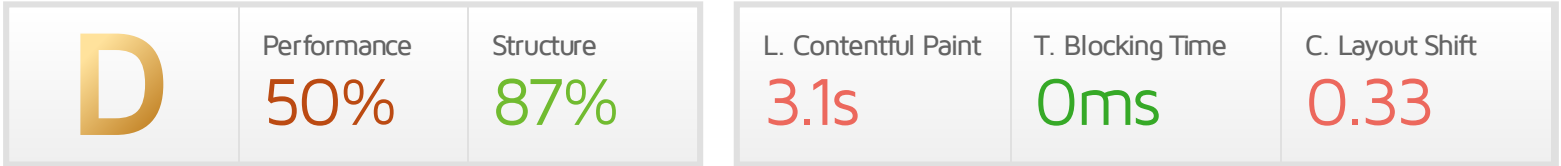


Performance Report for: <http://seedpsychology.co.uk/>

Report generated: Thu, Mar 7, 2024 7:40 PM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



Top Issues

High	Reduce initial server response time <small>FCP LCP</small>	Root document took 1.2s
Med-Low	Avoid large layout shifts <small>CLS</small>	5 elements found
Med-Low	Use a Content Delivery Network (CDN)	40 resources found
Med-Low	Avoid multiple page redirects <small>FCP LCP</small>	Potential savings of 1.2s
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 116KB

Page Details



Total Page Size - 688KB



Total Page Requests - 53



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.**

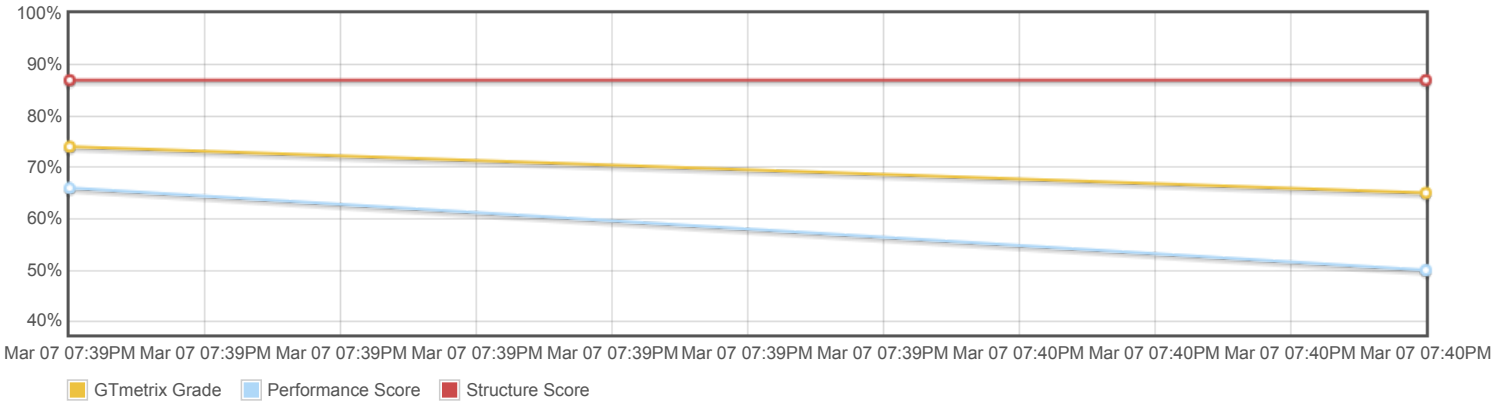
About GTmetrix



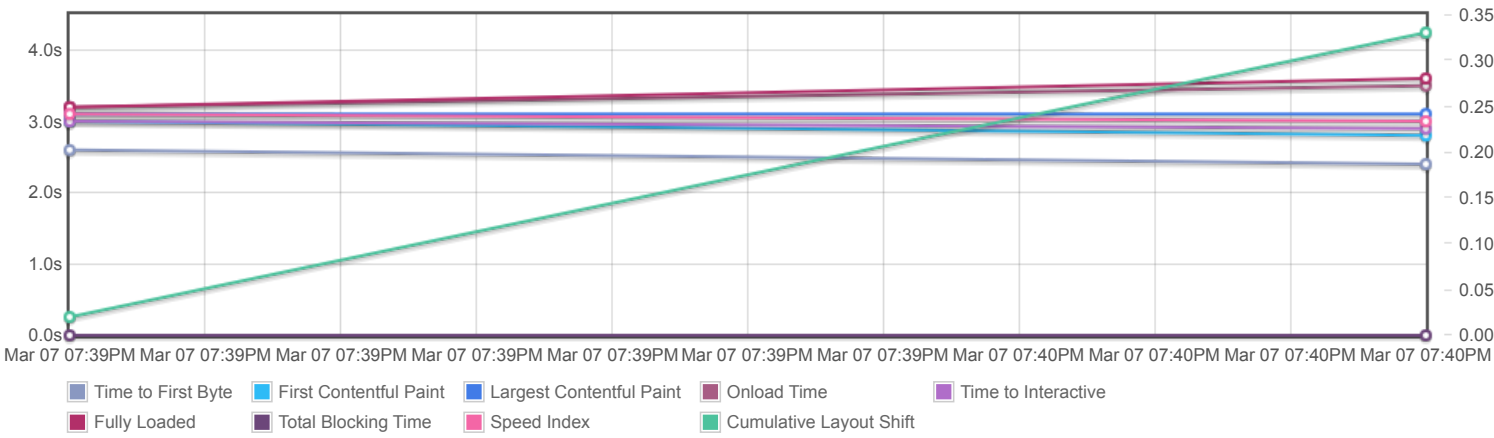
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

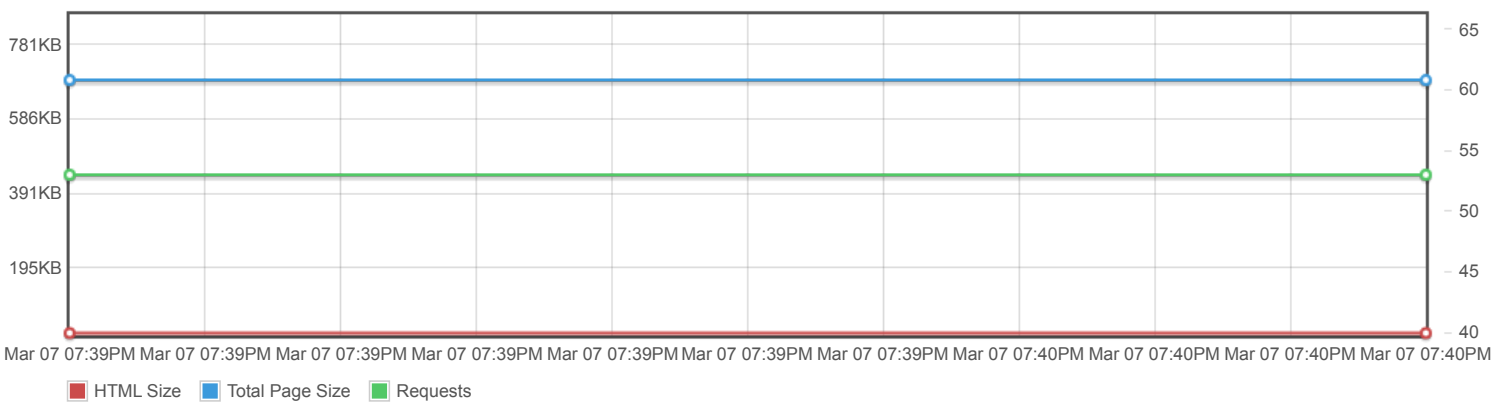
Page scores



Page metrics

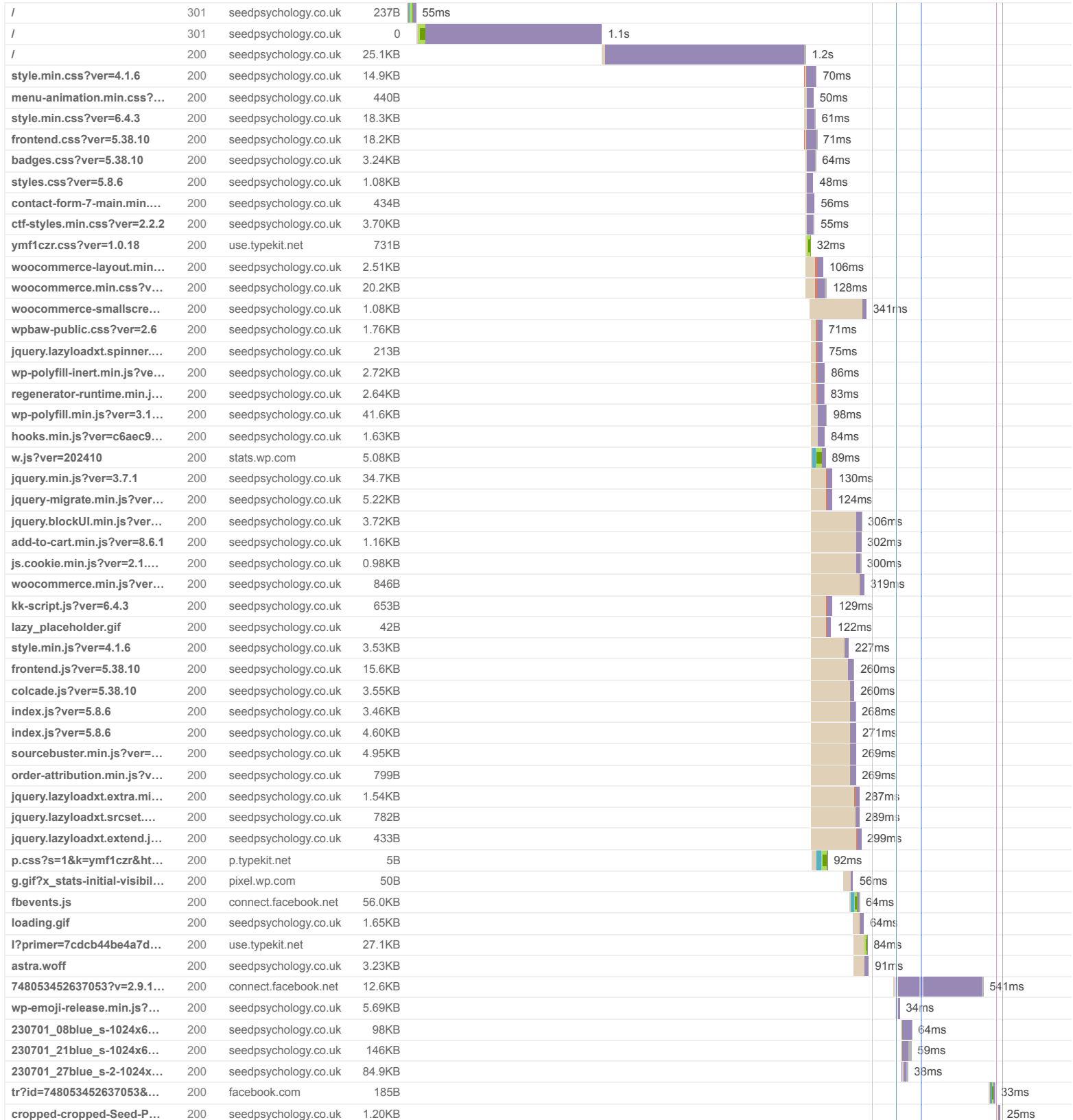


Page sizes and request counts



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.

Seed Psychology Ltd. – Sport & Exercise Psychology Consultancy





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>Much longer than recommended</p> <p>2.8s</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>OK, but consider improvement</p> <p>2.9s</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>Much longer than recommended</p> <p>3.0s</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>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>Much longer than recommended</p> <p>3.1s</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>Much more than recommended</p> <p>0.33</p>

Browser Timings

Redirect	1.2s	Connect	20ms	Backend	1.2s
TTFB	2.4s	First Paint	2.8s	DOM Int.	2.9s
DOM Loaded	2.9s	Onload	3.5s	Fully Loaded	3.6s

IMPACT AUDIT

Med-Low

Avoid CSS @import FCP LCP

1 resource found

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

<https://use.typekit.net/ymf1czz.css?ver=1.0.18>

<https://p.typekit.net/p.css?s=1&k=ymf1czz&ht=tk&f=10294.10295.10296.10297&a=44515782&app=typekit&e=css>

Low

Avoid chaining critical requests FCP LCP

33 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: **2.8s**

INITIAL NAVIGATION



- <https://www.seedpsychology.co.uk/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1> 1.87KB, 83ms
- <https://www.seedpsychology.co.uk/wp-content/plugins/kliken-marketing-for-google/assets/kk-script.js?ver=6.4.3> 893B, 128ms
- <https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce-layout.min.css?ver=4.1.6> 2.75KB, 102ms
- <https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/contact-form-7-main.min.css?ver=4.1.6> 670B, 52ms
- <https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0> 2.89KB, 82ms
- <https://www.seedpsychology.co.uk/wp-content/plugins/woocommerce/assets/js/sourcebuster/sourcebuster.min.js?ver=8.6.1> 5.19KB, 36ms
- <https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0> 41.9KB, 97ms
- <https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/js/minified/style.min.js?ver=4.1.6> 3.78KB, 26ms
- <https://use.typekit.net/ymf1czz.css?ver=1.0.18> 954B, 28ms
- <https://use.typekit.net/af/8f4e31/0000000000000000000000000000132e3/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3> 27.3KB, 23ms
- <https://p.typekit.net/p.css?s=1&k=ymf1czz&ht=tk&f=10294.10295.10296.10297&a=44515782&app=typekit&e=css> 172B, 75ms

Low **Eliminate render-blocking resources** FCP LCP Potential savings of 83ms

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://www.seedpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	18.6KB	303ms
https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/css/frontend.css?ver=5.38.10	18.4KB	303ms
https://www.seedpsychology.co.uk/wp-content/plugins/custom-twitter-feeds/css/cf-styles.min.css?ver=2.2.2	3.94KB	152ms
https://use.typekit.net/ymf1czz.css?ver=1.0.18	954B	757ms
https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=4.1.6	20.4KB	455ms
https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	2.89KB	152ms
https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	41.9KB	455ms
https://stats.wp.com/w.js?ver=202410	5.08KB	780ms
https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	35.0KB	152ms
https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	5.47KB	152ms

Low **Avoid enormous network payloads** LCP Total size was 701KB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_21blue_s-1024x683.jpg	146KB
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_08blue_s-1024x683.jpg	98KB
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_27blue_s-2-1024x683.jpg	85.2KB
https://connect.facebook.net/en_US/fbevents.js	58.0KB
https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	41.9KB
https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	35.0KB
https://use.typekit.net/af/8f4e31/0000000000000000000000000000132e3/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	27.3KB
https://www.seedpsychology.co.uk/	25.1KB
https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=4.1.6	20.4KB
https://www.seedpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	18.6KB

Low

Properly size images

Potential savings of 288KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_21blue_s-1024x683.jpg	146KB	128KB
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_08blue_s-1024x683.jpg	98KB	85.9KB
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_27blue_s-2-1024x683.jpg	84.9KB	74.6KB

Low

Ensure text remains visible during webfont load FCP LCP

1 font found

Leverage the font-display CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
<ul style="list-style-type: none"> https://use.typekit.net/af/8f4e31/00000000000000000000132e3/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3 	23ms

Low

Avoid long main-thread tasks TBT

2 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.seedpsychology.co.uk/	2.7s	58ms
https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	2.6s	53ms

Low

Reduce unused CSS FCP LCP

Potential savings of 70.4KB

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.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=4.1.6	20.4KB	20.4KB
https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/css/frontend.css?ver=5.38.10	18.4KB	18.4KB
https://www.seedpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	18.6KB	18.1KB
https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/style.min.css?ver=4.1.6	15.1KB	13.5KB

Low

Serve images in next-gen formats

Potential savings of 124KB

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.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_21blue_s-1024x683.jpg	146KB	49.3KB
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_27blue_s-2-1024x683.jpg	84.9KB	37.6KB
https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_08blue_s-1024x683.jpg	98KB	36.8KB

Low

Minify JavaScript FCP LCP

Potential savings of 2.59KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<ul style="list-style-type: none"> https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/js/frontend.js?ver=5.38.10 	15.9KB	2.59KB

Low **Reduce unused JavaScript** LCP Potential savings of 20.3KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://connect.facebook.net/en_US/fbevents.js	58.0KB	20.3KB

N/A **Avoid an excessive DOM size** TBT 128 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		128
Maximum DOM Depth	li#menu-item-988 > ul.sub-menu > li#menu-item-983 > a.menu-link 	16
Maximum Child Elements	body.home <body data-rsssl="1" itemtype="https://schema.org/WebPage" itemscope="itemscope" class="home page-template-default page page-id-112 theme-astra woocommerce-js tri... style="">	27

N/A **Largest Contentful Paint element** LCP 3,090 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
div.entry-content > figure.wp-block-gallery > figure.wp-block-image > img.wp-image-1091

```

PHASE	% OF LCP	TIMING
TTFB	77%	2.4s
Load Delay	19%	592ms
Load Time	1%	37ms
Render Delay	2%	72ms

N/A **Reduce JavaScript execution time** TBT 79ms 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	188ms	6ms	0ms
• https://www.seedpsychology.co.uk/	173ms	9ms	6ms
• https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	59ms	55ms	2ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 23.2KB

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://stats.wp.com/w.js?ver=202410>

12.3KB

Line:0 Column:8509

Array.prototype.forEach

https://connect.facebook.net/en_US/fbevents.js

10.7KB

Line:23 Column:2302

@babel/plugin-transform-classes

Line:24 Column:20141

Array.prototype.filter

Line:24 Column:26258

Array.from

Line:24 Column:28008

Array.prototype.map

Line:24 Column:28800

Array.prototype.find

<https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2>

62B

Line:0 Column:452

@babel/plugin-transform-classes

https://connect.facebook.net/signals/config/748053452637053?v=2.9.148&r=stable&domain=www.seedpsychology.co.uk&hme=20c913bdc4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100

45B

Line:19 Column:2057

@babel/plugin-transform-classes

N/A

Minimize main-thread work TBT

Main-thread busy for 668ms

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

CATEGORY	TIME SPENT
Other	268ms
Script Evaluation	241ms
Style & Layout	77ms
Parse HTML & CSS	48ms
Script Parsing & Compilation	24ms
Rendering	7ms

N/A **User Timing marks and measures** 6 user timings

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences.

NAME	TYPE	START TIME	DURATION
fbevents:start:estPageViewProcessing	Mark	3.5s	0ms
fbevents:end:estPageViewProcessing	Mark	3.5s	0ms
fbevents:start:unwantedDataProcessing_748053452637053	Mark	3.5s	0ms
fbevents:end:unwantedDataProcessing_748053452637053	Mark	3.5s	0ms
fbevents:start:validateUrlProcessing_748053452637053	Mark	3.5s	0ms
fbevents:end:validateUrlProcessing_748053452637053	Mark	3.5s	0ms

N/A **Reduce the impact of third-party code** TBT Total size was 104KB

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
FACEBOOK	70.8KB	0ms
<ul style="list-style-type: none"> https://connect.facebook.net/en_US/fbevents.js 	58.0KB	0ms
<ul style="list-style-type: none"> https://connect.facebook.net/signals/config/748053452637053?v=2.9.148&r=stable&domain=www.see-dpsychology.co.uk&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba68&ex_m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C46%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C145%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C66%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C0%2C84%2C75%2C2%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100 	12.6KB	0ms
ADOBE TYPEKIT	28.4KB	0ms
<ul style="list-style-type: none"> https://use.typekit.net/af/8f4e31/00000000000000000132e3/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3 	27.3KB	0ms
WORDPRESS SITE STATS	5.25KB	0ms
<ul style="list-style-type: none"> https://stats.wp.com/w.js?ver=202410 	5.08KB	0ms