Performance Report for:

http://headgame.co.uk/

Report generated: Thu, Mar 7, 2024 1:06 PM -0800
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
B	82%	90%	1.6s	0ms	0

Top Issues

Med	**Serve static assets with an efficient cache policy**	Potential savings of 3.43MB
Med	**Avoid enormous network payloads** LCP	Total size was 3.49MB
Med-Low	**Use a Content Delivery Network (CDN)**	38 resources found
Low	**Avoid chaining critical requests** FCP LCP	32 chains found
Low	**Enable text compression** FCP LCP	Potential savings of 747KB

Page Details

1.9s
Fully Loaded Time

Total Page Size - 3.49MB

Total Page Requests - 47

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.**

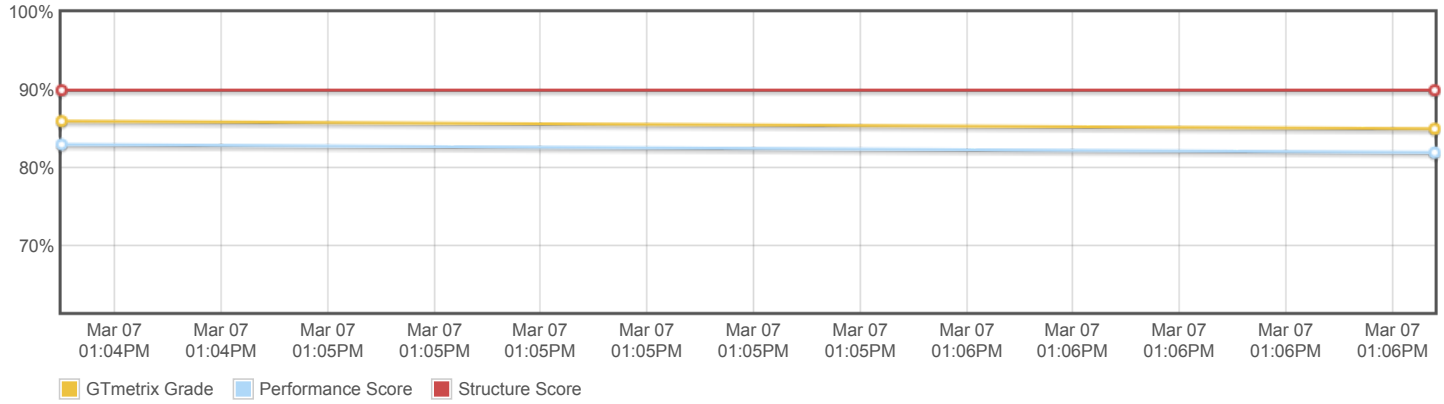
About GTmetrix

CARBON 60
THE MANAGED CLOUD COMPANY

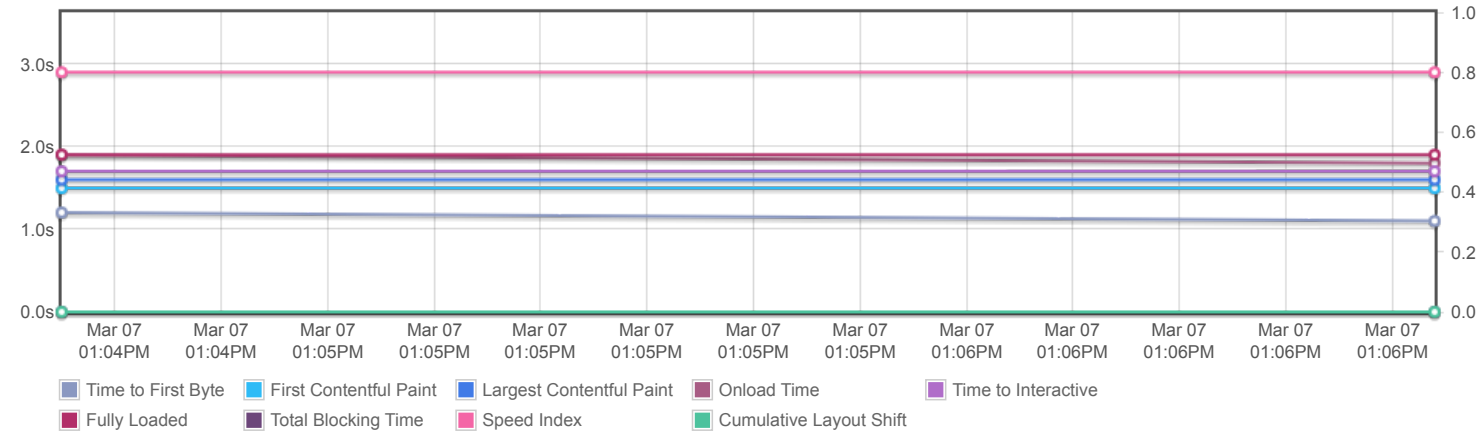
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

https://carbon60.com/

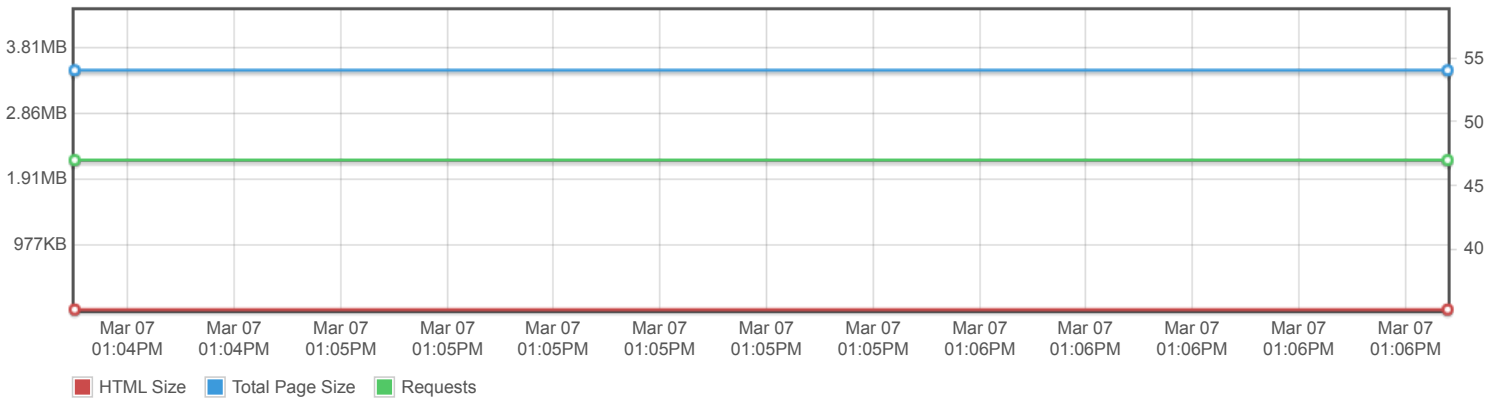
Page scores



Page metrics

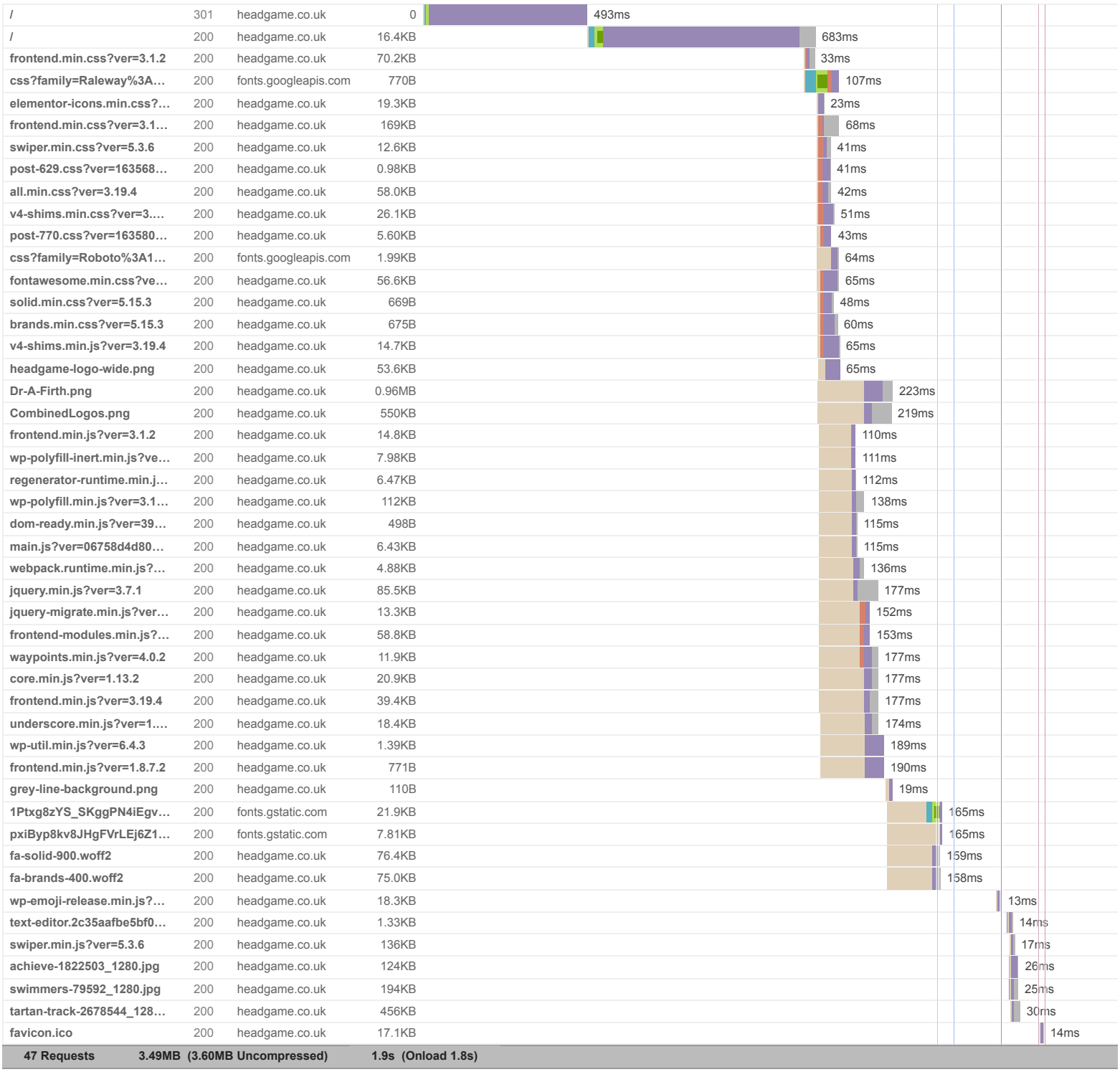


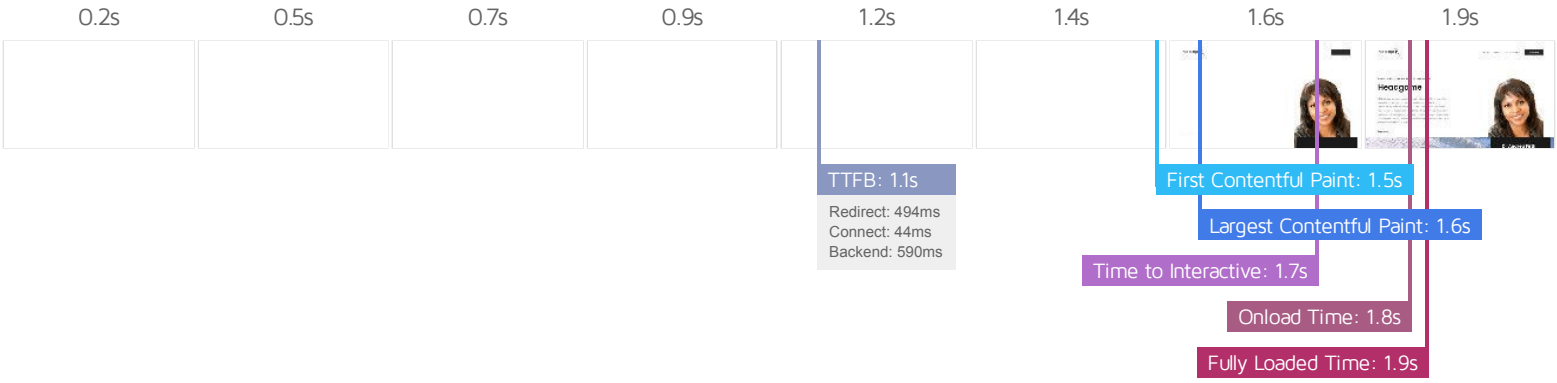
Page sizes and request counts



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.

headgame – helping you be your best





Performance Metrics

First Contentful Paint

Longer than recommended

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

1.5s

Time to Interactive

Good - Nothing to do here

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

1.7s

Speed Index

Much longer than recommended

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

2.9s

Total Blocking Time

Good - Nothing to do here

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

0ms

Largest Contentful Paint

OK, but consider improvement

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.

1.6s

Cumulative Layout Shift

Good - Nothing to do here

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

0

Browser Timings

Redirect	494ms	Connect	44ms	Backend	590ms
TTFB	1.1s	First Paint	1.5s	DOM Int.	1.7s
DOM Loaded	1.7s	Onload	1.8s	Fully Loaded	1.9s

IMPACT	AUDIT	
Low	**Properly size images**	Potential savings of 783KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://headgame.co.uk/wp-content/uploads/2021/11/Dr-A-Firth.png	0.96MB	734KB
https://headgame.co.uk/wp-content/uploads/2021/03/headgame-logo-wide.png	53.6KB	49.1KB

Low	**Avoid multiple page redirects** FCP LCP	Potential savings of 493ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• http://headgame.co.uk/	493ms
• https://headgame.co.uk/	0ms

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
• https://headgame.co.uk/	1.4s	94ms

Low	**Reduce unused CSS** FCP LCP	Potential savings of 397KB

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://headgame.co.uk/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.19.4	169KB	164KB
• https://headgame.co.uk/wp-content/themes/astra/assets/css/minified/frontend.min.css?ver=3.1.2	70.3KB	61.6KB
• https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=3.19.4	58.0KB	57.6KB
• https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	56.6KB	56.3KB
• https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/v4-shims.min.css?ver=3.19.4	26.1KB	26.1KB
• https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.29.0	19.4KB	19.4KB
• https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/swiper/css/swiper.min.css?ver=5.3.6	12.6KB	11.9KB

Low	**Serve images in next-gen formats**	Potential savings of 1.68MB

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://headgame.co.uk/wp-content/uploads/2021/11/Dr-A-Firth.png	0.96MB	907KB
https://headgame.co.uk/wp-content/uploads/2021/10/CombinedLogos.png	550KB	537KB
https://headgame.co.uk/wp-content/uploads/2021/05/tartan-track-2678544_1280.jpg	456KB	115KB
https://headgame.co.uk/wp-content/uploads/2021/05/swimmers-79592_1280.jpg	194KB	66.8KB
https://headgame.co.uk/wp-content/uploads/2021/05/achieve-1822503_1280.jpg	124KB	53.2KB
https://headgame.co.uk/wp-content/uploads/2021/03/headgame-logo-wide.png	53.6KB	43.7KB

Low **Reduce initial server response time** FCP LCP — Root document took 589ms

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

URL	TIME SPENT
• https://headgame.co.uk/	589ms

Low **Reduce unused JavaScript** LCP — Potential savings of 211KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6	136KB	72.3KB
https://headgame.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	113KB	52.1KB
https://headgame.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	85.6KB	47.2KB
https://headgame.co.uk/wp-content/plugins/elementor/assets/js/frontend-modules.min.js?ver=3.19.4	58.8KB	39.5KB

N/A **Avoid an excessive DOM size** TBT — 208 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		208
Maximum DOM Depth	a.elementor-button > span.elementor-button-content-wrapper > span.elementor-button-icon > i.fas <i aria-hidden="true" class="fas fa-long-arrow-alt-right">	20
Maximum Child Elements	body.home <body itemtype="https://schema.org/WebPage" itemscope="itemscope" class="home page-template-default page page-id-770 wp-custom-logo ast-single-post…" data-elementor-device-mode="desktop" style="">	25

N/A **Largest Contentful Paint element** LCP — 1,590 ms

This is the largest contentful element painted within the viewport.

ELEMENT

div.elementor-widget-wrap > div.elementor-element > div.elementor-widget-container > img.attachment-full

```
<img decoding="async" width="796" height="995" src="https://headgame.co.uk/wp-content/uploads/2021/11/Dr-A-Firth.png" class="attachment-full size-full wp-image-943" alt="" srcset="https://headgame.co.uk/wp-content/uploads/2021/11/Dr-A-Firth.png 796w, htt…" sizes="(max-width: 796px) 100vw, 796px">
```

PHASE	% OF LCP	TIMING
TTFB	71%	1.1s
Load Delay	11%	180ms
Load Time	6%	100ms
Render Delay	11%	178ms

N/A **Eliminate render-blocking resources** FCP LCP — Potential savings of 4ms

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://headgame.co.uk/wp-content/themes/astra/assets/css/minified/frontend.min.css?ver=3.1.2	70.3KB	775ms
https://fonts.googleapis.com/css?family=Raleway%3A400%2C%7CPoppins%3A600&display=fallback&ver=3.1.2	770B	769ms
https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.29.0	19.4KB	310ms
https://headgame.co.uk/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=3.19.4	169KB	775ms
https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=3.19.4	58.0KB	310ms
https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/v4-shims.min.css?ver=3.19.4	26.1KB	155ms
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&display=auto&ver=6.4.3	1.99KB	150ms
https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	56.6KB	310ms
https://headgame.co.uk/wp-content/plugins/elementor/assets/lib/font-awesome/js/v4-shims.min.js?ver=3.19.4	14.7KB	155ms

N/A **Reduce JavaScript execution time** TBT — 24ms 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://headgame.co.uk/	278ms	18ms	5ms
Unattributable	191ms	0ms	0ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT — Potential savings of 168B

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://headgame.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	168B
Line:0 Column:452	`@babel/plugin-transform-classes`

N/A **Avoid large layout shifts** CLS — 4 elements found

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

ELEMENT	CLS CONTRIBUTION
Home Contact BPS Supervision Let's Talk `<div class="site-header-primary-section-right site-header-section ast-flex ast-grid-ri…">`	0.00
Headgame `<h1 class="elementor-heading-title elementor-size-default">`	0.00
Dr Andrea Firth `<h3 class="elementor-heading-title elementor-size-default">`	0.00
div.elementor-button-wrapper > a.elementor-button > span.elementor-button-content-wrapper > span.elementor-button-icon `<span class="elementor-button-icon elementor-align-icon-right">`	0.00

N/A **Minimize main-thread work** TBT — Main-thread busy for 690ms

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

CATEGORY	TIME SPENT
Other	264ms
Script Evaluation	170ms
Style & Layout	144ms
Parse HTML & CSS	77ms
Script Parsing & Compilation	22ms
Rendering	10ms

N/A **Reduce the impact of third-party code** TBT — Total size was 33.1KB

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	33.1KB	0ms
• https://fonts.gstatic.com/s/raleway/v29/1Ptxg8zYS_SKggPN4iEgvnHyvveLxVvaorCIPrE.woff2	22.4KB	0ms
• https://fonts.gstatic.com/s/poppins/v20/pxiByp8kv8JHgFVrLEj6Z1xlFQ.woff2	7.93KB	0ms

N/A **User Timing marks and measures**

No user timings and/or marks found.