

Performance Report for:

<http://performanceinmind.co.uk/>

Report generated: Thu, Mar 7, 2024 5:35 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
	98%	90%	889ms	63ms	0.03

Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 5.37MB
Low	Avoid long main-thread tasks <small>TBT</small>	5 long tasks found
Low	Reduce JavaScript execution time <small>TBT</small>	753ms spent executing JavaScript
Low	Serve static assets with an efficient cache policy	Potential savings of 15.8KB
Low	Avoid an excessive DOM size <small>TBT</small>	305 elements

Page Details



Total Page Size - 5.37MB



Total Page Requests - 57



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.**

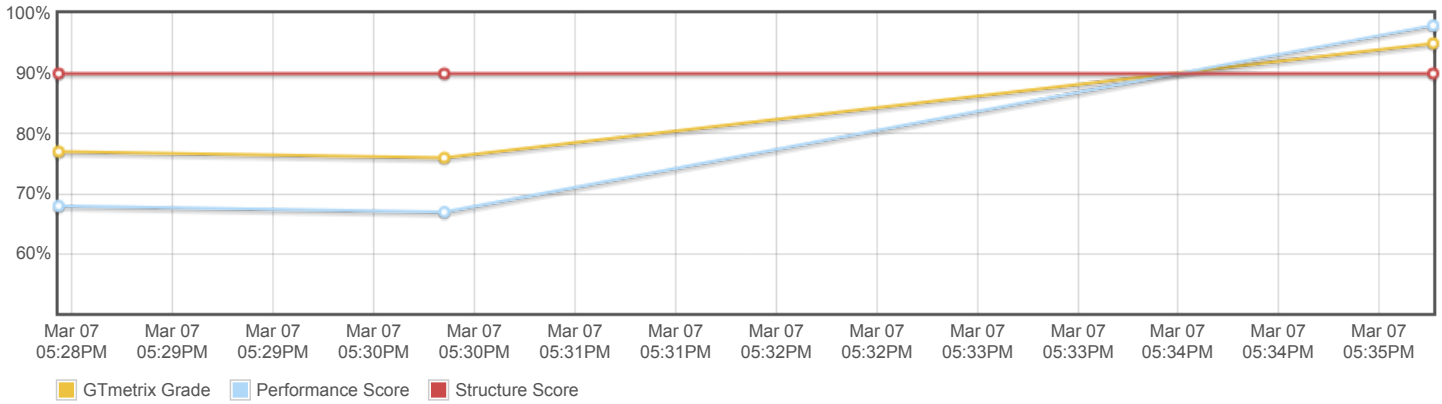
About GTmetrix



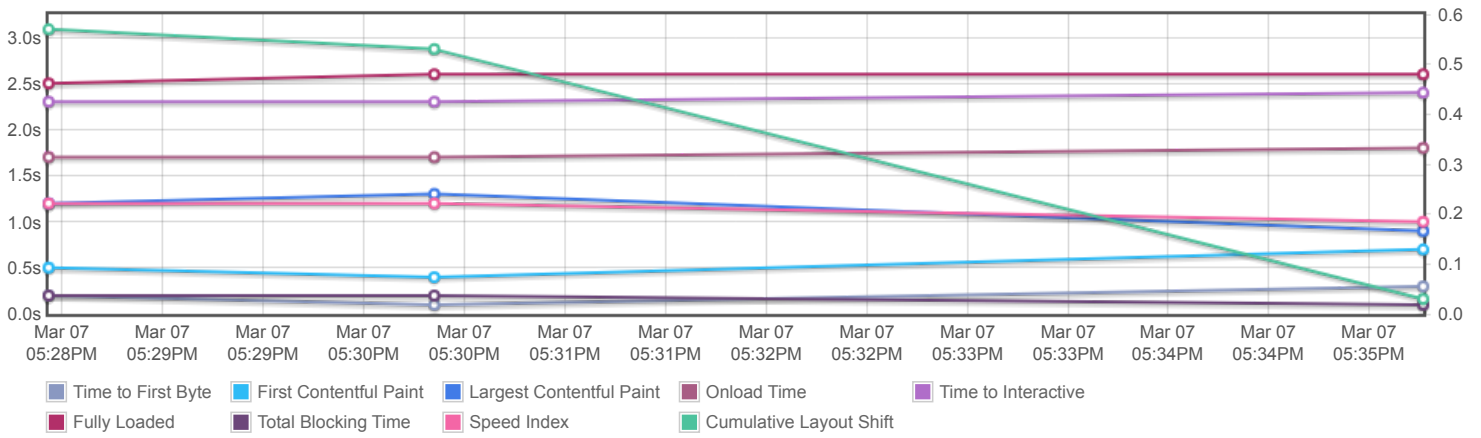
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

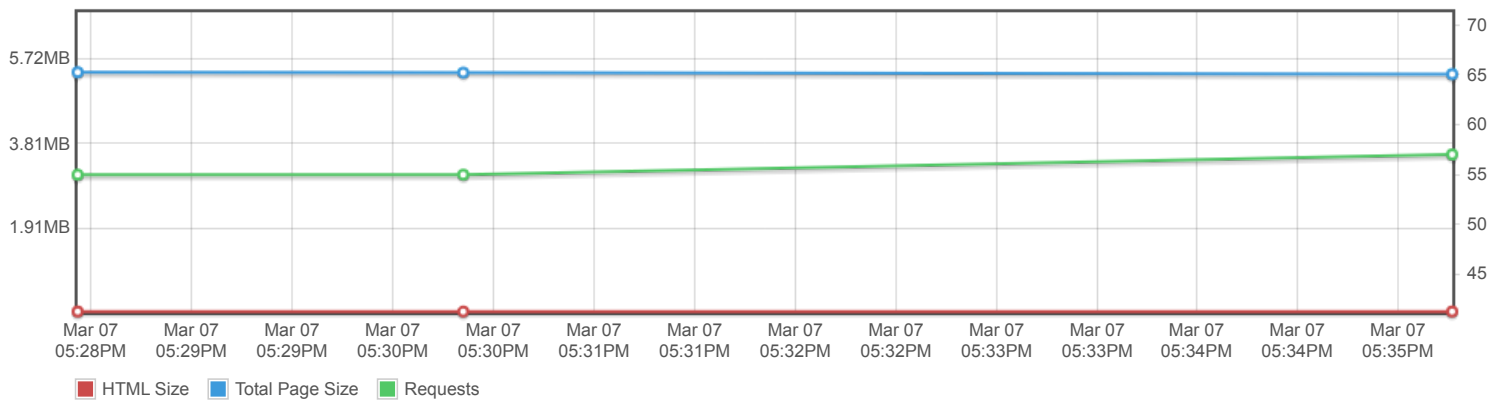
Page scores



Page metrics

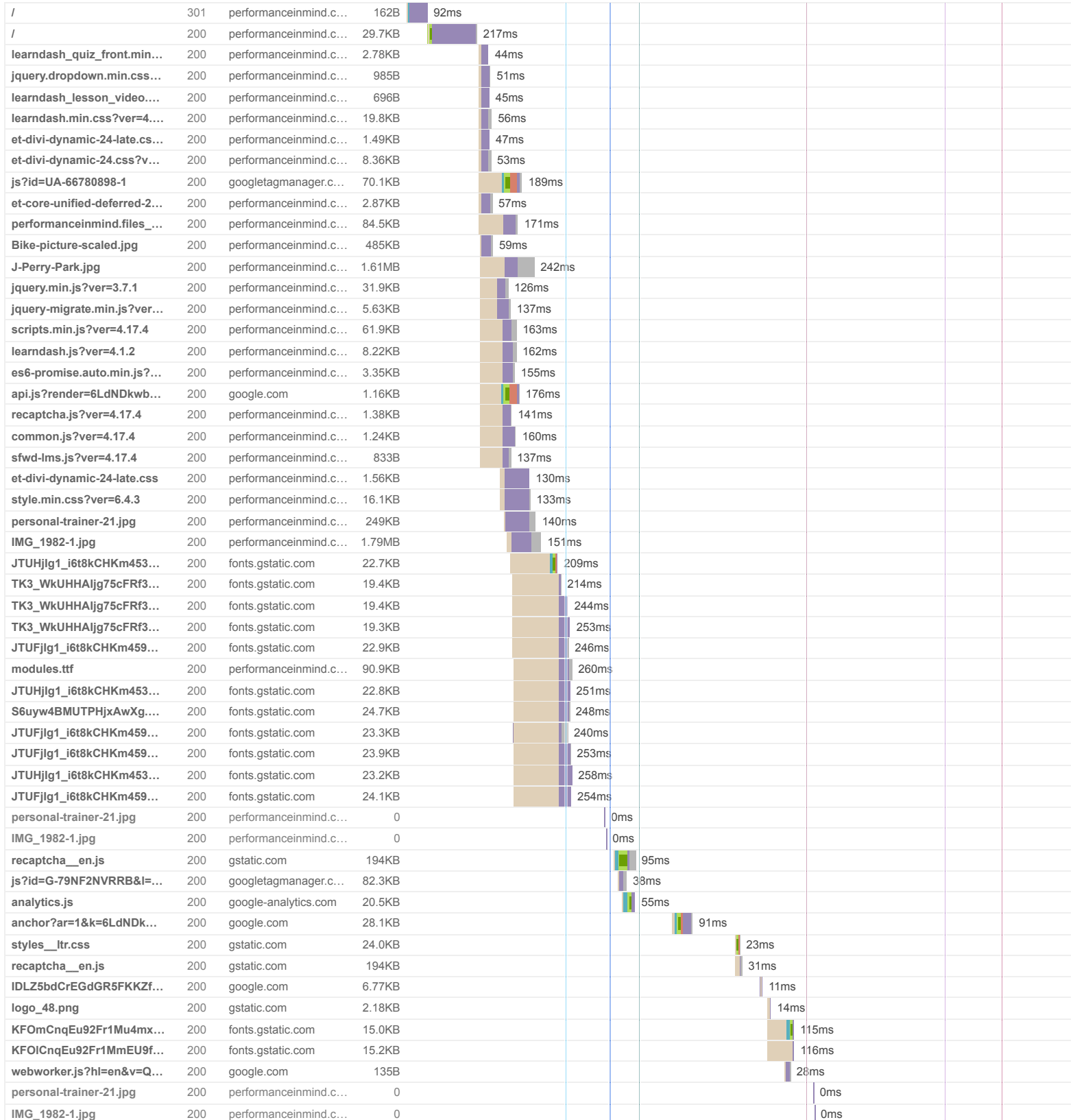


Page sizes and request counts



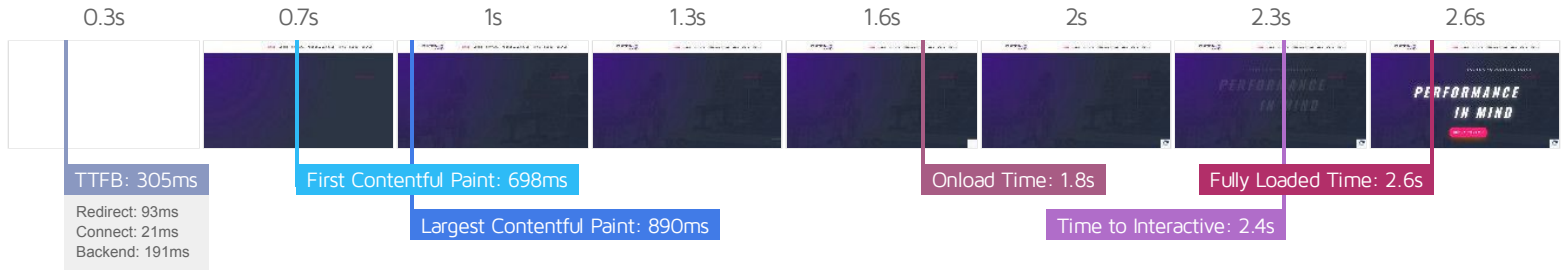
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Performance in Mind | Dr Josephine Perry | Sport Psychology



favicon.ico	404	performanceinmind.c...	635B					55ms
personal-trainer-21.jpg	200	performanceinmind.c...	0					0ms
IMG_1982-1.jpg	200	performanceinmind.c...	0					0ms
POST reload?k=6LdNDkw...	200	google.com	9.47KB					54ms

57 Requests	5.37MB (13.7MB Uncompressed)	Fully Loaded 2.6s (Onload 1.8s)						
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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>697ms</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>2.4s</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>1.0s</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>63ms</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>889ms</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>0.03</p>

Browser Timings

Redirect	93ms	Connect	21ms	Backend	191ms
TTFB	305ms	First Paint	698ms	DOM Int.	954ms
DOM Loaded	1.0s	Onload	1.8s	Fully Loaded	2.6s

IMPACT AUDIT

Low

Properly size images

Potential savings of 1.23MB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://performanceinmind.co.uk/wp-content/uploads/2021/05/J-Perry-Park.jpg	1.61MB	783KB
https://performanceinmind.co.uk/wp-content/uploads/2021/05/Bike-picture-scaled.jpg	485KB	399KB
https://performanceinmind.co.uk/wp-content/uploads/2021/05/performanceinmind.files._wordpress.com206cropped-log-o-pim.png	83.8KB	81.2KB

Low

Avoid multiple page redirects FCP LCP

Potential savings of 92ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://performanceinmind.co.uk/	92ms
https://performanceinmind.co.uk/	0ms

Low

Efficiently encode images

Potential savings of 2.21MB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://performanceinmind.co.uk/wp-content/uploads/2021/05/IMG_1982-1.jpg	1.79MB	1.16MB
https://performanceinmind.co.uk/wp-content/uploads/2021/05/J-Perry-Park.jpg	1.61MB	1.06MB

Low

Reduce unused CSS FCP LCP

Potential savings of 35.9KB

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://performanceinmind.co.uk/wp-content/plugins/sfwd-lms/themes/ld30/assets/css/learndash.min.css?ver=4.1.2	19.8KB	19.8KB
https://performanceinmind.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	16.1KB	16.1KB

Low

Serve images in next-gen formats

Potential savings of 3.21MB

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://performanceinmind.co.uk/wp-content/uploads/2021/05/IMG_1982-1.jpg	1.79MB	1.45MB
https://performanceinmind.co.uk/wp-content/uploads/2021/05/J-Perry-Park.jpg	1.61MB	1.32MB
https://performanceinmind.co.uk/wp-content/uploads/2021/05/Bike-picture-scaled.jpg	485KB	257KB
https://performanceinmind.co.uk/wp-content/uploads/2021/05/personal-trainer-21.jpg	248KB	115KB
https://performanceinmind.co.uk/wp-content/uploads/2021/05/performanceinmind.files_wordpress.com206cropped-log-o-pim.png	83.8KB	70.3KB

Low Reduce initial server response time FCP LCP Root document took 190ms

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

URL	TIME SPENT
• https://performanceinmind.co.uk/	190ms

Low Avoid non-composited animations CLS 1 animated element found

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

ELEMENT	NAME
HOME ABOUT SERVICES PERFORMANCE ZONE NEWS BOOKS CONTACT <div id="et-top-navigation" data-height="66" data-fixed-height="40" style="padding-left: 239px;"> Unsupported CSS Property: padding-left	padding-left

Low Avoid chaining critical requests FCP LCP 26 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: **727ms**

INITIAL NAVIGATION

http://performanceinmind.co.uk/ 780B, 91ms
https://performanceinmind.co.uk/ 29.7KB, 216ms
https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jqw16WXZ0pg.woff2 23.0KB, 52ms
https://performanceinmind.co.uk/wp-content/plugins/sfwd-lms/themes/legacy/templates/learndash_lesson_video.min.css?ver=4.1.2 696B, 42ms
https://performanceinmind.co.uk/wp-content/themes/Divi/core/admin/fonts/modules/all/modules.ttf 90.9KB, 66ms
https://fonts.gstatic.com/s/oswald/v53/TK3_WkUHHAJjg75cFRf3bXL8LICs1xZosUhiZQ.woff2 19.4KB, 59ms
https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w3aXo.woff2 23.3KB, 61ms
https://performanceinmind.co.uk/wp-content/themes/Divi/core/admin/js/common.js?ver=4.17.4 1.24KB, 65ms
https://performanceinmind.co.uk/wp-content/plugins/sfwd-lms/themes/ld30/assets/css/learndash.min.css?ver=4.1.2 19.8KB, 54ms
https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jq0N6WXZ0pg.woff2 24.0KB, 57ms
https://performanceinmind.co.uk/wp-content/themes/Divi/core/admin/js/recaptcha.js?ver=4.17.4 1.38KB, 46ms
https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jqyR6WXZ0pg.woff2 24.2KB, 58ms
https://fonts.gstatic.com/s/oswald/v53/TK3_WkUHHAJjg75cFRf3bXL8LICs1y9osUhiZQ.woff2 19.5KB, 20ms
https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm4532VJOt5-QNFgpCtZ6Hw3aXo.woff2 23.0KB, 57ms
https://performanceinmind.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.17.4 61.9KB, 72ms
https://performanceinmind.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 31.9KB, 50ms

- https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jq5Z9WXZ0pg.woff2 23.5KB, 47ms
- https://performanceinmind.co.uk/wp-content/plugins/sfwd-lms/assets/css/jquery_dropdown_min.css?ver=4.1.2 985B, 49ms
- <https://performanceinmind.co.uk/wp-content/themes/Divi/core/admin/js/es6-promise.auto.min.js?ver=4.17.4> 3.35KB, 61ms
- <https://fonts.gstatic.com/s/lato/v24/S6uyw4BMUTPHjxAwXg.woff2> 24.8KB, 55ms
- https://www.google.com/recaptcha/api.js?render=6LdNDkwbAAAAAJBvJr9fSQNjIEFri_znl_1gJzRV&ver=4.17.4 1.16KB, 81ms
- https://fonts.gstatic.com/s/montserrat/v26/JTUHjlg1_i6t8kCHKm4532VJOt5-QNEgpCtr6Hw3aXo.woff2 23.2KB, 35ms
- <https://performanceinmind.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1> 5.63KB, 60ms
- <https://performanceinmind.co.uk/wp-content/themes/Divi/includes/builer/plugin-compat/scripts/sfwd-lms.js?ver=4.17.4> 833B, 42ms
- https://performanceinmind.co.uk/wp-content/plugins/sfwd-lms/themes/legacy/templates/learndash_quiz_front.min.css?ver=4.1.2 2.78KB, 41ms
- https://fonts.gstatic.com/s/oswald/v53/TK3_WkUHHAjig75cFRf3bXL8LICs18NvsUhiZQ.woff2 19.5KB, 49ms
- <https://performanceinmind.co.uk/wp-content/et-cache/24/et-divi-dynamic-24-late.css> 1.56KB, 123ms
- <https://performanceinmind.co.uk/wp-content/plugins/sfwd-lms/themes/ld30/assets/js/learndash.js?ver=4.1.2> 8.22KB, 68ms

Low **Reduce unused JavaScript** LCP Potential savings of 208KB

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/recaptcha_en.js	195KB	99KB
https://www.googletagmanager.com/gtag/js?id=G-79NF2NVRRB&l=dataLayer&cx=c	82.5KB	39.1KB
https://performanceinmind.co.uk/wp-content/themes/Divi/js/scripts.min.js?ver=4.17.4	61.9KB	38.8KB
https://www.googletagmanager.com/gtag/js?id=UA-66780898-1	70.5KB	31.4KB

Low **Use HTTP/2 for all resources** 1 request not served via HTTP/2

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing.

URL	PROTOCOL
<ul style="list-style-type: none"> http://performanceinmind.co.uk/ 	http/1.1

N/A **Largest Contentful Paint element** LCP 890 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
STRATEGIES FOR PERFORMANCE SUCCESS PERFORMANCE IN MIND GET IN TO...
<div class="et_pb_section et_pb_section_0 et_pb_with_background et_section_regular sec...">
```


PHASE	% OF LCP	TIMING
TTFB	34%	306ms
Load Delay	15%	129ms
Load Time	15%	135ms
Render Delay	36%	317ms

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
<ul style="list-style-type: none"> https://performanceinmind.co.uk/wp-content/plugins/sfwd-lms/themes/ld30/assets/css/learndash.min.css?ver=4.1.2 	19.8KB	300ms

N/A **Avoid large layout shifts** CLS 3 elements found

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

ELEMENT	CLS CONTRIBUTION
HOME ABOUT SERVICES PERFORMANCE ZONE NEWS BOOKS CONTACT <pre><div id="et-top-navigation" data-height="66" data-fixed-height="40" style="padding-left: 239px;"></pre>	0.02
GET IN TOUCH <pre><div class="et_pb_button_module_wrapper et_pb_button_0_wrapper et_pb_button_alignment_..." style=""></pre>	0.01
<pre><div class="logo_container"></pre>	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 1.6s

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	755ms
Other	455ms
Style & Layout	263ms
Parse HTML & CSS	61ms
Script Parsing & Compilation	34ms
Rendering	24ms
Garbage Collection	19ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 20ms

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	417KB	20ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	390KB	20ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles_ltr.css	24.6KB	0ms
GOOGLE FONTS	278KB	0ms
• https://fonts.gstatic.com/s/lato/v24/S6uyw4BMUTPHjxAwXg.woff2	24.8KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jgyR6WXZ0p_g.woff2	24.2KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jg0N6WXZ0p_g.woff2	24.0KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm459Wx7xQYXK0vOoz6jg5Z9WXZ0pg.woff2	23.5KB	0ms
• https://fonts.gstatic.com/s/montserrat/v26/JTUFjlg1_i6t8kCHKm4532VJOt5-QNEgpCuM73w3aXo.woff2	23.3KB	0ms
• Other resources	158KB	0ms
GOOGLE TAG MANAGER	153KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-79NF2NVRRB&l=dataLayer&cx=c	82.5KB	0ms
• https://www.googletagmanager.com/gtag/js?id=UA-66780898-1	70.5KB	0ms
OTHER GOOGLE APIS/SDKS	46.0KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LdNDkwbAAAAAJBvJr9fSQNjIEFri_znl_1gJzRV&co=aHR0cHM6Ly9wZXJmb3JtYW5jZWlubWluZC5jb251azo0NDM.&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=zicgnlbp729t	28.1KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LdNDkwbAAAAAJBvJr9fSQNjIEFri_znl_1gJzRV	9.47KB	0ms
• https://www.google.com/js/bg/IDLZ5bdCrEGdGR5FKKZfiWVv7rMSIbAHUEzxUIOBQg.js	7.17KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
• 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!

No user timings and/or marks found.
