



Performance Report for: https://lbsportpsychology.co.uk/

Report generated: Wed, Mar 6, 2024 8:36 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
	99%	99%	390ms	0ms	0.07

Top Issues

Med-Low	Serve static assets with an efficient cache policy	Potential savings of 123KB
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Avoid large layout shifts <small>CLS</small>	3 elements found
Low	Avoid an excessive DOM size <small>TBT</small>	297 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 0.98MB

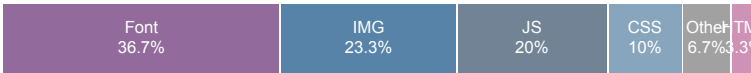
Page Details



Total Page Size - 0.97MB



Total Page Requests - 30



■ 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.**

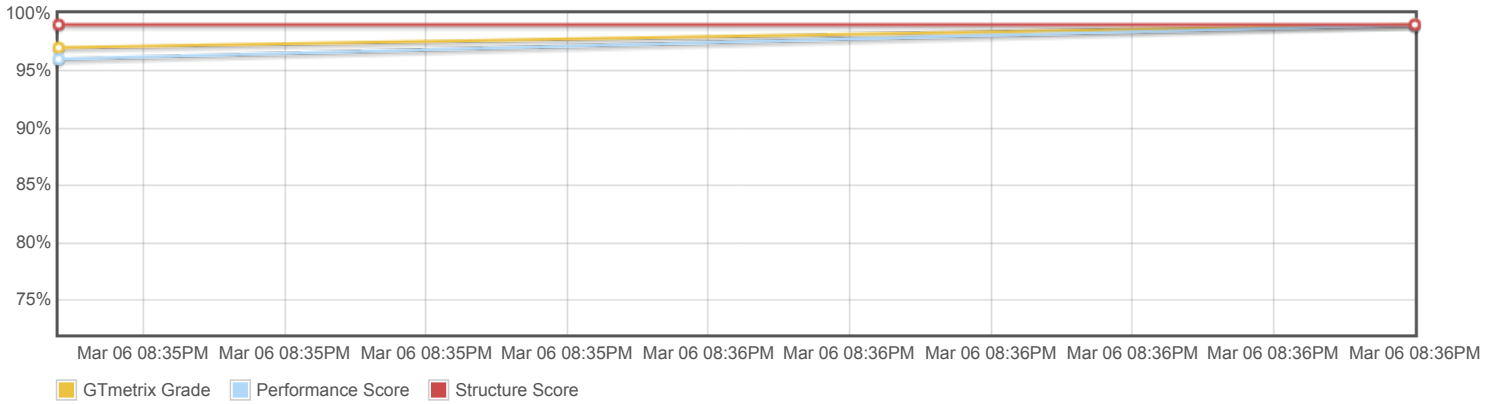
About GTmetrix



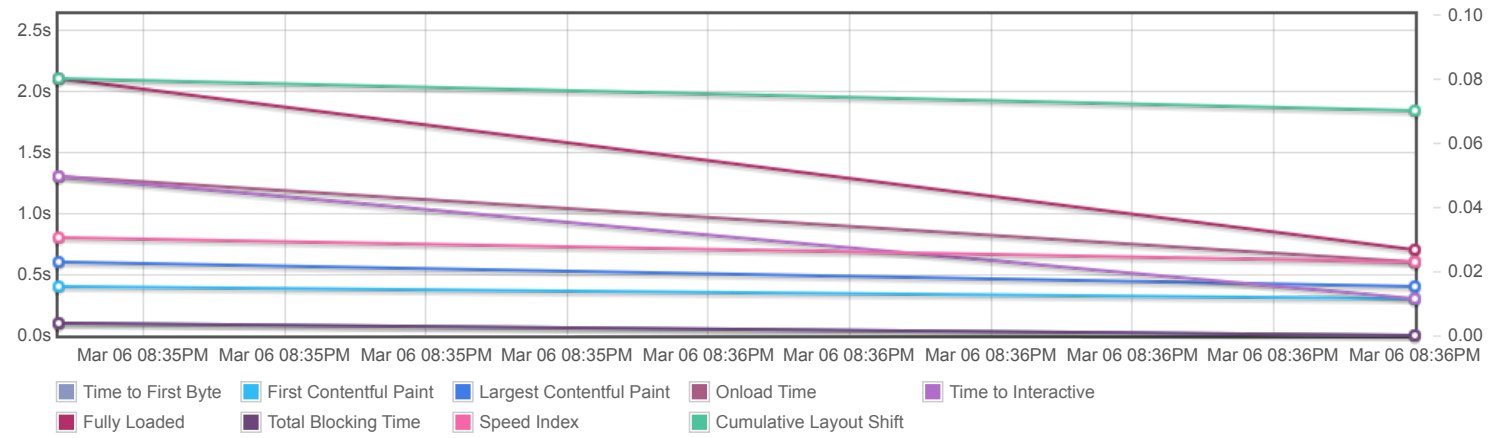
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

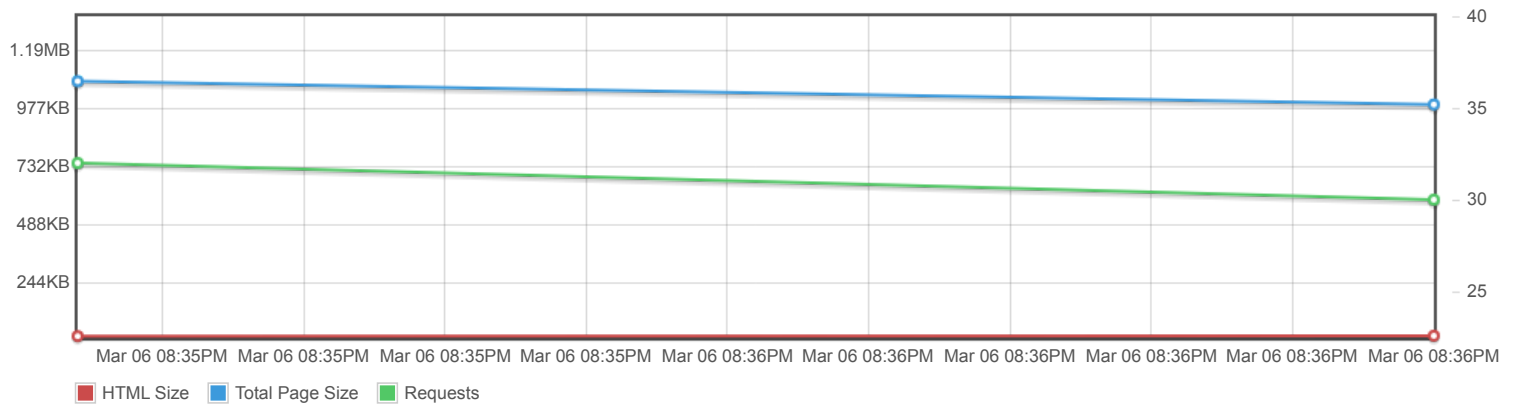
Page scores



Page metrics

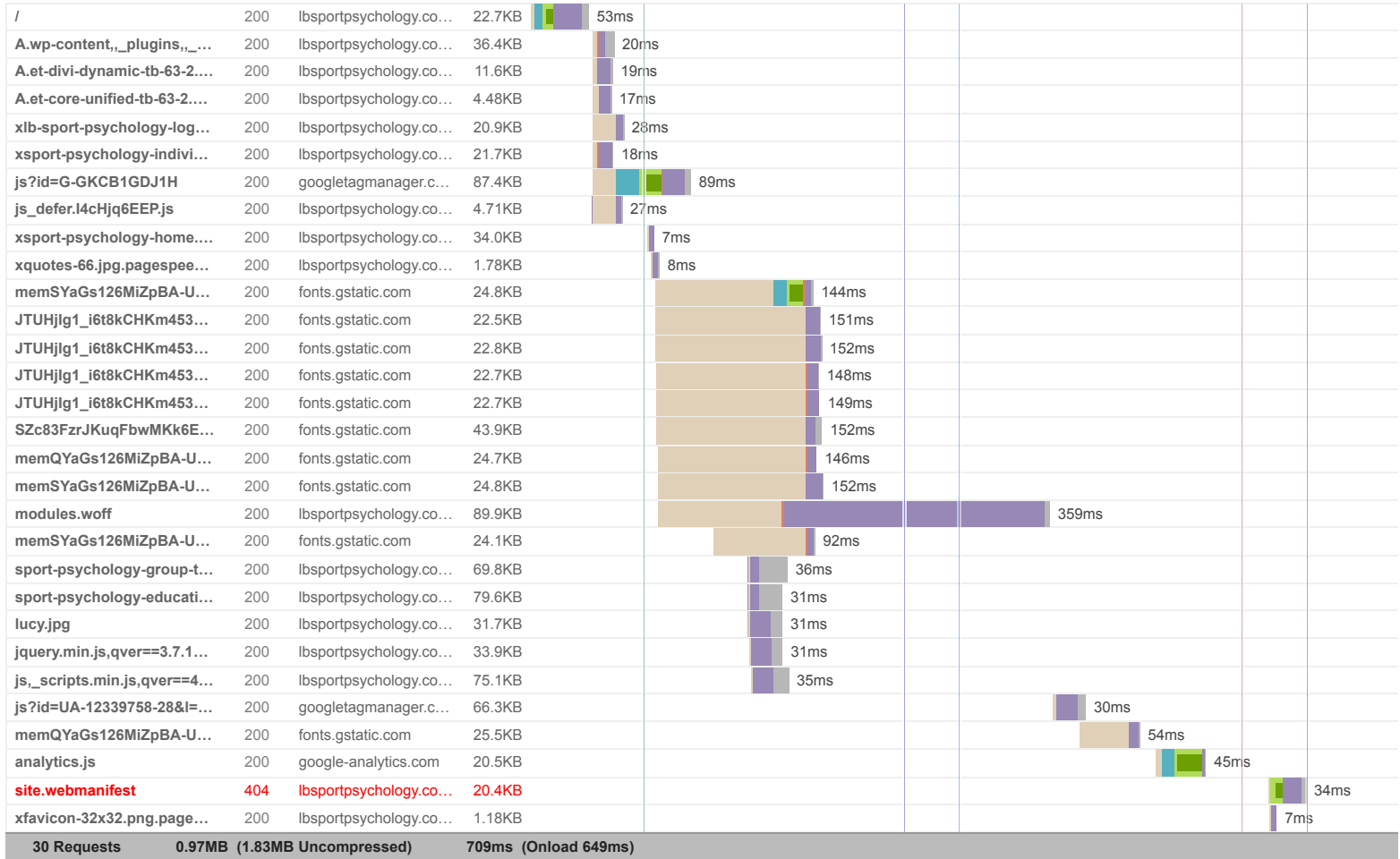


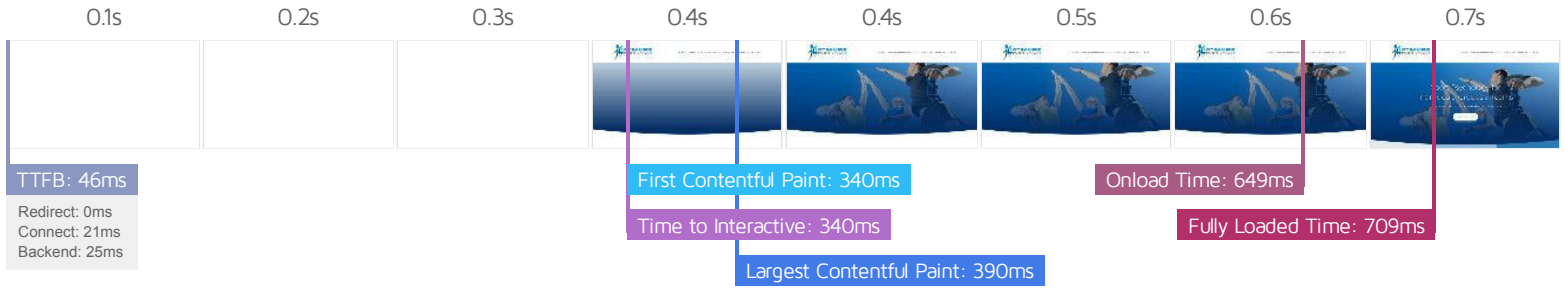
Page sizes and request counts



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.

Lucy Ballinger Sport Psychology | all sports, all ages and levels





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>340ms</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>340ms</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>Good - Nothing to do here</p> <p>598ms</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>Good - Nothing to do here</p> <p>390ms</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>0.07</p>

Browser Timings

Redirect	0ms	Connect	21ms	Backend	25ms
TTFB	46ms	DOM Int.	98ms	DOM Loaded	101ms
First Paint	340ms	Onload	649ms	Fully Loaded	709ms

IMPACT AUDIT

Low Properly size images

Potential savings of 158KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://lbsportpsychology.co.uk/wp-content/uploads/sport-psychology-education-session.jpg	79.6KB	68.4KB
https://lbsportpsychology.co.uk/wp-content/uploads/sport-psychology-group-team-workshops.jpg	69.8KB	60.0KB
https://lbsportpsychology.co.uk/wp-content/uploads/xsport-psychology-individual.jpg.pagespeed.ic.HCPpfuycda.webp	21.7KB	18.7KB
https://lbsportpsychology.co.uk/wp-content/uploads/xlb-sport-psychology-logo.png.pagespeed.ic.u1GaZGER4n.png	20.9KB	10.9KB

Low Efficiently encode images

Potential savings of 4.23KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://lbsportpsychology.co.uk/wp-content/uploads/lucy.jpg	31.7KB	4.23KB

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://lbsportpsychology.co.uk/ 	118ms	82ms

Low Reduce JavaScript execution time TBT

149ms 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://lbsportpsychology.co.uk/	247ms	11ms	2ms
https://lbsportpsychology.co.uk/pagespeed_static/js_defer.l4chJg6EEP.js	178ms	125ms	1ms
Unattributable	159ms	8ms	0ms

Low Reduce unused CSS FCP LCP

Potential savings of 47.3KB

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://lbsportpsychology.co.uk/A.wp-content/plugins/email-encoder-bundle/core/includes/assets/css/style.css,qver==240215-130903+wp-includes/css/dashicons.min.css,qver==6.4.3+wp-content/plugins/wp-logo-showcase-responsive-slider-slider/assets/css/slick.css,qver==3.7+wp-content/plugins/wp-logo-showcase-responsive-slider-slider/assets/css/wpls-public.css,qver==3.7,Mcc.FbHRToeVi3.css,pagespeed.cf.Teijk3MWXy.css 	36.7KB	36.7KB
<ul style="list-style-type: none"> https://lbsportpsychology.co.uk/wp-content/et-cache/2/A.et-divi-dynamic-tb-63-2.css,qver=1708302495,pagespeed.cf.rWsrnuObv.css 	11.9KB	10.6KB

Low **Serve images in next-gen formats** Potential savings of 104KB

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://lbsportpsychology.co.uk/wp-content/uploads/sport-psychology-education-session.jpg	79.6KB	37.9KB
https://lbsportpsychology.co.uk/wp-content/uploads/sport-psychology-group-team-workshops.jpg	69.8KB	35.4KB
https://lbsportpsychology.co.uk/wp-content/uploads/lucy.jpg	31.7KB	19.2KB
https://lbsportpsychology.co.uk/wp-content/uploads/xlb-sport-psychology-logo.png,pagespeed.ic.u1GaZGER4n.png	20.9KB	11.8KB

Low **Avoid non-composited animations** CLS 1 animated element found

Animations which are not composited can be janky and increase CLS.

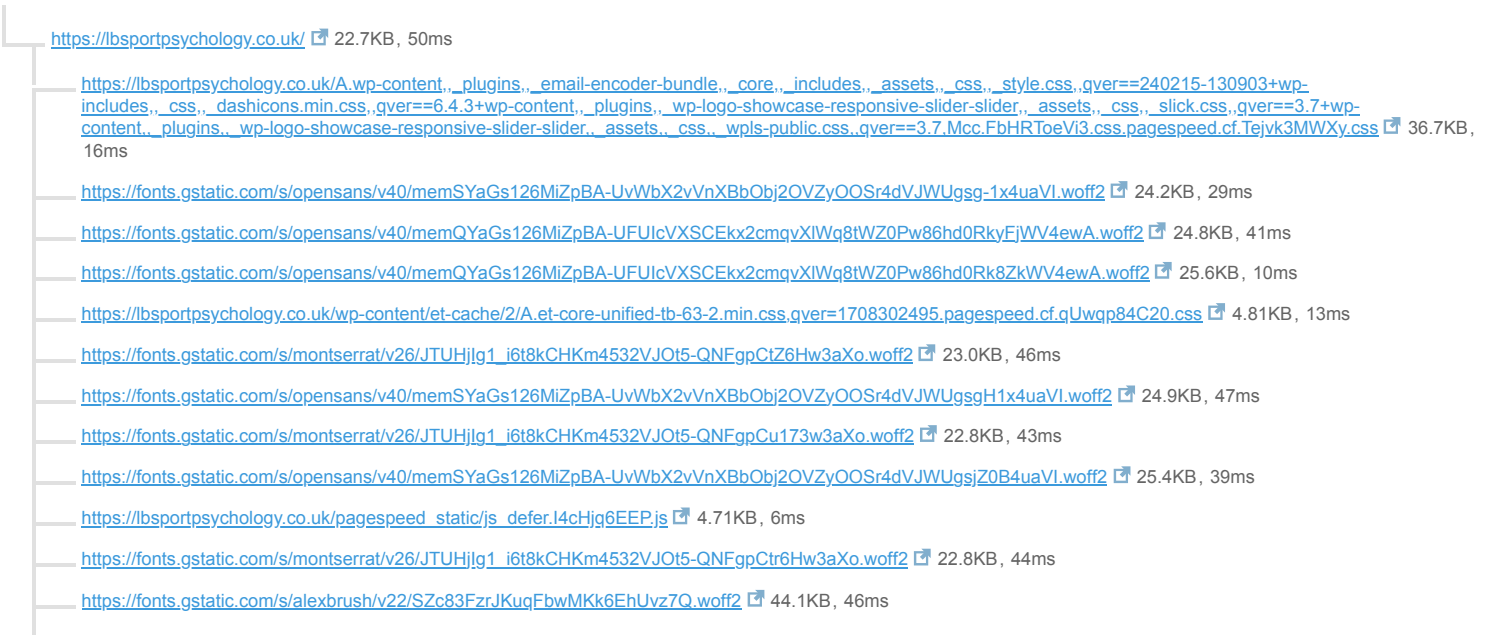
ELEMENT	NAME
HOME WHAT IS SPORT PSYCHOLOGY? ABOUT ME SERVICES CONTACT	
<code><div id="et-top-navigation" data-height="140" data-fixed-height="40" style="padding-left: 306px;"></code>	
Unsupported CSS Property: padding-left	padding-left

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: **555ms**

INITIAL NAVIGATION



https://fonts.gstatic.com/s/montserrat/v26/JTUhjlg1_i6t8kCHKm4532VJOt5-QNFgpCs16Hw3aXo.woff2 22.6KB, 45ms

<https://bsportpsychology.co.uk/wp-content/et-cache/2/A.et-divi-dynamic-tb-63-2.css.gver=1708302495.pagespeed.cf.rnWSRnuObv.css> 11.9KB, 15ms

<https://bsportpsychology.co.uk/wp-content/themes/Divi/core/admin/fonts/modules/all/modules.woff> 90.3KB, 253ms

LOW **Reduce unused JavaScript** LCP Potential savings of 73.7KB

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-GKCB1GDJ1H	87.8KB	40.1KB
https://www.googletagmanager.com/gtag/js?id=UA-12339758-28&l=dataLayer&cx=c	66.4KB	33.5KB

N/A **Largest Contentful Paint element** LCP 390 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Sport Psychology for Individuals, Groups & Teams Helping people to achieve the...

```
<div class="et_pb_section et_pb_section_0 et_pb_with_background et_section_regular">
```

PHASE	% OF LCP	TIMING
TTFB	12%	46ms
Load Delay	16%	61ms
Load Time	2%	6ms
Render Delay	71%	276ms

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 0 ms

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://bsportpsychology.co.uk/A/wp-content/_plugins/_email-encoder-bundle/_core/_includes/_assets/_css/_style.css.gver=240215-130903+wp-includes/_css/_dashicons.min.css.gver=6.4.3+wp-content/_plugins/_wp-logo-showcase-responsive-slider-slider/_assets/_css/_slick.css.gver=3.7+wp-content/_plugins/_wp-logo-showcase-responsive-slider-slider/_assets/_css/_wpls-public.css.gver=3.7.Mcc.FbHRToeVi3.css.pagespeed.cf.Tejvk3MwXy.css	36.7KB	454ms
https://bsportpsychology.co.uk/wp-content/et-cache/2/A.et-divi-dynamic-tb-63-2.css.gver=1708302495.pagespeed.cf.rnWSRnuObv.css	11.9KB	151ms

N/A **Reduce initial server response time** FCP LCP Root document took 24ms

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://lbsportpsychology.co.uk/ 	24ms

N/A **Minimize main-thread work** TBT Main-thread busy for 685ms

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

CATEGORY	TIME SPENT
Other	246ms
Script Evaluation	212ms
Style & Layout	169ms
Rendering	22ms
Script Parsing & Compilation	20ms
Parse HTML & CSS	13ms

N/A **Reduce the impact of third-party code** TBT Total size was 435KB

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	260KB	0ms
<ul style="list-style-type: none"> https://fonts.gstatic.com/s/alexbrush/v22/SZc83FzrJKuqFbwMKk6EhUvz7Q.woff2 	44.1KB	0ms
<ul style="list-style-type: none"> https://fonts.gstatic.com/s/opensans/v40/memQYaGs126MiZpBA-UFUicVXSCEkx2cmqvXIWq8tWZ0Pw86hd0Rk8ZkVW4ewA.woff2 	25.6KB	0ms
<ul style="list-style-type: none"> https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsgjZ0B4uaVl.woff2 	25.4KB	0ms
<ul style="list-style-type: none"> https://fonts.gstatic.com/s/opensans/v40/memSYaGs126MiZpBA-UvWbX2vVnXBbObj2OVZyOOSr4dVJWUgsgH1x4uaVl.woff2 	24.9KB	0ms
<ul style="list-style-type: none"> https://fonts.gstatic.com/s/opensans/v40/memQYaGs126MiZpBA-UFUicVXSCEkx2cmqvXIWq8tWZ0Pw86hd0RkyFjVW4ewA.woff2 	24.8KB	0ms
<ul style="list-style-type: none"> Other resources 	115KB	0ms
GOOGLE TAG MANAGER	154KB	0ms
<ul style="list-style-type: none"> https://www.googletagmanager.com/gtag/js?id=G-GKCB1GDJ1H 	87.8KB	0ms
<ul style="list-style-type: none"> https://www.googletagmanager.com/gtag/js?id=UA-12339758-28&l=dataLayer&cx=c 	66.4KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
<ul style="list-style-type: none"> https://www.google-analytics.com/analytics.js 	20.8KB	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.
