

Performance Report for: <http://tomassvitorka.com/>

Report generated: Thu, Mar 7, 2024 4:37 PM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

B	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	85%	93%	769ms	339ms	0.01

Top Issues

Med-High	Avoid an excessive DOM size <small>TBT</small>	2,073 elements
Med	Use explicit width and height on image elements <small>CLS</small>	4 images found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 260KB
Low	Avoid long main-thread tasks <small>TBT</small>	5 long tasks found
Low	Reduce JavaScript execution time <small>TBT</small>	738ms spent executing JavaScript

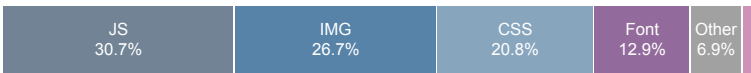
Page Details



Total Page Size - 1.61MB



Total Page Requests - 101



■ 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.**

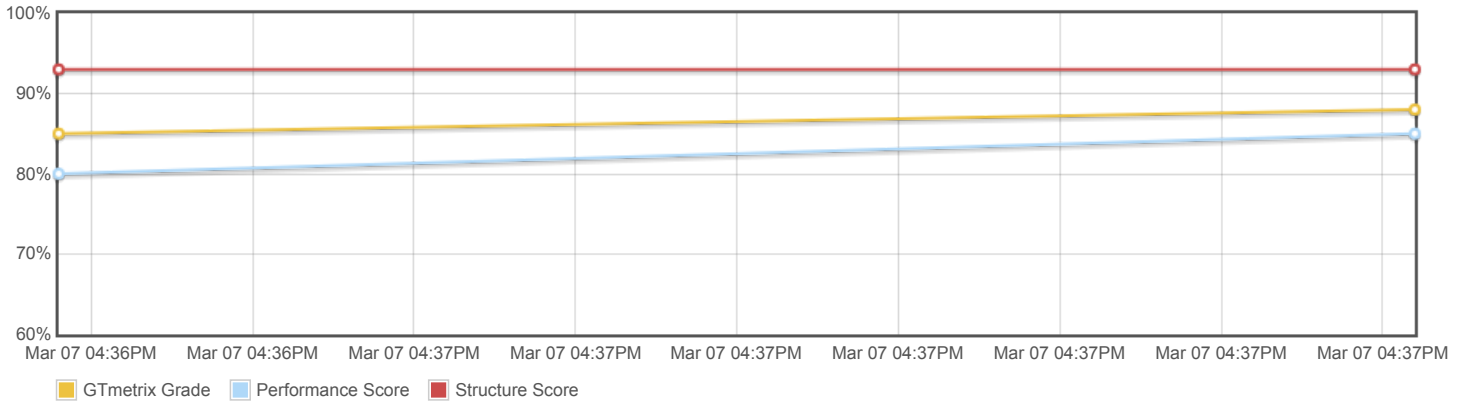
About GTmetrix

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

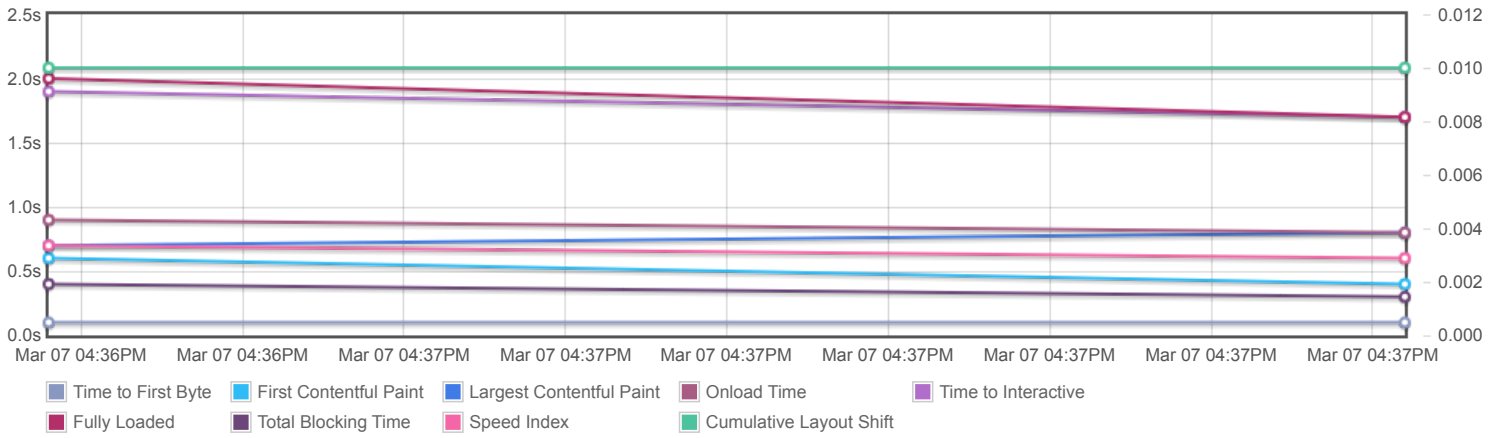


<https://carbon60.com/>

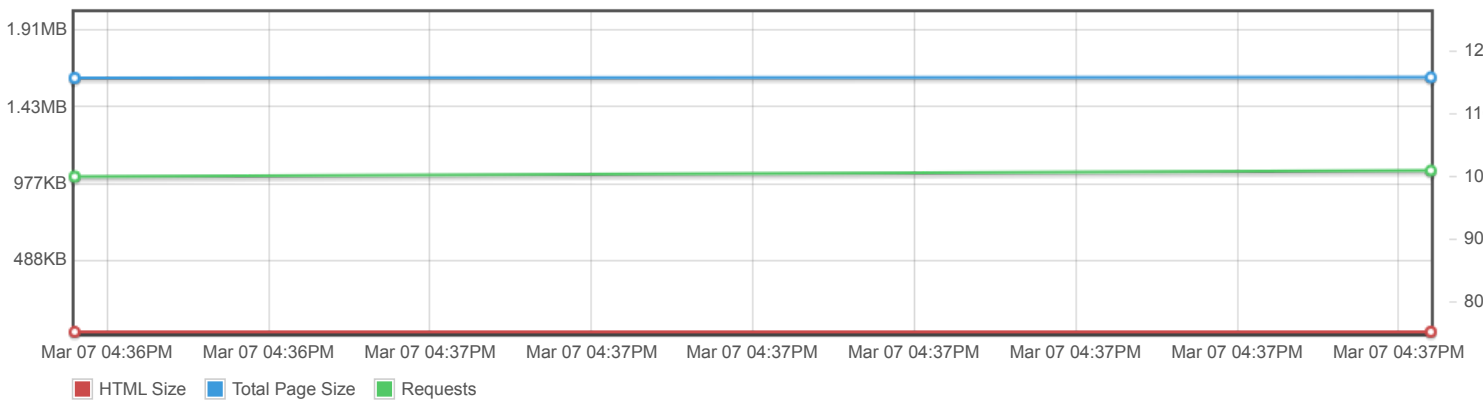
Page scores



Page metrics



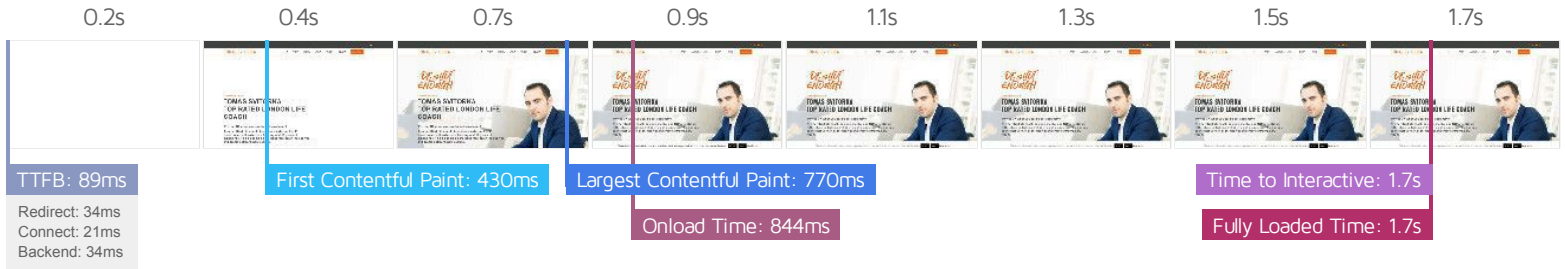
Page sizes and request counts



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.

Tomas Svitorka: Life Coach & Confidence Coach | London, UK

Resource	Size	Response Time	Waterfall Bar
/	301	tomassvitorka.com	24B 34ms
/	200	tomassvitorka.com	35.1KB 61ms
css?family=Open%20San...	200	fonts.googleapis.com	1.99KB 84ms
admin-bar.css?ver=17075...	200	tomassvitorka.com	777B 15ms
cookie-law-info-public.cs...	200	tomassvitorka.com	0.98KB 17ms
cookie-law-info-gdpr.css?...	200	tomassvitorka.com	4.16KB 18ms
everest-forms.css?ver=1...	200	tomassvitorka.com	4.28KB 23ms
style.css?ver=1707585530	200	tomassvitorka.com	413B 15ms
wprev-public_combine.cs...	200	tomassvitorka.com	3.34KB 55ms
style.css?ver=1707585530	200	tomassvitorka.com	12.1KB 61ms
everest-forms-pro-fronten...	200	tomassvitorka.com	5.38KB 21ms
everest-forms-14881.css?...	200	tomassvitorka.com	1.73KB 16ms
pum-site-styles.css?ver=...	200	tomassvitorka.com	2.50KB 55ms
style-static.min.css?ver=...	200	tomassvitorka.com	79.7KB 62ms
style2.css?ver=1707585530	200	tomassvitorka.com	887B 21ms
style.css?ver=1707585530	200	tomassvitorka.com	4.80KB 33ms
jquery.min.js	200	tomassvitorka.com	31.2KB 138ms
jquery-migrate.min.js	200	tomassvitorka.com	5.42KB 133ms
cookie-law-info-public.js?...	200	tomassvitorka.com	7.31KB 133ms
font-awesome.min.css?v...	200	tomassvitorka.com	6.38KB 55ms
et-core-unified-tb-14325-t...	200	tomassvitorka.com	3.53KB 37ms
et-core-unified-12748.min...	200	tomassvitorka.com	6.48KB 33ms
et-core-unified-tb-14325-t...	200	tomassvitorka.com	4.42KB 36ms
1-e1705682370404.png	200	tomassvitorka.com	17.0KB 22ms
platform.js?ver=17075855...	200	tomassvitorka.com	16.5KB 138ms
goodMen-logo_1200x120...	200	tomassvitorka.com	2.22KB 126ms
Coach-Magazine-Tomas-...	200	tomassvitorka.com	10.4KB 135ms
lpad-scorecard-mockup.p...	200	tomassvitorka.com	42.3KB 148ms
1.png.webp	200	tomassvitorka.com	21.8KB 141ms
everest-forms-14886.css?...	200	tomassvitorka.com	1.92KB 115ms
mediaelementplayer-lega...	200	tomassvitorka.com	3.07KB 113ms
wp-mediaelement.min.css	200	tomassvitorka.com	1.60KB 125ms
wprev-public-com-min.js	200	tomassvitorka.com	6.02KB 141ms
idle-timer.min.js	200	tomassvitorka.com	1.56KB 141ms
custom.js?ver=1707585530	200	tomassvitorka.com	4.94KB 148ms
scripts.min.js	200	tomassvitorka.com	60.6KB 156ms
es6-promise.auto.min.js	200	tomassvitorka.com	3.16KB 145ms
recaptcha.js?ver=170758...	200	tomassvitorka.com	900B 146ms
jquery.inputmask.bundle....	200	tomassvitorka.com	31.2KB 162ms
jquery.validate.min.js	200	tomassvitorka.com	8.49KB 148ms
everest-forms.min.js	200	tomassvitorka.com	5.36KB 157ms
mailcheck.min.js	200	tomassvitorka.com	2.23KB 153ms
everest-forms-pro.min.js	200	tomassvitorka.com	8.11KB 153ms
conditional-logic-fronten...	200	tomassvitorka.com	2.50KB 153ms
tooltipster.bundle.min.js	200	tomassvitorka.com	10.7KB 153ms
everest-forms-tooltips.mi...	200	tomassvitorka.com	877B 153ms
ajax-submission.min.js	200	tomassvitorka.com	2.52KB 153ms
core.min.js	200	tomassvitorka.com	7.62KB 163ms
pum-site-scripts.js?ver=1...	200	tomassvitorka.com	17.9KB 161ms
common.js?ver=1707585...	200	tomassvitorka.com	976B 156ms
mediaelement-and-player....	200	tomassvitorka.com	38.2KB 163ms
mediaelement-migrate.mi...	200	tomassvitorka.com	1.04KB 162ms
wp-mediaelement.min.js	200	tomassvitorka.com	1.02KB 162ms



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>430ms</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>1.7s</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>566ms</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>Longer than recommended</p> <p>339ms</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>769ms</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>0.01</p>

Browser Timings

Redirect	34ms	Connect	21ms	Backend	34ms
TTFB	89ms	First Paint	430ms	DOM Int.	571ms
DOM Loaded	706ms	Onload	844ms	Fully Loaded	1.7s

IMPACT AUDIT

Low

Avoid enormous network payloads LCP

Total size was 1.62MB

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

URL	TRANSFER SIZE
https://static.elfsight.com/apps/google-reviews/stable/7654b1977d71c4f74030e7816be9cb269d2ff82f/app/googleReviews.js	313KB
https://tomassvitorka.com/wp-content/themes/Divi/core/admin/fonts/modules/all/modules.woff	90.5KB
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/style-static.min.css?ver=1707585530	79.7KB
https://tomassvitorka.com/wp-content/themes/Divi/core/admin/fonts/fontawesome/fa-solid-900.woff2	79.0KB
https://maxcdn.bootstrapcdn.com/font-awesome/4.5.0/fonts/fontawesome-webfont.woff?v=4.5.0	65.7KB
https://tomassvitorka.com/wp-content/themes/Divi/js/scripts.min.js	60.6KB
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/sticky-elements.js?ver=1707585531	59.5KB
https://tomassvitorka.com/wp-content/uploads/2023/05/Mask-Group-42.png.webp	57.7KB
https://tomassvitorka.com/wp-content/uploads/2016/11/Tomas-Svitorka-Life-Coach.jpeg	49.0KB
https://tomassvitorka.com/wp-content/uploads/2018/01/lpad-scorecard-mockup.png.webp	42.3KB

Low

Properly size images

Potential savings of 152KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://tomassvitorka.com/wp-content/uploads/2018/01/lpad-scorecard-mockup.png.webp	41.7KB	35.3KB
https://tomassvitorka.com/wp-content/uploads/2023/05/ok-line.png.webp	41.7KB	30.2KB
https://tomassvitorka.com/wp-content/uploads/2023/05/Mask-Group-42.png.webp	57.2KB	28.5KB
https://tomassvitorka.com/wp-content/uploads/2023/05/1.png.webp	21.2KB	20.6KB
https://tomassvitorka.com/wp-content/uploads/2023/05/1-e1705682370404.png	17.0KB	15.4KB
https://tomassvitorka.com/wp-content/uploads/2022/04/BrainzMagazineExecutiveContributor-1.png.webp	13.6KB	12.9KB
https://tomassvitorka.com/wp-content/uploads/2020/05/Coach-Magazine-Tomas-Svitorka-Life-Coach.png.webp	9.9KB	9.27KB

Low

Avoid multiple page redirects FCP LCP

Potential savings of 33ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
http://tomassvitorka.com/	33ms
https://tomassvitorka.com/	0ms

Low

Reduce unused CSS FCP LCP

Potential savings of 89.7KB

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://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/style-static.min.css?ver=1707585530	79.7KB	77.6KB
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/plugins/monarch/css/style.css?ver=1707585530	12.1KB	12.1KB

Low **Defer offscreen images** Potential savings of 34.1KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

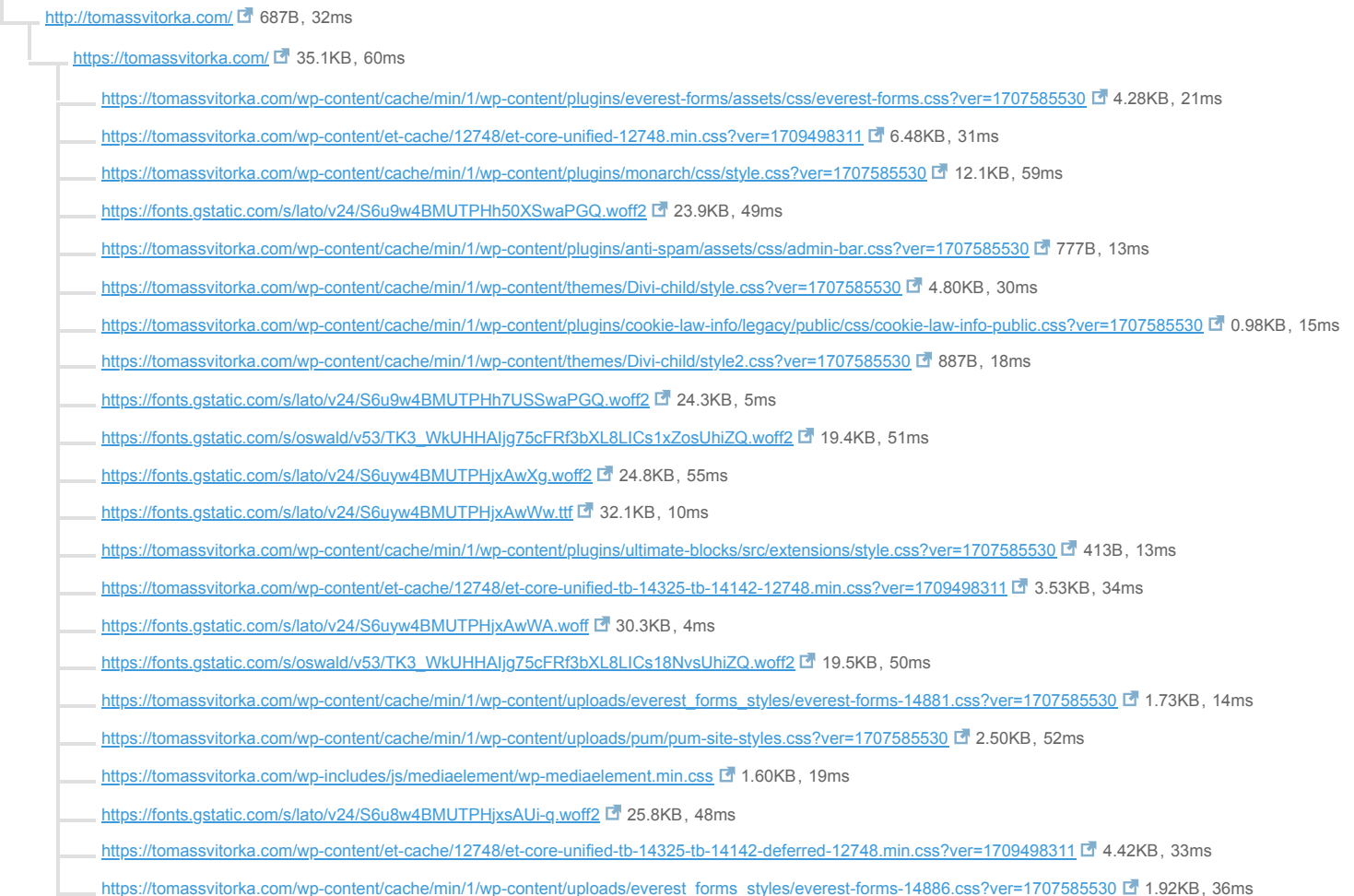
URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://tomassvitorka.com/wp-content/uploads/2023/05/1.png.webp	21.2KB	21.2KB
https://lh3.googleusercontent.com/a-/ALV-UjWJTQIEgbv32dPRKtbFCi6yuWDAF1xb3uwEI1ihbeBNoeS8=s40-c-rp-mo-br100	4.34KB	4.34KB
https://lh3.googleusercontent.com/a-/ALV-UjXuwBqF2gHTN6KikV7BrPquXCWkOoXat3r8F7k4rYQP_k=s40-c-rp-mo-br100	4.33KB	4.33KB
https://lh3.googleusercontent.com/a-/ALV-UjVRRgGJBeX1upY8KNdIRRvkfAxmHTZGyQiX0Z9DScxagY=s40-c-rp-mo-br100	4.14KB	4.14KB

Low **Avoid chaining critical requests** FCP LCP 31 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: **838ms**

INITIAL NAVIGATION



- https://fonts.gstatic.com/s/oswald/v53/TK3_WkUHHAjg75cFRf3bXL8LICs169vsUhiZQ.woff2 19.5KB, 47ms
- <https://tomassvitorka.com/wp-content/cache/min/1/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-gdpr.css?ver=1707585530> 4.16KB, 16ms
- https://tomassvitorka.com/wp-content/cache/min/1/wp-content/plugins/wp-google-places-review-slider/public/css/wprev-public_combine.css?ver=1707585530 3.34KB, 53ms
- <https://fonts.gstatic.com/s/lato/v24/S6u9w4BMUTPHh6UVSwaPGQ.woff2> 24.3KB, 54ms
- <https://tomassvitorka.com/wp-content/cache/min/1/wp-content/plugins/everest-forms-pro/assets/css/everest-forms-pro-frontend.css?ver=1707585530> 5.38KB, 19ms
- <https://tomassvitorka.com/wp-includes/js/mediaelement/mediaelementplayer-legacy.min.css> 3.07KB, 24ms
- <https://tomassvitorka.com/wp-content/cache/min/1/font-awesome/4.5.0/css/font-awesome.min.css?ver=1707585530> 6.38KB, 52ms
- <https://maxcdn.bootstrapcdn.com/font-awesome/4.5.0/fonts/fontawesome-webfont.woff2?v=4.5.0> 65.7KB, 57ms
- <https://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/style-static.min.css?ver=1707585530> 79.7KB, 60ms
- <https://tomassvitorka.com/wp-content/themes/Divi/core/admin/fonts/modules/all/modules.woff> 90.5KB, 29ms
- <https://tomassvitorka.com/wp-content/themes/Divi/core/admin/fonts/fontawesome/fa-solid-900.woff2> 79.0KB, 29ms

Low **Reduce unused JavaScript** LCP Potential savings of 255KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://static.elfsight.com/apps/google-reviews/stable/7654b1977d71c4f74030e7816be9cb269d2ff82f/app/googleReviews.js	313KB	128KB
https://tomassvitorka.com/wp-content/themes/Divi/js/scripts.min.js	60.6KB	39.4KB
https://tomassvitorka.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js	38.2KB	31.2KB
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/sticky-elements.js?ver=1707585531	59.5KB	28.4KB
https://tomassvitorka.com/wp-content/plugins/everest-forms/assets/js/inputmask/jquery.inputmask.bundle.min.js	31.2KB	27.8KB

N/A **Largest Contentful Paint element** LCP 770 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Online Life Coach TOMAS SVITORKA TOP RATED LONDON LIFE COACH Why be OK when y...
`<div class="et_pb_section et_pb_section_0 et_pb_with_background et_section_regular">`

PHASE	% OF LCP	TIMING
TTFB	12%	89ms
Load Delay	19%	147ms
Load Time	5%	35ms
Render Delay	65%	496ms

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://tomassvitorka.com/wp-content/cache/min/1/wp-content/plugins/everest-forms/assets/css/everest-forms.css?ver=1707585530	4.28KB	150ms
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/plugins/monarch/css/style.css?ver=1707585530	12.1KB	150ms
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/uploads/pum/pum-site-styles.css?ver=1707585530	2.50KB	150ms
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/style-static.min.css?ver=1707585530	79.7KB	750ms
https://tomassvitorka.com/wp-content/et-cache/12748/et-core-unified-12748.min.css?ver=1709498311	6.48KB	150ms

N/A **Reduce initial server response time** FCP LCP Root document took 33ms

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

URL	TIME SPENT
https://tomassvitorka.com/	33ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 34.5KB

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://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/easypiechart.js?ver=1707585530 Line:12 Column:0	11.4KB <code>Date.now</code>
https://static.elfsight.com/apps/google-reviews/stable/7654b1977d71c4f74030e7816be9cb269d2ff82f/app/googleReviews.js Line:72 Column:95063	9.48KB <code>Array.prototype.map</code>
https://tomassvitorka.com/wp-content/plugins/everest-forms/assets/js/inputmask/jquery.inputmask.bundle.min.js Line:7 Column:79213	6.91KB <code>Object.getPrototypeOf</code>
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/uploads/pum/pum-site-scripts.js?ver=1707585530 Line:7 Column:113089	6.50KB <code>@babel/plugin-transform-classes</code>
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/sticky-elements.js?ver=1707585531 Line:0 Column:719	71B <code>Date.now</code>
https://tomassvitorka.com/wp-content/cache/min/1/wp-content/themes/Divi/includes/builder/feature/dynamic-assets/assets/js/sticky-elements.js?ver=1707585531 Line:0 Column:97347	71B <code>@babel/plugin-transform-classes</code>
https://tomassvitorka.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js Line:11 Column:12531	54B <code>@babel/plugin-transform-classes</code>
https://tomassvitorka.com/ Line:2 Column:615	35B <code>@babel/plugin-transform-classes</code>
https://tomassvitorka.com/ Line:3 Column:524	35B <code>@babel/plugin-transform-classes</code>

N/A **Avoid large layout shifts** CLS 5 elements found

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

ELEMENT	CLS CONTRIBUTION
Why be OK when you can be extraordinary? As a certified life coach, business me... <div class="et_pb_text_inner">	0.00
Life coaching in London, UK, Worldwide Over 500 happy clients No Woo-Woo, no BS <div class="et_pb_text_inner">	0.00
TOMAS SVITORKA TOP RATED LONDON LIFE COACH 	0.00
TOMAS SVITORKA TOP RATED LONDON LIFE COACH 	0.00
Over 500 happy clients 	0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 2.1s

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	794ms
Other	582ms
Style & Layout	412ms
Rendering	170ms
Parse HTML & CSS	36ms
Script Parsing & Compilation	33ms
Garbage Collection	21ms

N/A

Reduce the impact of third-party code TBT

Third-party code blocked the main thread for 112ms

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
ELFSIGHT.COM	324KB	112ms
<ul style="list-style-type: none"> https://static.elfsight.com/apps/google-reviews/stable/7654b1977d71c4f74030e7816be9cb269d2ff82f/app/googleReviews.js 	313KB	112ms
GOOGLE FONTS	246KB	0ms
<ul style="list-style-type: none"> https://fonts.gstatic.com/s/lato/v24/S6uyw4BMUTPHjxAwWw.ttf https://fonts.gstatic.com/s/lato/v24/S6uyw4BMUTPHjxAwWA.woff https://fonts.gstatic.com/s/lato/v24/S6u8w4BMUTPHjxAUi-q.woff2 https://fonts.gstatic.com/s/lato/v24/S6uyw4BMUTPHjxAwXg.woff2 https://fonts.gstatic.com/s/lato/v24/S6u9w4BMUTPHh6UVSwaPGQ.woff2 Other resources 	32.1KB 30.3KB 25.8KB 24.8KB 24.3KB 109KB	0ms 0ms 0ms 0ms 0ms 0ms
BOOTSTRAP CDN	65.7KB	0ms
<ul style="list-style-type: none"> https://maxcdn.bootstrapcdn.com/font-awesome/4.5.0/fonts/fontawesome-webfont.woff2?v=4.5.0 	65.7KB	0ms
OTHER GOOGLE APIS/SDKS	24.9KB	0ms
<ul style="list-style-type: none"> https://lh3.googleusercontent.com/a-/ALV-UjWTQIEgbv32dPRKtbFCi6yuWDaF1xb3uwEI1ihbeBNoeS8=s40-c-rp-mo-br100 https://lh3.googleusercontent.com/a-/ALV-UjXuwBqF2gHTN6KikV7BrPquXCWkOoXat3r8F7k4rYQP_k=s40-c-rp-mo-br100 https://lh3.googleusercontent.com/a-/ALV-UjVRRqGJBeX1upY8KNdIRRVkfqAxmhtZGyQIX0Z9DScxagY=s40-c-rp-mo-br100 https://lh3.googleusercontent.com/a-/ALV-UjUc78ERYgCGJwzMB-CKzTZoVh1R7HAjXis_bkSRLfA9ZNw=s40-c-rp-mo-br100 Other resources 	4.63KB 4.40KB 4.21KB 4.10KB 7.60KB	0ms 0ms 0ms 0ms 0ms

N/A

User Timing marks and measures

No user timings and/or marks found.