

Performance Report for:

http://focusedmindcoaching.co.uk/

Report generated: Thu, Mar 7, 2024 7:16 PM -0800

Test Server Location: K London, UK

Using: O Chrome 117.0.0.0, Lighthouse 11.0.0

D

Performance 71%

Structure 63%

L. Contentful Paint

2.4s

T. Blocking Time

76ms

C. Layout Shift

0

Top Issues

High	Avoid enormous network payloads LCP	Total size was 6.55MB
Med	Use explicit width and height on image elements CLS	17 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 1.36MB
Med-Low	Efficiently encode images	Potential savings of 112KB
Med-Low	Use a Content Delivery Network (CDN)	37 resources found

Page Details

5.2s

Fully Loaded Time

Total Page Size - 6.54MB



Total Page Requests - 72

JS	IMG	Other	CSS	Font	
30.6%	29.2%	15.3%	11.1%	6.9%	

HTML JS CSS IMG Video Font Othe

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

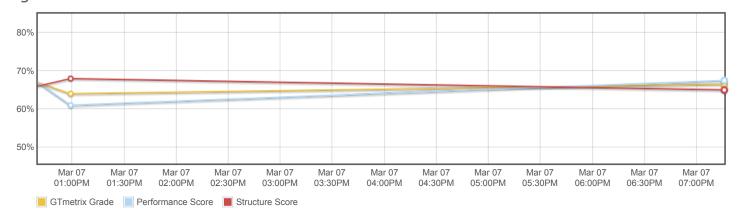


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

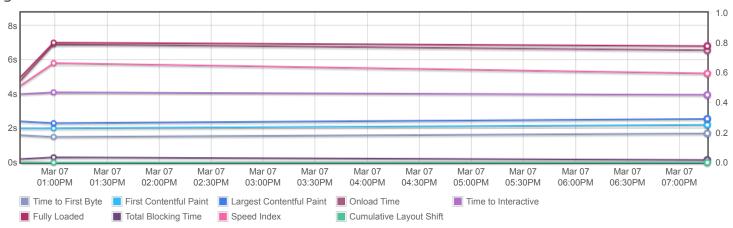
https://carbon60.com/



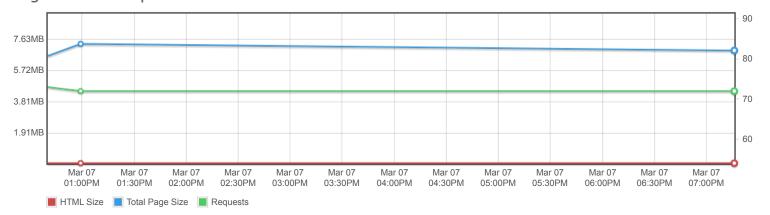
Page scores



Page metrics

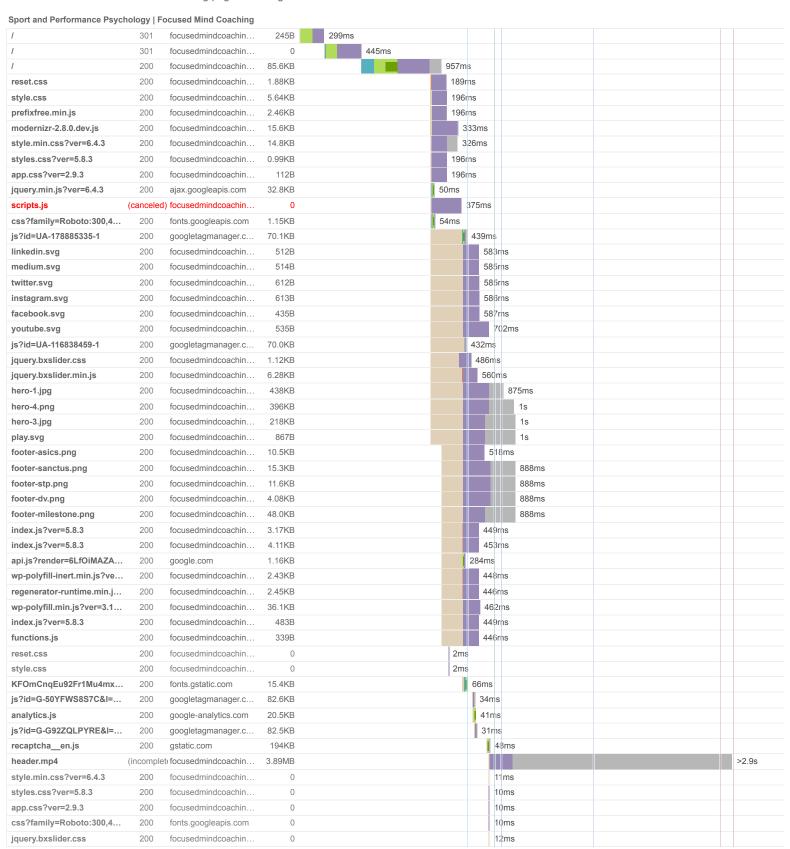


Page sizes and request counts



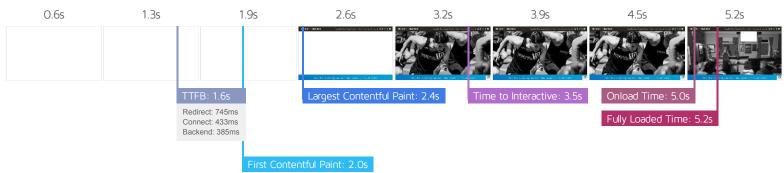


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.



avicon-32x32.png	200	focusedmindcoachin	1.40KB						150m
OST reload?k=6LfOiMA	200	google.com	9.40KB				7	7ms	
ackground-news.jpg	404	typeface.agency	531B				ļ		1.5s
nanifest.json	404	focusedmindcoachin	40.7KB					909ms	
vebworker.js?hl=en&v=Q	200	google.com	135B			24ms			
FOICnqEu92Fr1MmEU9f	200	fonts.gstatic.com	15.2KB			110ms			
FOmCnqEu92Fr1Mu4mx	200	fonts.gstatic.com	15.0KB			109ms			
ogo_48.png	200	gstatic.com	2.18KB			9ms			
DLZ5bdCrEGdGR5FKKZf	200	google.com	6.77KB			13ms			
ecaptchaen.js	200	gstatic.com	194KB			54ms			
tylesltr.css	200	gstatic.com	24.0KB			33ms			
nchor?ar=1&k=6LfOiMA	200	google.com	28.2KB		71m	3			
FOICnqEu92Fr1MmSU5f	200	fonts.gstatic.com	15.4KB	9	9ms				
FOICnqEu92Fr1MmWUIf	200	fonts.gstatic.com	15.5KB	9	8ms		_		
ackground-news.jpg	301	typeface.agency	0			_	1.3s		
ackground-business-3.jpg	200	focusedmindcoachin	137KB			654ms			
ackground-sport-3.jpg	200	focusedmindcoachin	198KB			661ms			
tu-newimage.jpg	200	focusedmindcoachin	104KB			653ms			
p-emoji-release.min.js?	200	focusedmindcoachin	5.00KB			652ms			





First Cor	ntentful Paint: 2.0s		
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.	Much longer than recommended 2.0s	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Longer than recommended
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Much longer than recommended 4.2s	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	Good - Nothing to do here
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.	Much longer than recommended 2.4s	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	745ms	Connect	433ms	Backend	385ms
TTFB	1.6s	First Paint	2.0s	DOM Int.	2.3s
DOM Loaded	2.3s	Onload	5.0s	Fully Loaded	5.2s

Structure Audits

IMPACT

AUDIT

Med-Low

Avoid chaining critical requests FCP LCP

21 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: 4.0s

INITIAL NAVIGATION

http://focusedmindcoaching.co.uk/ 258B, 297ms

https://www.focusedmindcoaching.co.uk/ 14.2KB, 956ms

https://www.focusedmindcoaching.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.8.3 4.20KB, 208ms

https://www.focusedmindcoaching.co.uk/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.8.3 3.24KB, 205ms

https://www.focusedmindcoaching.co.uk/manifest.json 41.2KB, 908ms

https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/slider/jquery.bxslider.min.js 🍱 6.37KB, 186ms

https://www.focusedmindcoaching.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3 2 14.8KB, 317ms

. https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/_/js/modernizr-2.8.0.dev.js 🖪 15.8KB, 324ms

https://www.google.com/recaptcha/api.js?render=6LfOiMAZAAAAALNKNXXSIn4jMoPX41GiZEIRKsBE&ver=3.0 1.16KB, 39ms

https://www.focusedmindcoaching.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 2.51KB, 203ms

https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/_/js/functions.jg 394B, 201ms

https://www.focusedmindcoaching.co.uk/wp-content/plugins/simple-lightbox/client/css/app.css?ver=2.9.3 🖪 189B, 186ms

https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/_js/scripts.js 🗗 134B, 365ms

https://www.focusedmindcoaching.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0 🗗 36.1KB, 217ms

https://www.focusedmindcoaching.co.uk/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.8.3 🗗 1.07KB, 186ms

https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js?ver=6.4.3 2 33.4KB, 40ms

https://www.focusedmindcoaching.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0 🗹 2.53KB, 201ms

https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/_/js/prefixfree.min.js 2.57KB, 187ms

. https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/slider/jquery.bxslider.css 🗗 1.19KB, 148ms

https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/reset.css 2.04KB, 179ms

https://www.focusedmindcoaching.co.uk/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.8.3 538B, 204ms

https://fonts.googleapis.com/css?family=Roboto:300,400,500,700 1.15KB, 45ms

https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2 15.9KB, 46ms

Med-Low

Avoid multiple page redirects FCP LCP

Potential savings of 743ms

Redirects introduce additional delays before the page can be loaded.

URL

TIME SPENT

- http://focusedmindcoaching.co.uk/
- http://www.focusedmindcoaching.co.uk/
- https://www.focusedmindcoaching.co.uk/

298ms 444ms

0ms

Med-Low

Properly size images

Potential savings of 62.0KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-milestone.png	48.0KB	37.5KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-sanctus.png	15.3KB	10.0KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-stp.png	11.6KB	7.57KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-asics.png	10.5KB	6.88KB

Med-Low

Defer offscreen images

Potential savings of 1.11MB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/hero-1.jpg	438KB	438KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/hero-4.png	396KB	396KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/hero-3.jpg	218KB	218KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-milestone.png	48.0KB	48.0KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-sanctus.png	15.3KB	15.3KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-stp.png	11.6KB	11.6KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-asics.png	10.5KB	10.5KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-dv.png	4.08KB	4.08KB

Med-Low

Eliminate render-blocking resources FCP LCP

Potential savings of 175ms

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

• https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/_/js/modernizr-2.8.0.dev.js

• https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js?ver=6.4.3

15.8KB

290ms

• https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js?ver=6.4.3

1.1s

Low

Use passive listeners to improve scrolling performance

1 event listener not passive

Consider marking your touch and wheel event listeners as passive to improve your page's scroll performance.

URL LOCATION

• https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js?ver=6.4.3 Line:2

LOW Reduce unused JavaScript LCP

Potential savings of 241KB

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.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptchaen.js	195KB	99KB
https://www.googletagmanager.com/gtag/js?id=G-G92ZQLPYRE&l=dataLayer&cx=c	82.5KB	39.1KB
https://www.googletagmanager.com/gtag/js?id=G-50YFWS8S7C&l=dataLayer&cx=c	82.7KB	38.8KB
https://www.googletagmanager.com/gtag/js?id=UA-116838459-1	70.4KB	33.0KB
https://www.googletagmanager.com/gtag/js?id=UA-178885335-1	70.2KB	31.7KB
Low Avoid long main-thread tasks TBT	4 long tasks found	

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

-	URL	START TIME	DURATION
•	 https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js 	3.4s	84ms
•	 https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js 	3.3s	69ms
	 https://www.focusedmindcoaching.co.uk/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.8.3 	2.3s	61ms
•	 https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js 	3.0s	61ms

Serve images in next-gen formats

Potential savings of 1.00MB

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://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/hero-4.png	396KB	346KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/hero-1.jpg	438KB	205KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/background-sport-3.jpg	198KB	147KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/hero-3.jpg	218KB	138KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/background-business-3.jpg	137KB	90.3KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/stu-newimage.jpg	104KB	49.3KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-milestone.png	48.0KB	40.5KB
https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/images/footer-sanctus.png	15.3KB	10.5KB

Ensure text remains visible during webfont load FCP LCP



3 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/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2 46ms • https://fonts.gstatic.com/s/roboto/v30/KFOICngEu92Fr1MmWUIfBBc4.woff2 21ms • https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmSU5fBBc4.woff2 22ms

Reduce JavaScript execution time TBT

481ms spent executing JavaScript

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

TOTAL CPU TIME SCRIPT EVALUATION SCRIPT PARSE • https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js 438ms 400ms 8ms Unattributable 260ms 9ms 0ms https://www.focusedmindcoaching.co.uk/ 170ms 9ms 1ms • https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js?ver=6.4.3 102ms 50ms 1ms 251 elements

Avoid an excessive DOM size TBT

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

STATISTIC ELEMENT VALUE **Total DOM Elements** 251 div.bx-viewport > div.slider > div > img Maximum DOM Depth <img src="https://www.focusedmindcoaching.co.uk/wp-</pre> 8 content/themes/focusedtheme/image..."> body.home Maximum Child 29 <body class="home page-template page-template-index page-template-index-php page page-</pre> Elements i..." style="">

Reduce unused CSS FCP LCP

Potential savings of 21.5KB

Root document took 384ms

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

• @charset "UTF-8";.wp-block-archives{box-sizing:border-box} ... 21.5KB 21.5KB

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

Reduce initial server response time FCP LCP

URL TIME SPENT

· https://www.focusedmindcoaching.co.uk/ 384ms

Minify JavaScript FCP LCP Potential savings of 10.6KB

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

POTENTIAL SAVINGS URL TRANSFER SIZE

 $\bullet \quad \underline{\text{https://www.focusedmindcoaching.co.uk/wp-content/themes/focusedtheme/}\underline{\text{/js/modernizr-2.8.0.dev.js}}$ 15.8KB 10.6KB

N/A Largest Contentful Paint element LCP 2,410 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Focused Mind Coaching is passionate about improving individual and team perform...

<h4>

PHASE	% OF LCP	TIMING
TTFB	65%	1.6s
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	35%	845ms

N/A

Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 53B

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://www.focusedmindcoaching.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=

53B

Line:0 Column:452

@babel/plugin-transform-class
es

N/A

Avoid large layout shifts CLS

5 elements found

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

ELEMENT	CLS CONTRIBUTION
Focused Sport Focused Business About Stuart Podcasts Articles Testimonials Cont <nav></nav>	0.00
<div class="sociallinks"></div>	0.00
Focused Mind Coaching is passionate about improving individual and team perform <h4></h4>	0.00
Focused Business id="menu-item-321" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-321">	0.00
About Stuart id="menu-item-323" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-323">	0.00

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	659ms
Other	359ms
Style & Layout	108ms
Script Parsing & Compilation	30ms
Rendering	21ms
Parse HTML & CSS	17ms
Garbage Collection	16ms

N/A

Reduce the impact of third-party code TBT

Third-party code blocked the main thread for 17ms

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 CDN	450KB	17ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	390KB	17ms
• https://ajax.googleapis.com/ajax/libs/jquery/1.11.0/jquery.min.js?ver=6.4.3	33.4KB	0ms
 https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles_ltr.css_ 	24.6KB	0ms
GOOGLE TAG MANAGER	306KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-50YFWS8S7C&l=dataLayer&cx=c	82.7KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-G92ZQLPYRE&l=dataLayer&cx=c	82.5KB	0ms
 https://www.googletagmanager.com/gtag/js?id=UA-116838459-1 	70.4KB	0ms
https://www.googletagmanager.com/gtag/js?id=UA-178885335-1	70.2KB	0ms
GOOGLE FONTS	78.9KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOmCngEu92Fr1Mu4mxK.woff2	15.9KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOICngEu92Fr1MmWUlfBBc4.woff2	15.6KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCngEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmSU5fBBc4.woff2	15.5KB	0ms
 https://fonts.gstatic.com/s/roboto/v18/KFOICnqEu92Fr1MmEU9fBBc4.woff2 	15.3KB	0ms
OTHER GOOGLE APIS/SDKS	46.0KB	0ms
 https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfOiMAZAAAAALNKNXXSIn4jMoPX41GiZ EIRKsBE&co=aHR0cHM6Ly93d3cuZm9jdXNIZG1pbmRjb2FjaGluZy5jby51azo0NDM.&hl=en&v=Qqu E1 MNjnFHgZF4HPsEcf 2&size=invisible&cb=bwveku87h33s 	28.2KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LfOiMAZAAAAALNKNXXSIn4jMoPX41GiZEIRKsB		

N/A

User Timing marks and measures

No user timings and/or marks found.