

Performance Report for: <http://flowpotential.co.uk/>

Report generated: Thu, Mar 7, 2024 7:27 PM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	87%	97%	1.4s	20ms	0

Top Issues

Med	Serve static assets with an efficient cache policy	Potential savings of 1.06MB
Low	Ensure text remains visible during webfont load <small>FCP LCP</small>	4 fonts found
Low	Avoid an excessive DOM size <small>TBT</small>	309 elements
Low	Enable text compression <small>FCP LCP</small>	Potential savings of 49.4KB
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.12MB

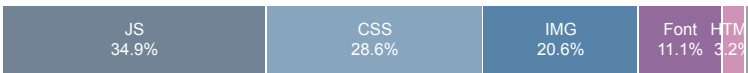
Page Details



Total Page Size - 1.11MB



Total Page Requests - 63



■ 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.**

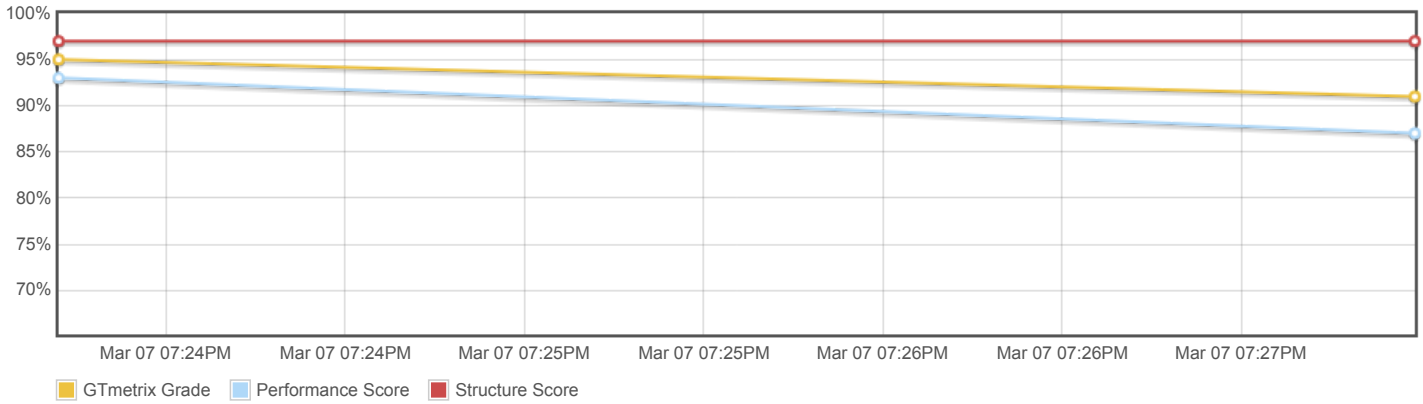
About GTmetrix



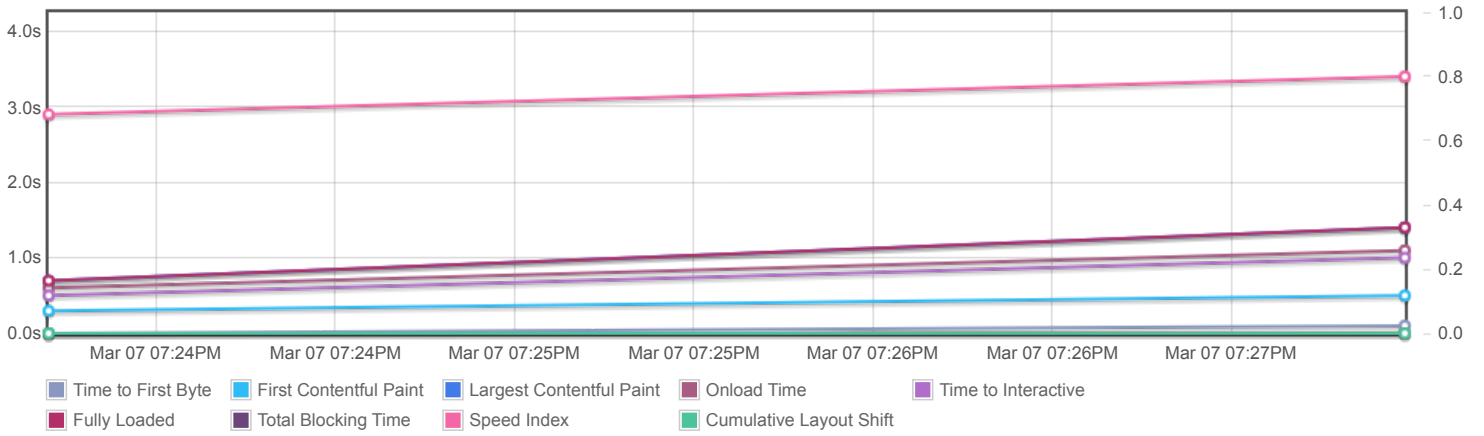
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

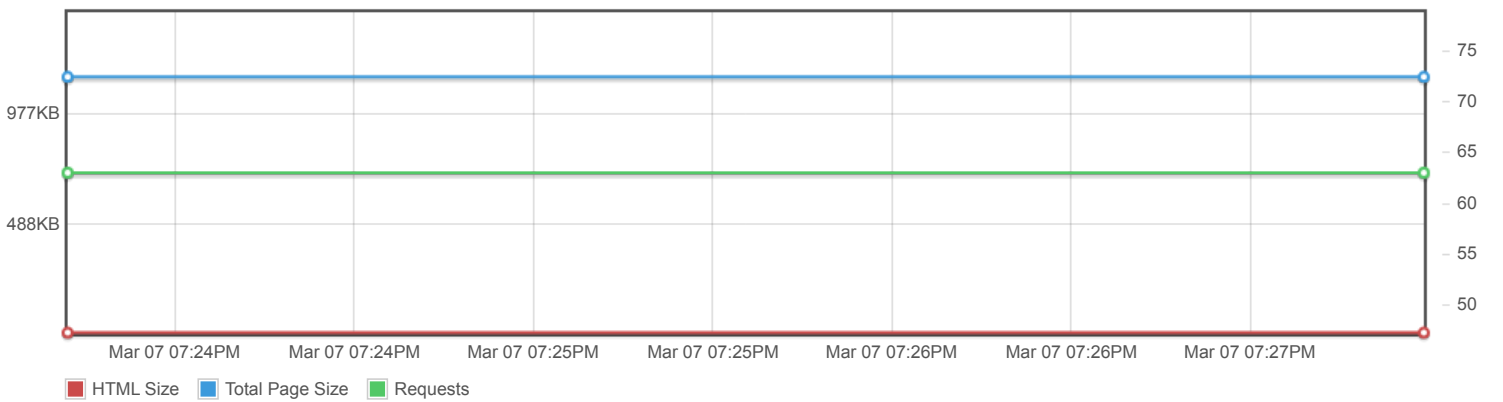
Page scores



Page metrics

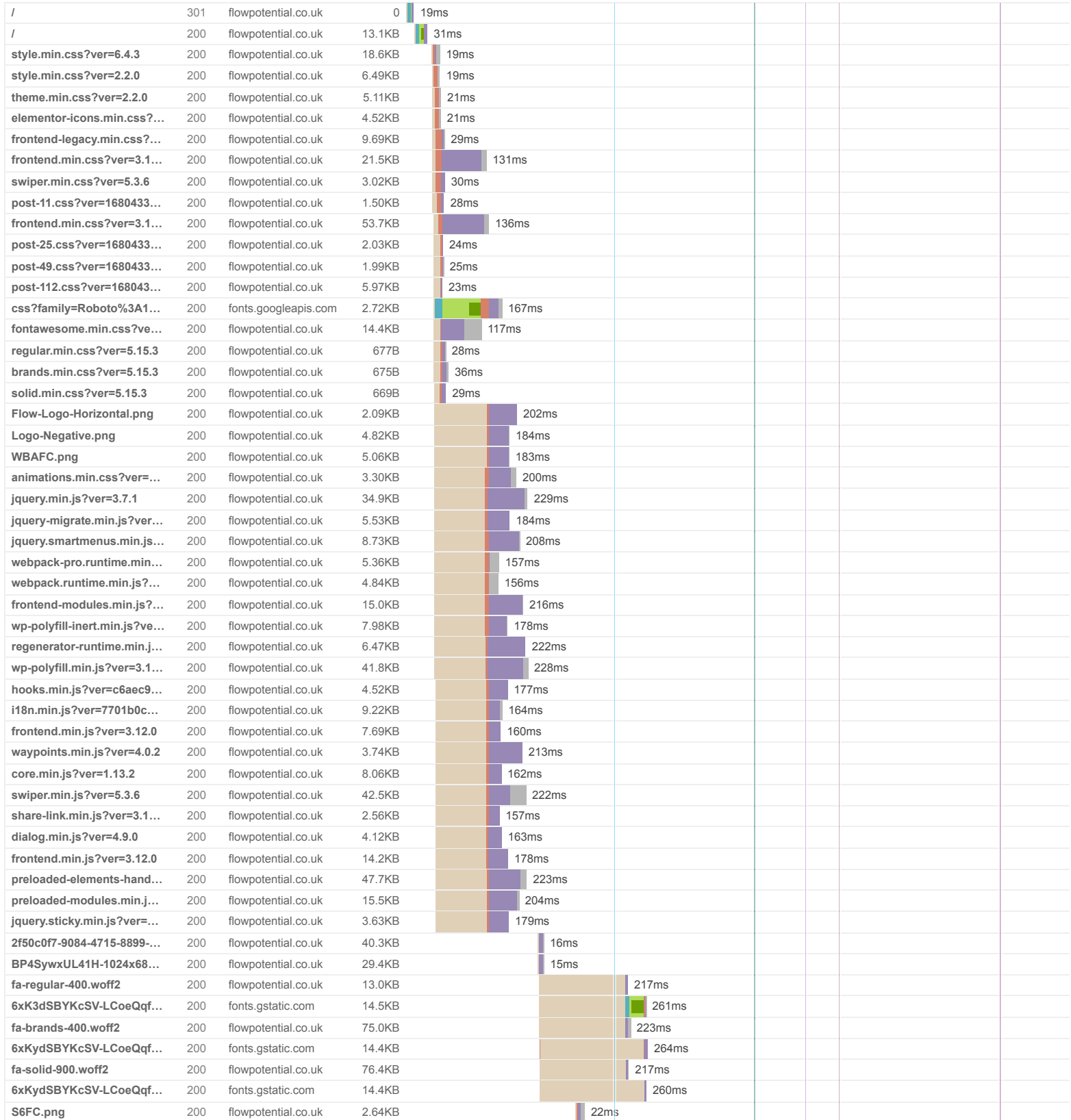


Page sizes and request counts

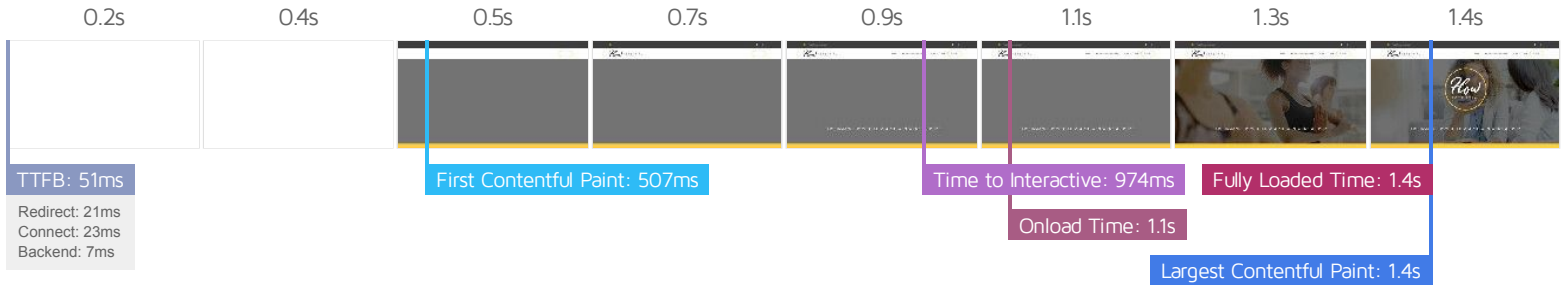


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Home - Flow Potential



LCFC.png	200	flowpotential.co.uk	3.40KB	21ms			
BA-Logo-300x81.png	200	flowpotential.co.uk	3.22KB	21ms			
LC-Logo-300x52.png	200	flowpotential.co.uk	2.16KB	21ms			
LU-Logo-300x76.png	200	flowpotential.co.uk	2.45KB	21ms			
wp-emoji-release.min.js?...	200	flowpotential.co.uk	6.00KB		9ms		
eicons.woff2?5.18.0	200	flowpotential.co.uk	91.7KB			137ms	
BP4SywxUL41H.jpg	200	flowpotential.co.uk	60.0KB		24ms		
e7d4d9505dccac441f1df6...	200	flowpotential.co.uk	126KB		29ms		
2f50c0f7-9084-4715-8899-...	200	flowpotential.co.uk	86.2KB		25ms		
Favicon-150x150.png	200	flowpotential.co.uk	1.44KB			18ms	
63 Requests	1.11MB (2.36MB Uncompressed)	Fully Loaded 1.4s (Onload 1.1s)					



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>Good - Nothing to do here</p> <p>506ms</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>974ms</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>3.4s</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>20ms</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>OK, but consider improvement</p> <p>1.4s</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	21ms	Connect	23ms	Backend	7ms
TTFB	51ms	First Paint	507ms	DOM Int.	846ms
DOM Loaded	848ms	Onload	1.1s	Fully Loaded	1.4s

IMPACT AUDIT

Low

Properly size images

Potential savings of 4.45KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://flowpotential.co.uk/wp-content/uploads/2020/08/WBAFC.png	5.06KB	4.45KB

Low

Avoid multiple page redirects FCP LCP

Potential savings of 19ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://flowpotential.co.uk/	19ms
https://flowpotential.co.uk/	0ms

Low

Avoid long main-thread tasks TBT

3 long tasks found

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

URL	START TIME	DURATION
https://flowpotential.co.uk/	274ms	144ms
https://flowpotential.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	907ms	67ms
Unattributable	564ms	53ms

Low

Reduce JavaScript execution time TBT

198ms 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://flowpotential.co.uk/	420ms	20ms	2ms
Unattributable	318ms	0ms	0ms
https://flowpotential.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	193ms	172ms	1ms

Low

Reduce unused CSS FCP LCP

Potential savings of 106KB

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://flowpotential.co.uk/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=3.12.0	53.7KB	52.9KB
https://flowpotential.co.uk/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.12.0	21.5KB	20.2KB
https://flowpotential.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	18.6KB	18.6KB
https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	14.4KB	14.3KB

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://flowpotential.co.uk/wp-content/uploads/2020/08/2f50c0f7-9084-4715-8899-7b82512da0bb_OsaKh7e-1024x683.jpg	40.3KB	8.03KB

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: 1.0s

INITIAL NAVIGATION



- <https://flowpotential.co.uk/wp-content/plugins/elementor-pro/assets/js/webpack-pro.runtime.min.js?ver=3.12.0> 5.65KB, 72ms
- <https://flowpotential.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2> 8.27KB, 86ms
- <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/js/webpack.runtime.min.js?ver=3.12.0> 5.13KB, 70ms
- <https://flowpotential.co.uk/wp-content/themes/hello-elementor/theme.min.css?ver=2.2.0> 5.39KB, 20ms
- <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.18.0> 4.52KB, 20ms
 - <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.18.0> 92.0KB, 10ms
- <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/brands.min.css?ver=5.15.3> 945B, 35ms
 - <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-brands-400.woff2> 75.3KB, 15ms
- <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/solid.min.css?ver=5.15.3> 960B, 28ms
 - <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2> 76.7KB, 10ms
- <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/regular.min.css?ver=5.15.3> 968B, 27ms
 - <https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-regular-400.woff2> 13.2KB, 10ms
- <https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&subset=latin,latin-ext&display=block> 2.72KB, 166ms
- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydsBYKcSV-LCoeQqfX1RYOo3ig4vwlxdu.woff2> 14.5KB, 57ms
- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydsBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2> 14.5KB, 53ms
- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2> 15.1KB, 53ms

Low **Reduce unused JavaScript** LCP Potential savings of 62.5KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://flowpotential.co.uk/wp-content/plugins/elementor-pro/assets/js/preloaded-elements-handlers.min.js?ver=3.12.0	47.7KB	39.9KB
https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6	42.5KB	22.6KB

N/A **Largest Contentful Paint element** LCP 1,450 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
div.elementor-background-slideshow > div.swiper-wrapper > div.elementor-background-slideshow__slide > div.elementor-background-slideshow__slide__image
<div class="elementor-background-slideshow__slide__image elementor-ken-burns elementor..." style="background-image: url(&quot;https://flowpotential.co.uk/wp-content/uploads/2020...&quot;); ">
```


PHASE	% OF LCP	TIMING
TTFB	4%	51ms
Load Delay	60%	871ms
Load Time	1%	14ms
Render Delay	35%	512ms

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 23ms

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://flowpotential.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	18.6KB	301ms
https://flowpotential.co.uk/wp-content/themes/hello-elementor/theme.min.css?ver=2.2.0	5.39KB	150ms
https://flowpotential.co.uk/wp-content/plugins/elementor/assets/css/frontend-legacy.min.css?ver=3.12.0	10.0KB	150ms
https://flowpotential.co.uk/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.12.0	21.5KB	150ms
https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/swiper/css/swiper.min.css?ver=5.3.6	3.02KB	150ms
https://flowpotential.co.uk/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=3.12.0	53.7KB	301ms
https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CRoboto+Slab%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic%7CSource+Sans+Pro%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C800%2C800italic%2C900%2C900italic&display=auto&ver=6.4.3	2.72KB	860ms
https://flowpotential.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	14.4KB	150ms

N/A **Reduce initial server response time** FCP LCP Root document took 6ms

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

URL	TIME SPENT
https://flowpotential.co.uk/	6ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 173B

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://flowpotential.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	173B
Line:0 Column:452	@babel/plugin-transform-classes

N/A **Avoid large layout shifts** CLS 1 element found

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

About Performance Psychology Yoga Blog

`<ul id="menu-1-51017f13" class="elementor-nav-menu" data-smartmenus-id="17098684501495994">`

0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 1.2s

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

CATEGORY

TIME SPENT

Other

540ms

Script Evaluation

298ms

Style & Layout

232ms

Parse HTML & CSS

52ms

Script Parsing & Compilation

19ms

Rendering

18ms

N/A

Reduce the impact of third-party code TBT

Total size was 46.8KB

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 FONTS

46.8KB

0ms

- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2>

15.1KB

0ms

- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2>

14.5KB

0ms

- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3ig4vwlxdu.woff2>

14.5KB

0ms

N/A

User Timing marks and measures

No user timings and/or marks found.