Performance Report for:
http://mymindcoaching.com/

Report generated: Thu, Mar 7, 2024 4:14 PM -0800
Test Server Location: 🇬🇧 London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance **96%**	Structure **95%**		L. Contentful Paint **1.2s**	T. Blocking Time **0ms**	C. Layout Shift **0**

Top Issues

Med-Low	**Eliminate render-blocking resources** FCP LCP	Potential savings of 260ms
Low	**Avoid multiple page redirects** FCP LCP	Potential savings of 390ms
Low	**Serve static assets with an efficient cache policy**	Potential savings of 28.5KB
Low	**Avoid an excessive DOM size** TBT	571 elements
Low	**Avoid enormous network payloads** LCP	Total size was 850KB

Page Details

1.2s
Fully Loaded Time

Total Page Size - 849KB

JS 354KB	IMG 280KB	Font 92.9KB	CSS 83.5KB	

Total Page Requests - 65

JS 49.2%	CSS 27.7%	IMG 7.7%	Other 6.2%	HTML 4.6%	Font 4.6%

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.**
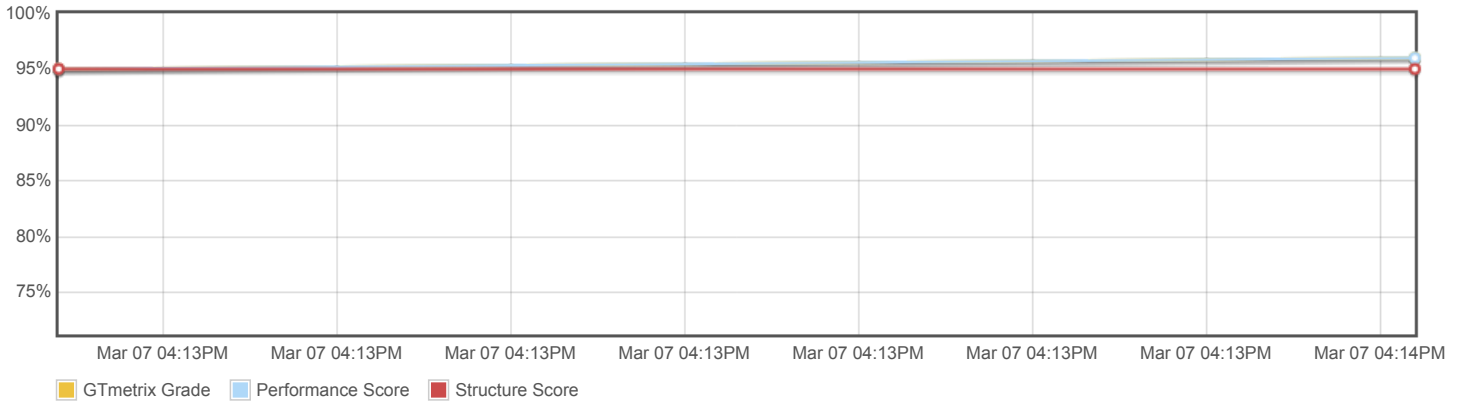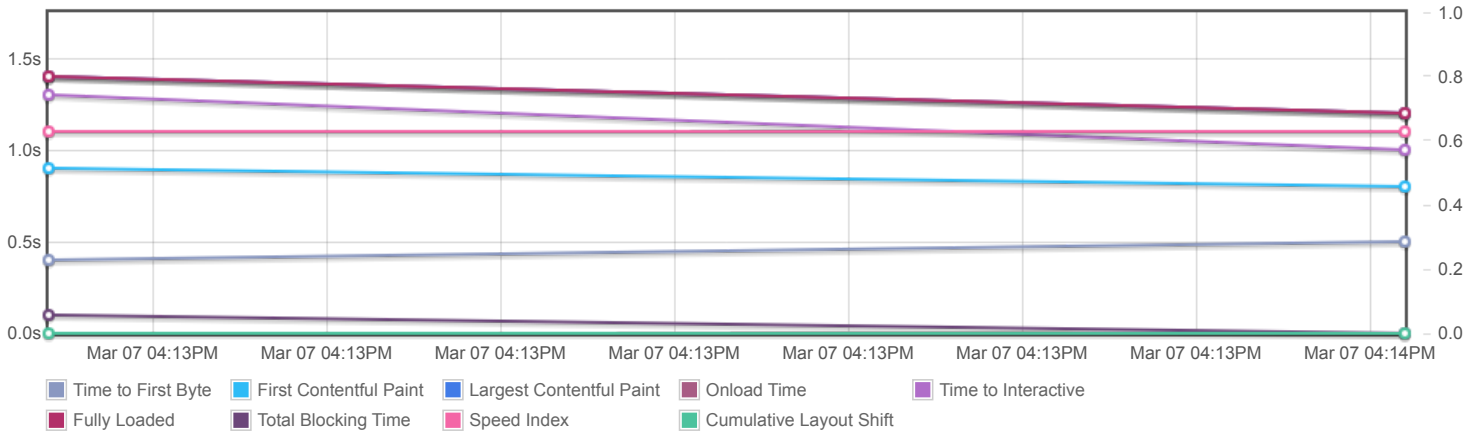
About GTmetrix

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

GTmetrix Grade   Performance Score   Structure Score

Page metrics

Time to First Byte   First Contentful Paint   Largest Contentful Paint   Onload Time   Time to Interactive
Fully Loaded   Total Blocking Time   Speed Index   Cumulative Layout Shift

Page sizes and request counts

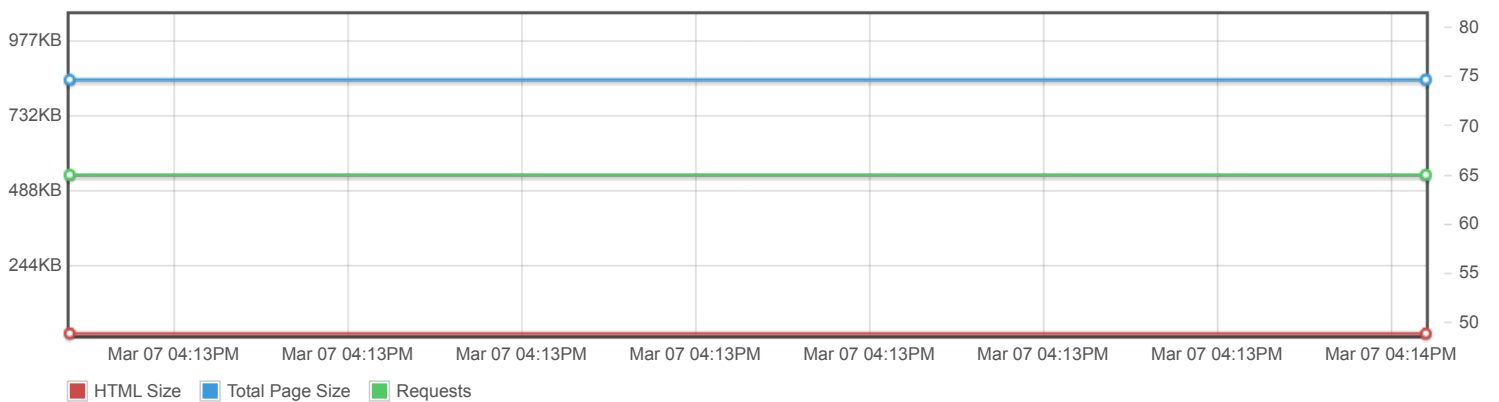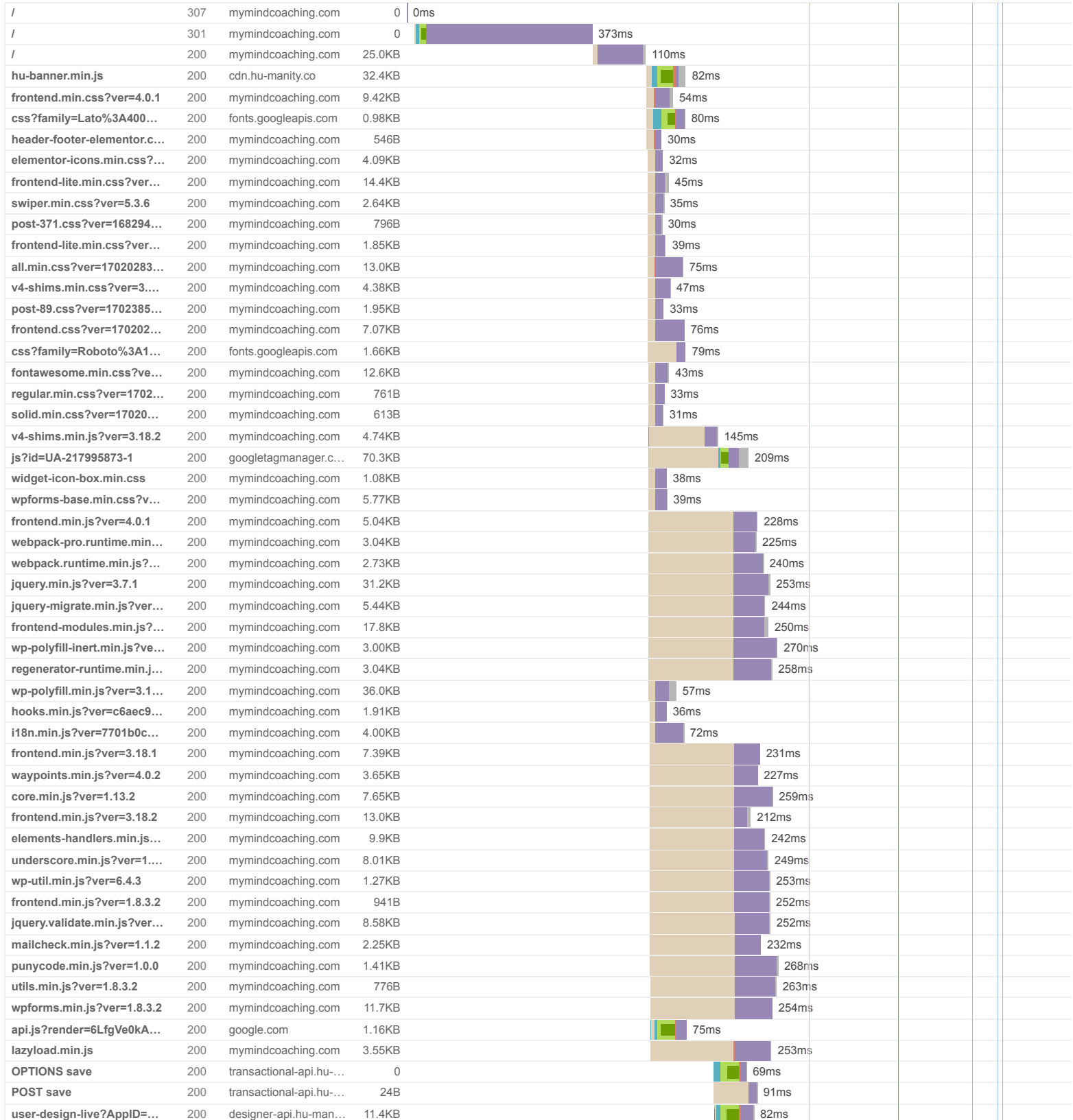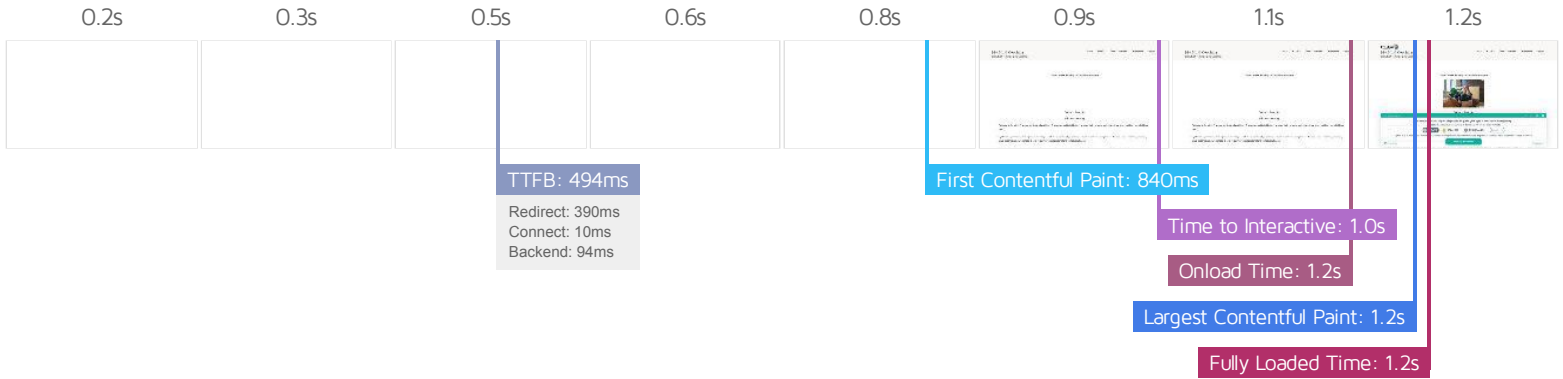HTML Size   Total Page Size   Requests

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.

My Mind Coaching – Executive Coaching & group Coaching

/	307	mymindcoaching.com	0	0ms
/	301	mymindcoaching.com	0	373ms
/	200	mymindcoaching.com	25.0KB	110ms
hu-banner.min.js	200	cdn.hu-manity.co	32.4KB	82ms
frontend.min.css?ver=4.0.1	200	mymindcoaching.com	9.42KB	54ms
css?family=Lato%3A400...	200	fonts.googleapis.com	0.98KB	80ms
header-footer-elementor.c...	200	mymindcoaching.com	546B	30ms
elementor-icons.min.css?...	200	mymindcoaching.com	4.09KB	32ms
frontend-lite.min.css?ver...	200	mymindcoaching.com	14.4KB	45ms
swiper.min.css?ver=5.3.6	200	mymindcoaching.com	2.64KB	35ms
post-371.css?ver=168294...	200	mymindcoaching.com	796B	30ms
frontend-lite.min.css?ver...	200	mymindcoaching.com	1.85KB	39ms
all.min.css?ver=17020283...	200	mymindcoaching.com	13.0KB	75ms
v4-shims.min.css?ver=3....	200	mymindcoaching.com	4.38KB	47ms
post-89.css?ver=1702385...	200	mymindcoaching.com	1.95KB	33ms
frontend.css?ver=170202...	200	mymindcoaching.com	7.07KB	76ms
css?family=Roboto%3A1...	200	fonts.googleapis.com	1.66KB	79ms
fontawesome.min.css?ve...	200	mymindcoaching.com	12.6KB	43ms
regular.min.css?ver=1702...	200	mymindcoaching.com	761B	33ms
solid.min.css?ver=17020...	200	mymindcoaching.com	613B	31ms
v4-shims.min.js?ver=3.18.2	200	mymindcoaching.com	4.74KB	145ms
js?id=UA-217995873-1	200	googletagmanager.c...	70.3KB	209ms
widget-icon-box.min.css	200	mymindcoaching.com	1.08KB	38ms
wpforms-base.min.css?v...	200	mymindcoaching.com	5.77KB	39ms
frontend.min.js?ver=4.0.1	200	mymindcoaching.com	5.04KB	228ms
webpack-pro.runtime.min...	200	mymindcoaching.com	3.04KB	225ms
webpack.runtime.min.js?...	200	mymindcoaching.com	2.73KB	240ms
jquery.min.js?ver=3.7.1	200	mymindcoaching.com	31.2KB	253ms
jquery-migrate.min.js?ver...	200	mymindcoaching.com	5.44KB	244ms
frontend-modules.min.js?...	200	mymindcoaching.com	17.8KB	250ms
wp-polyfill-inert.min.js?ve...	200	mymindcoaching.com	3.00KB	270ms
regenerator-runtime.min.j...	200	mymindcoaching.com	3.04KB	258ms
wp-polyfill.min.js?ver=3.1...	200	mymindcoaching.com	36.0KB	57ms
hooks.min.js?ver=c6aec9...	200	mymindcoaching.com	1.91KB	36ms
i18n.min.js?ver=7701b0c...	200	mymindcoaching.com	4.00KB	72ms
frontend.min.js?ver=3.18.1	200	mymindcoaching.com	7.39KB	231ms
waypoints.min.js?ver=4.0.2	200	mymindcoaching.com	3.65KB	227ms
core.min.js?ver=1.13.2	200	mymindcoaching.com	7.65KB	259ms
frontend.min.js?ver=3.18.2	200	mymindcoaching.com	13.0KB	212ms
elements-handlers.min.js...	200	mymindcoaching.com	9.9KB	242ms
underscore.min.js?ver=1....	200	mymindcoaching.com	8.01KB	249ms
wp-util.min.js?ver=6.4.3	200	mymindcoaching.com	1.27KB	253ms
frontend.min.js?ver=1.8.3.2	200	mymindcoaching.com	941B	252ms
jquery.validate.min.js?ver...	200	mymindcoaching.com	8.58KB	252ms
mailcheck.min.js?ver=1.1.2	200	mymindcoaching.com	2.25KB	232ms
punycode.min.js?ver=1.0.0	200	mymindcoaching.com	1.41KB	268ms
utils.min.js?ver=1.8.3.2	200	mymindcoaching.com	776B	263ms
wpforms.min.js?ver=1.8.3.2	200	mymindcoaching.com	11.7KB	254ms
api.js?render=6LfgVe0kA...	200	google.com	1.16KB	75ms
lazyload.min.js	200	mymindcoaching.com	3.55KB	253ms
OPTIONS save	200	transactional-api.hu-...	0	69ms
POST save	200	transactional-api.hu-...	24B	91ms
user-design-live?AppID=...	200	designer-api.hu-man...	11.4KB	82ms

circle.svg	200	mymindcoaching.com	654B		61ms	
hands-shaking-hands-co...	200	mymindcoaching.com	258KB		95ms	
astra.woff	200	mymindcoaching.com	2.51KB		151ms	
fa-regular-400.woff2	200	mymindcoaching.com	13.5KB		152ms	
fa-solid-900.woff2	200	mymindcoaching.com	76.9KB		140ms	
hu-display.min.js	200	cdn.hu-manity.co	45.9KB		21ms	
text-editor.2c35aafbe5bf0...	200	mymindcoaching.com	1.21KB		32ms	
cropped-My-Mind-750-299...	200	mymindcoaching.com	6.29KB		51ms	
woman-office-business-5...	200	mymindcoaching.com	15.5KB		66ms	
wp-emoji-release.min.js?...	200	mymindcoaching.com	5.36KB		51ms	
hands-shaking-hands-co...	200	mymindcoaching.com	0		0ms	
favicon.ico	404	mymindcoaching.com	1.46KB		48ms	

65 Requests   **849KB (2.29MB Uncompressed)**   **Fully Loaded 1.2s (Onload 1.2s)**

0.2s	0.3s	0.5s	0.6s	0.8s	0.9s	1.1s	1.2s

TTFB: 494ms
Redirect: 390ms
Connect: 10ms
Backend: 94ms

First Contentful Paint: 840ms

Time to Interactive: 1.0s

Onload Time: 1.2s

Largest Contentful Paint: 1.2s

Fully Loaded Time: 1.2s

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.

Good - Nothing to do here

839ms

Time to Interactive

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

Good - Nothing to do here

1.0s

Speed Index

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

Good - Nothing to do here

1.1s

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

0ms

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.

OK, but consider improvement

1.2s

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

0

Browser Timings

Redirect	390ms	Connect	10ms	Backend	94ms
TTFB	494ms	First Paint	840ms	DOM Int.	897ms
DOM Loaded	1.0s	Onload	1.2s	Fully Loaded	1.2s

IMPACT	AUDIT	

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://www.mymindcoaching.com/	700ms	86ms

Low — **Reduce JavaScript execution time** TBT

174ms 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
• Unattributable	238ms	12ms	0ms
• https://www.mymindcoaching.com/	230ms	35ms	3ms
• https://www.mymindcoaching.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	76ms	71ms	1ms
• https://cdn.hu-manity.co/hu-banner.min.js	51ms	48ms	1ms

Low — **Reduce unused CSS** FCP LCP

Potential savings of 39.2KB

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://www.mymindcoaching.com/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.18.2	14.4KB	13.8KB
• https://www.mymindcoaching.com/wp-content/cache/min/1/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=1702028365	13.0KB	12.9KB
• https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	12.6KB	12.5KB

Low — **Serve images in next-gen formats**

Potential savings of 85.0KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

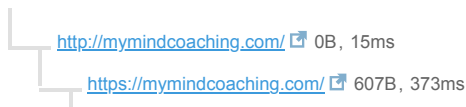| URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.mymindcoaching.com/wp-content/uploads/2022/02/hands-shaking-hands-company-1063442.jpg	257KB	85.0KB

Low — **Avoid chaining critical requests** FCP LCP

25 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: **869ms**

INITIAL NAVIGATION

- http://mymindcoaching.com/ ⬈ 0B, 15ms
  - https://mymindcoaching.com/ ⬈ 607B, 373ms

https://www.mymindcoaching.com/ 25.0KB, 109ms

https://www.mymindcoaching.com/wp-content/themes/astra/assets/css/minified/frontend.min.css?ver=4.0.1 9.42KB, 44ms

https://www.mymindcoaching.com/wp-content/cache/min/1/wp-content/plugins/header-footer-elementor/inc/widgets-css/frontend.css?ver=1702028365 7.07KB, 65ms

https://cdn.hu-manity.co/hu-banner.min.js 32.4KB, 72ms

https://www.mymindcoaching.com/wp-content/cache/min/1/wp-content/plugins/elementor/assets/lib/font-awesome/css/regular.min.css?ver=1702028365 761B, 22ms

https://fonts.googleapis.com/css?family=Lato%3A400%7CPlayfair+Display%3A400&display=fallback&ver=4.0.1 0.98KB, 70ms

https://www.google.com/recaptcha/api.js?render=6LfgVe0kAAAAAA7fH_VTwoxObsqC9P3oATcW312s 1.16KB, 67ms

https://www.mymindcoaching.com/wp-content/cache/min/1/wp-content/plugins/elementor/assets/lib/font-awesome/css/solid.min.css?ver=1702028365 613B, 19ms

https://www.mymindcoaching.com/wp-content/uploads/elementor/css/post-371.css?ver=1682940925 796B, 20ms

https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/v4-shims.min.css?ver=3.18.2 4.38KB, 36ms

https://www.mymindcoaching.com/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1 1.91KB, 25ms

https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/css/widget-icon-box.min.css 1.08KB, 27ms

https://www.mymindcoaching.com/wp-content/cache/min/1/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=1702028365 4.09KB, 22ms

https://www.mymindcoaching.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0 36.0KB, 47ms

https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.18.2 14.4KB, 35ms

https://www.mymindcoaching.com/wp-content/uploads/elementor/css/post-89.css?ver=1702385694 1.95KB, 22ms

https://www.mymindcoaching.com/wp-content/plugins/elementor-pro/assets/css/frontend-lite.min.css?ver=3.18.1 1.85KB, 28ms

https://www.mymindcoaching.com/wp-content/plugins/wpforms/assets/css/frontend/classic/wpforms-base.min.css?ver=1.8.3.2 5.77KB, 28ms

https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3 12.6KB, 32ms

https://www.mymindcoaching.com/wp-content/cache/min/1/wp-content/plugins/header-footer-elementor/assets/css/header-footer-elementor.css?ver=1702028365 546B, 20ms

https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/lib/swiper/css/swiper.min.css?ver=5.3.6 2.64KB, 24ms

https://www.mymindcoaching.com/wp-content/themes/astra/assets/fonts/astra.woff 2.51KB, 46ms

https://www.mymindcoaching.com/wp-includes/js/dist/i18n.min.js?ver=7701b0c3857f914212ef 4.00KB, 61ms

https://fonts.googleapis.com/css?family=Roboto%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2... 1.66KB, 68ms

https://www.mymindcoaching.com/wp-content/cache/min/1/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=1702028365 13.0KB, 64ms

https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2 76.9KB, 36ms

https://www.mymindcoaching.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-regular-400.woff2 13.5KB, 47ms

| N/A | **Largest Contentful Paint element** LCP | 1,230 ms |

This is the largest contentful element painted within the viewport.

ELEMENT

woman, office, business-5678999.jpg

```
<img fetchpriority="high" decoding="async" width="300" height="200" src="https://www.mymindcoaching.com/wp-
content/uploads/2023/12/woman-office-bus…" class="attachment-medium size-medium wp-image-2402 entered lazyloaded"
alt="woman, office, business-5678999.jpg" data-lazy-srcset="https://www.mymindcoaching.com/wp-
content/uploads/2023/12/woman-office-bus…" data-lazy-sizes="(max-width: 300px) 100vw, 300px" data-lazy-
src="https://www.mymindcoaching.com/wp-content/uploads/2023/12/woman-office-bus…" data-ll-status="loaded" sizes="
(max-width: 300px) 100vw, 300px" …>
```

PHASE	% OF LCP	TIMING
TTFB	40%	493ms
Load Delay	50%	611ms
Load Time	5%	65ms
Render Delay	5%	62ms

N/A	**Reduce initial server response time** FCP LCP	Root document took 93ms

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

URL	TIME SPENT
• https://www.mymindcoaching.com/	93ms

N/A	**Avoid serving legacy JavaScript to modern browsers** TBT	Potential savings of 129B

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.mymindcoaching.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2		63B
Line:0 Column:452	`@babel/plugin-transform-classes`	
https://www.mymindcoaching.com/		33B
Line:1 Column:615	`@babel/plugin-transform-classes`	
https://www.mymindcoaching.com/		33B
Line:2 Column:524	`@babel/plugin-transform-classes`	

N/A	**Minimize main-thread work** TBT	Main-thread busy for 726ms

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

CATEGORY	TIME SPENT
Other	290ms
Script Evaluation	256ms
Style & Layout	120ms
Parse HTML & CSS	30ms
Script Parsing & Compilation	17ms
Rendering	8ms
Garbage Collection	3ms

N/A	**Reduce the impact of third-party code** TBT	Total size was 164KB

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
HU-MANITY.CO	89.8KB	0ms
• https://cdn.hu-manity.co/hu-display.min.js	45.9KB	0ms
• https://cdn.hu-manity.co/hu-banner.min.js	32.4KB	0ms
• https://designer-api.hu-manity.co/api/designer/user-design-live?AppID=wwwmymindcoachingcom-db7f8f7	11.4KB	0ms
GOOGLE TAG MANAGER	70.7KB	0ms
• https://www.googletagmanager.com/gtag/js?id=UA-217995873-1	70.7KB	0ms
GOOGLE FONTS	2.64KB	0ms
OTHER GOOGLE APIS/SDKS	1.16KB	0ms

N/A	**Avoid large layout shifts** CLS

Nothing to do here, good job!

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

No user timings and/or marks found.