200	jnn-pa.googleapis.com	134B			23ms	
POST GenerateIT	200	jnn-pa.googleapis.com	134B			19ms	
cast_sender.js	200	gstatic.com	1.96KB			35ms	
cast_sender.js	200	gstatic.com	1.96KB			23ms	
generate_204?ublxqg	204	youtube.com	0			15ms	
cast_sender.js	200	gstatic.com	0			8ms	
generate_204?gRnoZA	204	youtube.com	0			9ms	
generate_204?01FGfw	204	youtube.com	0			7ms	
cast_sender.js	200	gstatic.com	15.0KB			12ms	
cast_sender.js	200	gstatic.com	15.0KB			16ms	
cast_sender.js	200	gstatic.com	0			14ms	
POST log_event?alt=json...	200	youtube.com	50B				18ms
POST log_event?alt=json...	200	youtube.com	50B				16ms
POST log_event?alt=json...	200	youtube.com	50B				17ms

169 Requests 2.78MB (24.8MB Uncompressed) Fully Loaded 7.1s (Onload 2.5s)



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>1.8s</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>2.2s</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>Longer than recommended</p> <p>2.0s</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>0ms</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	0ms	Connect	50ms	Backend	584ms
TTFB	634ms	First Paint	1.8s	DOM Int.	2.2s
DOM Loaded	2.2s	Onload	2.5s	Fully Loaded	7.1s

IMPACT AUDIT

Low

Eliminate render-blocking resources FCP LCP

Potential savings of 39ms

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://drjohnpates.com/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.27.0	4.00KB	150ms
https://drjohnpates.com/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.19.2	12.9KB	300ms
https://drjohnpates.com/wp-content/plugins/elementor/assets/lib/swiper/v8/css/swiper.min.css?ver=8.4.5	4.51KB	150ms
https://drjohnpates.com/wp-content/plugins/royal-elementor-addons/assets/css/frontend.min.css?ver=1.3.89	40.4KB	450ms
https://fonts.googleapis.com/css?family=Varela%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CPoppins%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CRoboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&display=swap&ver=6.4.3	2.27KB	785ms
https://drjohnpates.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	12.2KB	150ms
https://drjohnpates.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	29.3KB	150ms

Low

Avoid an excessive DOM size TBT

367 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		367
Maximum DOM Depth	Stephen Gallacher 	16
Maximum Child Elements	body.home <body class="home page-template page-template-elementor_header_footer page page-id-6 wp..." data-elementor-device-mode="desktop">	79

Low

Properly size images

Potential savings of 257KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://drjohnpates.com/wp-content/uploads/2023/08/Paul_Broadhurst-1.jpg	193KB	193KB
https://drjohnpates.com/wp-content/uploads/2023/08/CM4_9959-copy-1-min-1024x659.jpg	63.3KB	51.7KB
https://drjohnpates.com/wp-content/uploads/2023/09/cropped-WhatsApp-Image-2023-09-22-at-3.27.13-PM.jpeg	14.2KB	13.1KB

Low

Ensure text remains visible during webfont load FCP LCP

1 font found

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

URL	POTENTIAL SAVINGS
<ul style="list-style-type: none">https://drjohnpates.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0	17ms

Low **Avoid long main-thread tasks** TBT 1 long task found

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

URL	START TIME	DURATION
<ul style="list-style-type: none">https://drjohnpates.com/	1.5s	199ms

Low **Reduce JavaScript execution time** TBT 225ms 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
<ul style="list-style-type: none">https://drjohnpates.com/	429ms	34ms	11ms
<ul style="list-style-type: none">Unattributable	366ms	11ms	0ms
<ul style="list-style-type: none">https://drjohnpates.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	127ms	112ms	1ms
<ul style="list-style-type: none">https://drjohnpates.com/wp-content/plugins/elementor/assets/js/video.fea4f8dfdf17262f23e8.bundle.min.js	55ms	51ms	2ms

Low **Reduce unused CSS** FCP LCP Potential savings of 77.1KB

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
<ul style="list-style-type: none">https://drjohnpates.com/wp-content/plugins/royal-elementor-addons/assets/css/frontend.min.css?ver=1.3.89	40.4KB	40.4KB
<ul style="list-style-type: none">https://drjohnpates.com/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.19.2	12.9KB	12.4KB
<ul style="list-style-type: none">https://drjohnpates.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=1.3.89	12.4KB	12.3KB
<ul style="list-style-type: none">https://drjohnpates.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	12.2KB	12.1KB

Low **Reduce initial server response time** FCP LCP Root document took 583ms

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

URL	TIME SPENT
<ul style="list-style-type: none">https://drjohnpates.com/	583ms

Low **Minify JavaScript** FCP LCP Potential savings of 3.13KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<ul style="list-style-type: none">https://drjohnpates.com/wp-content/plugins/royal-elementor-addons/assets/js/lib/particles/particles.js?ver=3.0.6	8.74KB	3.13KB

Low

Reduce unused JavaScript LCP

Potential savings of 163KB

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.youtube.com/s/player/9bb09009/www-widgetapi.vflset/www-widgetapi.js	67.0KB	47.5KB
https://drjohnpates.com/wp-content/plugins/royal-elementor-addons/assets/js/frontend.min.js?ver=1.3.89	37.1KB	36.3KB
https://drjohnpates.com/wp-includes/js/dist/vendor/react-dom.min.js?ver=18.2.0	39.3KB	34.1KB
https://drjohnpates.com/wp-content/plugins/woocommerce/assets/client/blocks/blocks-checkout.js?ver=9f469ef17beaf7c51576	32.1KB	22.8KB
https://drjohnpates.com/wp-content/plugins/woocommerce/assets/client/blocks/blocks-components.js?ver=b165bb2bd213326d7f31	31.1KB	22.5KB

N/A

Largest Contentful Paint element LCP

2,280 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
body.home > div.elementor > section.elementor-section > div.elementor-background-overlay
<div class="elementor-background-overlay">
```

PHASE	% OF LCP	TIMING
TTFB	28%	633ms
Load Delay	40%	920ms
Load Time	4%	89ms
Render Delay	28%	641ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 306B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://drjohnpates.com/wp-content/plugins/royal-elementor-addons/assets/js/lib/jarallax/jarallax.min.js?ver=1.12.7 Line:5 Column:5489	58B
https://drjohnpates.com/wp-includes/js/dist/compose.min.js?ver=3189b344ff39fef940b7 Line:8 Column:3724	57B
https://drjohnpates.com/wp-includes/js/dist/data.min.js?ver=dc5f255634f3da29c8d5 Line:1 Column:2448	56B
https://drjohnpates.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	55B
https://drjohnpates.com/wp-content/plugins/royal-elementor-addons/assets/js/lib/parallax/parallax.min.js?ver=1.0 Line:0 Column:5014	52B
https://drjohnpates.com/wp-includes/js/dist/redux-routine.min.js?ver=0be1b2a6a79703e28531 Line:1 Column:3687	28B

N/A

Avoid large layout shifts CLS

3 elements found

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

ELEMENT	CLS CONTRIBUTION
Dr. John Pates <h1 class="elementor-heading-title elementor-size-default">	0.00
Home About Testimonials Services Price List Golf Blog Books <ul id="menu-1-0473e7c" class="elementor-nav-menu" data-smartmenus-id="17097871356847449">	0.00
Welcome to my website. My name is Dr John Pates, PhD, and I am a Chartered Spor... <p>	0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 1.3s

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	447ms
Other	438ms
Style & Layout	275ms
Parse HTML & CSS	74ms
Script Parsing & Compilation	57ms
Rendering	15ms
Garbage Collection	3ms

N/A

Reduce the impact of third-party code TBT

Total size was 1.46MB

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	1.20MB	0ms
• https://www.youtube.com/s/player/9bb09009/player_ias.vflset/en_US/base.js	778KB	0ms
• https://www.youtube.com/s/player/9bb09009/www-embed-player.vflset/www-embed-player.js	95.2KB	0ms
• https://www.youtube.com/s/player/9bb09009/www-widgetapi.vflset/www-widgetapi.js	67.0KB	0ms
• Other resources	289KB	0ms
OTHER GOOGLE APIS/SDKS	140KB	0ms
• https://jnn-pa.googleapis.com/\$rpc/google.internal.waa.v1.Waa/Create	120KB	0ms
• https://www.google.com/js/th/QLgJXITW_och5BKR4VvT459F7KnrK51w4wqraUAmDYI.js	19.9KB	0ms
GOOGLE FONTS	107KB	0ms
• https://fonts.gstatic.com/s/varela/v16/DPEYwqExx0AWHX5Ax4E.woff2	18.6KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2	15.9KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmWUlfBBc4.woff2	15.6KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.6KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• Other resources	25.4KB	0ms
GOOGLE CDN	17.8KB	0ms
• https://www.gstatic.com/eureka/clank/117/cast_sender.js	15.4KB	0ms
GOOGLE/DOUBLECLICK ADS	1.46KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.