



Performance Report for:

http://www.jdpsychology.co.uk/

Report generated: Wed, Mar 6, 2024 8:28 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
	94%	91%	1.2s	0ms	0.1

Top Issues

Med	Use explicit width and height on image elements CLS	1 image found
Med	Serve static assets with an efficient cache policy	Potential savings of 1.38MB
Med-Low	Eliminate render-blocking resources FCP LCP	Potential savings of 270ms
Low	Avoid large layout shifts CLS	4 elements found
Low	Use a Content Delivery Network (CDN)	1 resource found

Page Details



Total Page Size - 2.14MB



Total Page Requests - 81



■ 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.**

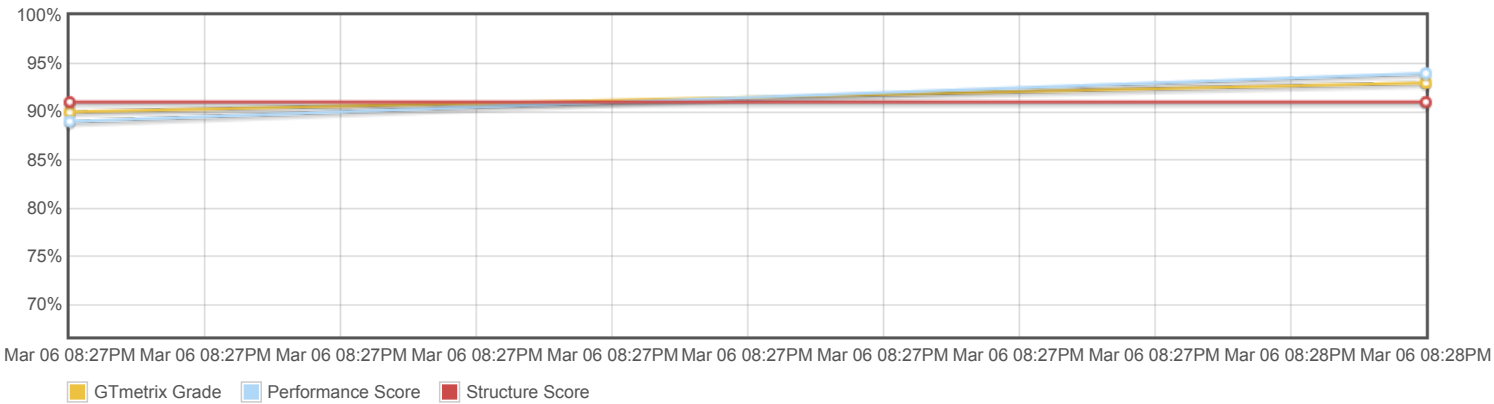
About GTmetrix



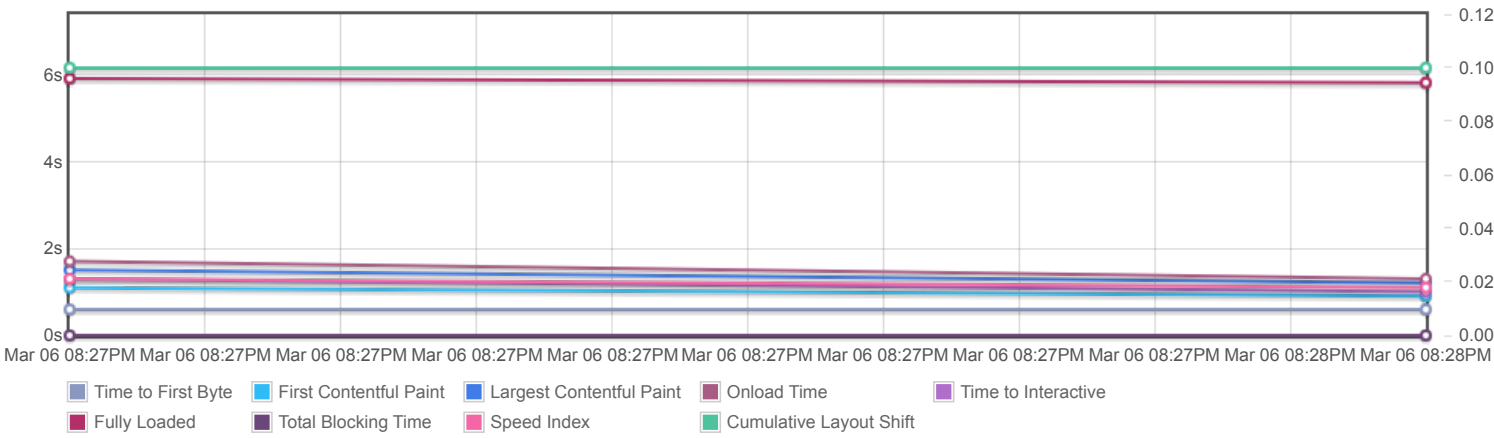
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

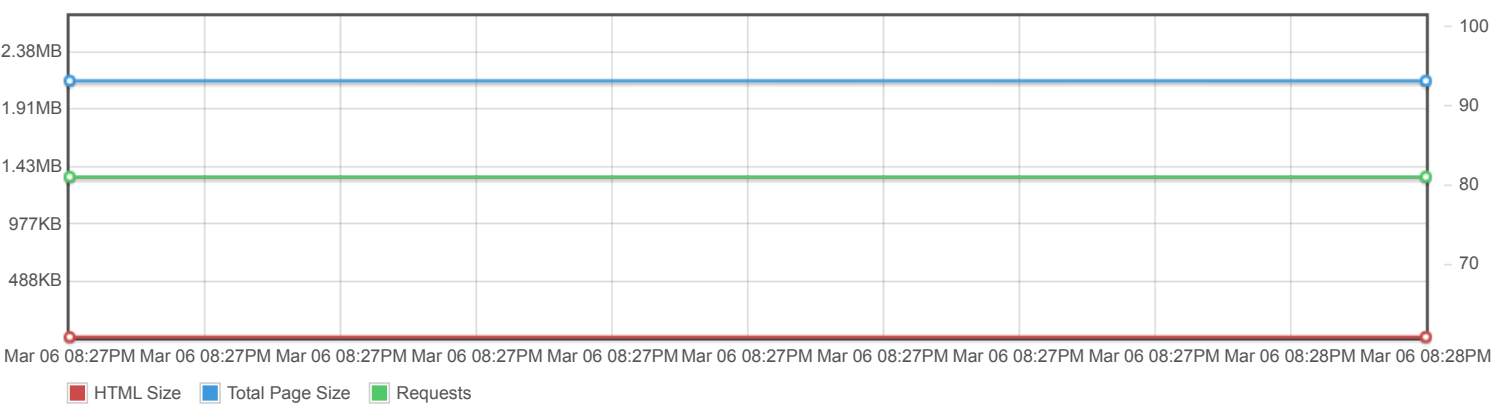
Page scores



Page metrics



Page sizes and request counts

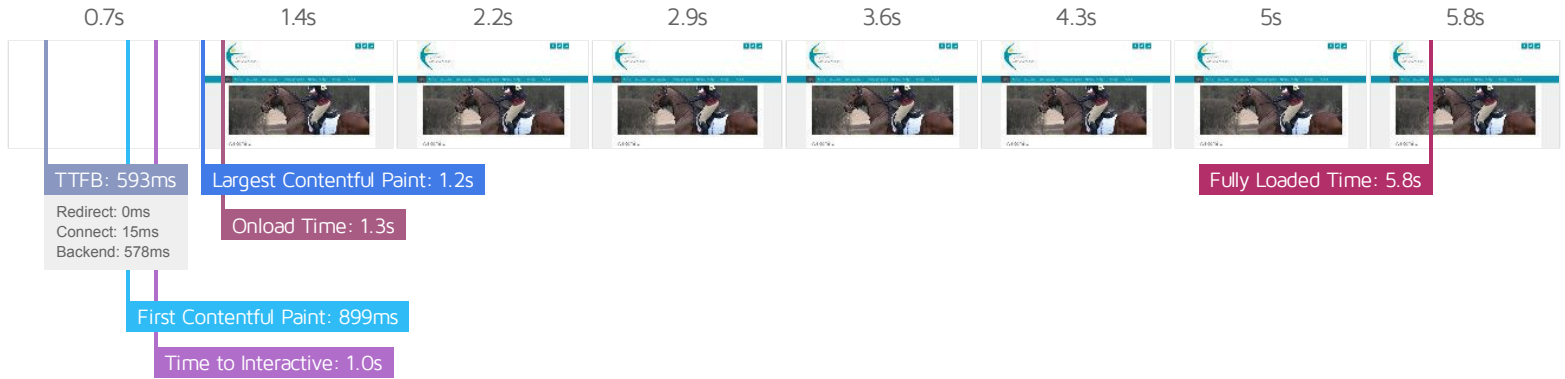


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Jo Davies Sport Psychology

Resource	Size	Source	Load Time
/	200	jdpsychology.co.uk	14.0KB
frontend.css?ver=20142209	200	jdpsychology.co.uk	10.1KB
css?family=Oxygen:300,r...	200	fonts.googleapis.com	1.01KB
style.min.css?ver=6.1.5	200	jdpsychology.co.uk	15.4KB
style.css?ver=1678388735	200	jdpsychology.co.uk	535B
style.css?ver=1678388735	200	jdpsychology.co.uk	535B
style.css?ver=1678388735	200	jdpsychology.co.uk	534B
style.css?ver=1678388735	200	jdpsychology.co.uk	535B
style.css?ver=1678388735	200	jdpsychology.co.uk	534B
classic-themes.min.css?v...	200	jdpsychology.co.uk	470B
styles.css?ver=5.7.7	200	jdpsychology.co.uk	1.31KB
css?family=Kalam%7CPT...	200	fonts.googleapis.com	1.16KB
style.css?ver=6.1.5	200	jdpsychology.co.uk	51.5KB
unsemantic-grid.min.css...	200	jdpsychology.co.uk	2.91KB
style.min.css?ver=2.4.2	200	jdpsychology.co.uk	7.05KB
mobile.min.css?ver=2.4.2	200	jdpsychology.co.uk	1.47KB
font-awesome.min.css?v...	200	jdpsychology.co.uk	7.79KB
smartslider.min.css?ver=...	200	jdpsychology.co.uk	4.89KB
jquery-3.7.1.min.js?ver=3....	200	jdpsychology.co.uk	85.7KB
jquery-migrate-3.4.1.min.j...	200	jdpsychology.co.uk	13.5KB
js?v=3.exp&sensor=false...	200	maps.googleapis.com	64.1KB
easy-testimonials-reveal.j...	200	jdpsychology.co.uk	1.82KB
jscripts.php	200	jdpsychology.co.uk	1.39KB
n2.min.js?ver=78442573	200	jdpsychology.co.uk	40.7KB
smartslider-frontend.min....	200	jdpsychology.co.uk	112KB
ss-simple.min.js?ver=784...	200	jdpsychology.co.uk	13.4KB
w-arrow-image.min.js?ver...	200	jdpsychology.co.uk	1.68KB
JDSP-Logo-Small.jpg	200	jdpsychology.co.uk	16.3KB
JoWritten.jpg	200	jdpsychology.co.uk	9.59KB
style.min.css?ver=1.1	200	jdpsychology.co.uk	2.01KB
icons.css?ver=1.1.5	200	jdpsychology.co.uk	9.75KB
shortcodes.css?ver=7.0.4	200	jdpsychology.co.uk	9.58KB
helpers.js?ver=20142209	200	jdpsychology.co.uk	123KB
jquery.dropdown.js?ver=...	200	jdpsychology.co.uk	8.53KB
jquery.ebpFullCalendar.js...	200	jdpsychology.co.uk	13.6KB
frontend.js?ver=20142209	200	jdpsychology.co.uk	34.2KB
index.js?ver=5.7.7	200	jdpsychology.co.uk	10.3KB
index.js?ver=5.7.7	200	jdpsychology.co.uk	12.9KB
menu.min.js?ver=2.4.2	200	jdpsychology.co.uk	4.27KB
a11y.min.js?ver=2.4.2	200	jdpsychology.co.uk	2.38KB
jscripts-ftr-min.js	200	jdpsychology.co.uk	951B
wp-emoji-release.min.js?...	200	jdpsychology.co.uk	18.4KB
gen_204?csp_test=true	200	maps.googleapis.com	45B
widgets.js	200	platform.twitter.com	27.6KB
2sDfZG1WI4LcnbuKjk0m....	200	fonts.gstatic.com	16.7KB
2sDcZG1WI4LcnbuCNWg...	200	fonts.gstatic.com	16.5KB
2sDcZG1WI4LcnbuCJW8...	200	fonts.gstatic.com	16.2KB
forkawesome-webfont.wo...	200	jdpsychology.co.uk	108KB
generatepress.woff2	200	jdpsychology.co.uk	1.48KB
fontello.woff	200	jdpsychology.co.uk	23.0KB
widget_iframe.2f70fb173b...	200	platform.twitter.com	104KB
closeBig.png	200	jdpsychology.co.uk	2.59KB
sian-slider.jpg	200	jdpsychology.co.uk	88.9KB

slide2_rowing.jpg	200	jdpsychology.co.uk	87.8KB			37ms	
slide3_rugby.jpg	200	jdpsychology.co.uk	130KB			39ms	
slide4_exercise.jpg	200	jdpsychology.co.uk	53.6KB			32ms	
slide5_running.jpg	200	jdpsychology.co.uk	141KB			35ms	
slide6_cycling.jpg	200	jdpsychology.co.uk	46.1KB			28ms	
settings?session_id=780...	200	syndication.twitter.com	337B			130ms	
favicon.ico	302	jdpsychology.co.uk	0			494ms	
timeline.e108540dddc96e...	200	platform.twitter.com	3.51KB			15ms	
JDPsychology?dnt=false...	200	syndication.twitter.com	1.79KB			155ms	
runtime-a697c5a1ae32bd...	200	platform.twitter.com	2.79KB			5ms	
modules.20f98d7498a590...	200	platform.twitter.com	94.2KB			33ms	
main-fd9ef5eb169057cda...	200	platform.twitter.com	684B			16ms	
_app-88bf420a57d49e33b...	200	platform.twitter.com	1.26KB			22ms	
%5BscreenName%5D-c33...	200	platform.twitter.com	1.87KB			21ms	
_buildManifest.js	200	platform.twitter.com	1.05KB			21ms	
_ssgManifest.js	200	platform.twitter.com	670B			21ms	
w-logo-blue-white-bg.png	200	jdpsychology.co.uk	4.48KB			18ms	
2.691622e4391d1973cb65.js	200	platform.twitter.com	8.11KB			9ms	
16.f331e94703acc65738d5...	200	platform.twitter.com	12.5KB			9ms	
0.9098e7e4385bbbc1cefe.js	200	platform.twitter.com	76.7KB			28ms	
4.1579d566fe7ef23f99dd.js	200	platform.twitter.com	62.9KB			28ms	
1.2a1457a8c568f1533384.js	200	platform.twitter.com	49.2KB			13ms	
3.623849758c2a16a878a7.js	200	platform.twitter.com	161KB			36ms	
6.902e7a204f7eea980629.js	200	platform.twitter.com	1.86KB			10ms	
ondemand.Dropdown.089...	200	platform.twitter.com	3.37KB			4ms	
jot?l=%7B%22_category_...	200	syndication.twitter.com	43B			313ms	
common.js	200	maps.googleapis.com	55.4KB				10ms
util.js	200	maps.googleapis.com	55.5KB				10ms
81 Requests	2.14MB (6.37MB Uncompressed)	5.8s (Onload 1.3s)					



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>899ms</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>1.0s</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>1.1s</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>1.2s</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>0.1</p>

Browser Timings

Redirect	0ms	Connect	15ms	Backend	578ms
TTFB	593ms	First Paint	899ms	DOM Int.	998ms
DOM Loaded	1.0s	Onload	1.3s	Fully Loaded	5.8s

IMPACT AUDIT

Low

Avoid enormous network payloads LCP

Total size was 2.14MB

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

URL	TRANSFER SIZE
https://platform.twitter.com/_next/static/chunks/3.623849758c2a16a878a7.js	161KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide5_running.jpg	141KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide3_rugby.jpg	130KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/helpers.js?ver=20142209	123KB
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/smartsliider-frontend.min.js?ver=78442573	112KB
http://www.jdpsychology.co.uk/wp-content/plugins/shortcodes-ultimate/vendor/fork-awesome/fonts/forkawesome-webfont.woff2?v=1.2.0	108KB
https://platform.twitter.com/widgets/widget_iframe.2f70fb173b9000da126c79afe2098f02.html?origin=http%3A%2F%2Fwww.jdpsychology.co.uk	104KB
https://platform.twitter.com/_next/static/chunks/modules.20f98d7498a59035a762.js	94.2KB
http://www.jdpsychology.co.uk/wp-content/uploads/2015/03/sian-slider.jpg	88.9KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide2_rowing.jpg	87.8KB

Low

Enable text compression FCP LCP

Potential savings of 347KB

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/smartsliider-frontend.min.js?ver=78442573	111KB	85.5KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/helpers.js?ver=20142209	123KB	84.4KB
http://www.jdpsychology.co.uk/wp-content/plugins/jquery-updater/js/jquery-3.7.1.min.js?ver=3.7.1	85.5KB	55.8KB
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/n2.min.js?ver=78442573	40.4KB	28.3KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/frontend.js?ver=20142209	33.9KB	27.0KB
http://www.jdpsychology.co.uk/wp-includes/js/wp-emoji-release.min.js?ver=6.1.5	18.2KB	13.3KB
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Slider/SliderType/Simple/Assets/dist/ss-simple.min.js?ver=78442573	13.1KB	10.0KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery.ebpFullCalendar.js?ver=20142209	13.4KB	9.62KB
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.7.7	12.6KB	8.56KB
http://www.jdpsychology.co.uk/wp-content/plugins/jquery-updater/js/jquery-migrate-3.4.1.min.js?ver=3.4.1	13.3KB	8.50KB
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.7.7	10.0KB	7.06KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery.dropdown.js?ver=20142209	8.27KB	5.82KB
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/js/menu.min.js?ver=2.4.2	4.01KB	2.94KB

Low

Preload Largest Contentful Paint image LCP

55ms

If the LCP element is dynamically added to the page, you should preload the image in order to improve LCP.

URL	POTENTIAL SAVINGS
http://www.jdpsychology.co.uk/wp-content/uploads/2015/03/sian-slider.jpg	55ms

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

URL

URL	PROTOCOL
http://www.jdpsychology.co.uk/	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/css/frontend.css?ver=20142209	http/1.1
http://www.jdpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.1.5	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/single-testimonial/style.css?ver=1678388735	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/random-testimonial/style.css?ver=1678388735	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/testimonials-list/style.css?ver=1678388735	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/testimonials-cycle/style.css?ver=1678388735	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/testimonials-grid/style.css?ver=1678388735	http/1.1
http://www.jdpsychology.co.uk/wp-includes/css/classic-themes.min.css?ver=1	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.7.7	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/include/assets/css/style.css?ver=6.1.5	http/1.1
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/css/unsemantic-grid_min.css?ver=2.4.2	http/1.1
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/style.min.css?ver=2.4.2	http/1.1
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/css/mobile.min.css?ver=2.4.2	http/1.1
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/css/font-awesome.min.css?ver=4.7	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/smartslider.min.css?ver=78442573	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/jquery-updater/js/jquery-3.7.1.min.js?ver=3.7.1	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/jquery-updater/js/jquery-migrate-3.4.1.min.js?ver=3.4.1	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/include/assets/js/easy-testimonials-reveal.js?ver=6.1.5	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/wp-spamshield/js/jscripts.php	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/n2.min.js?ver=78442573	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/smartslider-frontend.min.js?ver=78442573	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Slider/SliderType/Simple/Assets/dist/ss-simple.min.js?ver=78442573	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Widget/Arrow/ArrowImage/Assets/dist/w-arrow-image.min.js?ver=78442573	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2015/02/JDSP-Logo-Small.jpg	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2013/10/JoWritten.jpg	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/lightweight-social-icons/css/style-min.css?ver=1.1	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/shortcodes-ultimate/includes/css/icons.css?ver=1.1.5	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/shortcodes-ultimate/includes/css/shortcodes.css?ver=7.0.4	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/helpers.js?ver=20142209	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery_dropdown.js?ver=20142209	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery_ebpFullCalendar.js?ver=20142209	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/frontend.js?ver=20142209	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/swf/js/index.js?ver=5.7.7	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.7.7	http/1.1
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/js/menu.min.js?ver=2.4.2	http/1.1
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/js/a11y.min.js?ver=2.4.2	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/wp-spamshield/js/jscripts-ftp-min.js	http/1.1
http://www.jdpsychology.co.uk/wp-includes/js/wp-emoji-release.min.js?ver=6.1.5	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/shortcodes-ultimate/vendor/fork-awesome/fonts/forkawesome-webfont.woff?v=1.2.0	http/1.1
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/fonts/generatepress.woff2	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/lightweight-social-icons/fonts/fontello.woff	http/1.1
https://platform.twitter.com/widgets/widget_iframe_2f70fb173b9000da126c79afe2098f02.html?origin=http%3A%2F%2Fwww.jdpsychology.co.uk	http/1.1
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/images/icon/closeBig.png	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2015/03/sian-slider.jpg	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide2_rowing.jpg	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide3_rugby.jpg	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide4_exercise.jpg	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide5_running.jpg	http/1.1
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide6_cycling.jpg	http/1.1
http://www.jdpsychology.co.uk/favicon.ico	http/1.1
https://platform.twitter.com/js/timeline.e108540dddc96e4b707f5cf259a582d7.js	http/1.1

URL	PROTOCOL
https://platform.twitter.com/next/static/chunks/runtime-a697c5a1ae32bd7e4d42.js	http/1.1
https://platform.twitter.com/next/static/chunks/modules.20f98d7498a59035a762.js	http/1.1
https://platform.twitter.com/next/static/chunks/main-fd9ef5eb169057cda26d.js	http/1.1
https://platform.twitter.com/next/static/chunks/pages/_app-88bf420a57d49e33be53.js	http/1.1
https://platform.twitter.com/next/static/chunks/pages/timeline-profile/screen-name/%5BscreenName%5D-c33f0b02841cfc3e9b4.js	http/1.1
https://platform.twitter.com/next/static/pc7SXdI2p34p0Y95uXWdA/_buildManifest.js	http/1.1
https://platform.twitter.com/next/static/pc7SXdI2p34p0Y95uXWdA/_ssgManifest.js	http/1.1
http://www.jdpsychology.co.uk/wp-includes/images/w-logo-blue-white-bg.png	http/1.1
https://platform.twitter.com/next/static/chunks/2.691622e4391d1973cb65.js	http/1.1
https://platform.twitter.com/next/static/chunks/16.f331e94703acc65738d5.js	http/1.1
https://platform.twitter.com/next/static/chunks/0.9098e7e4385bbbc1cefe.js	http/1.1
https://platform.twitter.com/next/static/chunks/4.1579d566fe7ef23f99dd.js	http/1.1
https://platform.twitter.com/next/static/chunks/1.2a1457a8c568f1533384.js	http/1.1
https://platform.twitter.com/next/static/chunks/3.623849758c2a16a878a7.js	http/1.1
https://platform.twitter.com/next/static/chunks/6.902e7a204f7eea980629.js	http/1.1
https://platform.twitter.com/next/static/chunks/ondemand.Dropdown.0890ced0fe3b29a4c947.js	http/1.1

Low **Avoid an excessive DOM size** TBT 316 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		316
Maximum DOM Depth	div.n2-ss-slide-background > div.n2-ss-slide-background-image > picture.skip-lazy > img.skip-lazy 	21
Maximum Child Elements	body.home <body class="home page-template-default page page-id-20 wp-custom-logo wp-embed-respons..." itemtype="https://schema.org/WebPage" itemscope="">	31

Low **Properly size images** Potential savings of 113KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide5_running.jpg	140KB	31.8KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide3_rugby.jpg	130KB	29.4KB
http://www.jdpsychology.co.uk/wp-content/uploads/2015/03/sian-slider.jpg	88.7KB	20.1KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide2_rowing.jpg	87.6KB	19.8KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide4_exercise.jpg	53.4KB	12.1KB

Low **Efficiently encode images** Potential savings of 13.7KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
http://www.jdpsychology.co.uk/wp-content/uploads/2015/02/JDSP-Logo-Small.jpg	16.1KB	6.91KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/10/JoWritten.jpg	9.34KB	6.81KB

Low

Ensure text remains visible during webfont load FCP LCP

5 fonts found

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

URL	POTENTIAL SAVINGS
http://fonts.gstatic.com/s/oxygen/v15/2sDfZG1WI4LcnbuKjk0m.woff2	20ms
http://fonts.gstatic.com/s/oxygen/v15/2sDcZG1WI4LcnbuCNWgzaGW5.woff2	20ms
http://fonts.gstatic.com/s/oxygen/v15/2sDcZG1WI4LcnbuCJW8zaGW5.woff2	20ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/fonts/generatepress.woff2	19ms
http://www.jdpsychology.co.uk/wp-content/plugins/lightweight-social-icons/fonts/fontello.woff	19ms

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
http://www.jdpsychology.co.uk/	773ms	66ms

Low

Reduce unused CSS FCP LCP

Potential savings of 76.8KB

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
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/include/assets/css/style.css?ver=6.1.5	51.5KB	51.5KB
http://www.jdpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.1.5	15.4KB	15.3KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/css/frontend.css?ver=20142209	10.1KB	10.0KB

Low

Serve images in next-gen formats

Potential savings of 283KB

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
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide5_running.jpg	140KB	61.5KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide3_rugby.jpg	130KB	57.6KB
http://www.jdpsychology.co.uk/wp-content/uploads/2015/03/sian-slider.jpg	88.7KB	49.8KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide2_rowing.jpg	87.6KB	41.4KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide4_exercise.jpg	53.4KB	28.8KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/11/slide6_cycling.jpg	45.8KB	23.7KB
http://www.jdpsychology.co.uk/wp-content/uploads/2015/02/JDSP-Logo-Small.jpg	16.1KB	12.0KB
http://www.jdpsychology.co.uk/wp-content/uploads/2013/10/JoWritten.jpg	9.34KB	8.15KB

Low

Reduce initial server response time FCP LCP

Root document took 578ms

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

URL	TIME SPENT
http://www.jdpsychology.co.uk/	578ms

Low **Minify CSS** FCP LCP Potential savings of 3.38KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/include/assets/css/style.css?ver=6.1.5	51.5KB	3.38KB

Low **Minify JavaScript** FCP LCP Potential savings of 15.8KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/frontend.js?ver=20142209	34.2KB	8.59KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery_ebpFullCalendar.js?ver=20142209	13.6KB	4.74KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery_dropdown.js?ver=20142209	8.53KB	2.44KB

Low **Avoid chaining critical requests** FCP LCP 37 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: **880ms**

INITIAL NAVIGATION

http://www.jdpsychology.co.uk/	14.0KB, 598ms
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/testimonials-grid/style.css?ver=1678388735	534B, 38ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/style.min.css?ver=2.4.2	7.05KB, 58ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/css/unsemantic-grid.min.css?ver=2.4.2	2.91KB, 46ms
http://www.jdpsychology.co.uk/wp-content/plugins/shortcodes-ultimate/includes/css/shortcodes.css?ver=7.0.4	9.58KB, 21ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/css/mobile.min.css?ver=2.4.2	1.47KB, 57ms
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery_dropdown.js?ver=20142209	8.53KB, 20ms
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/include/assets/js/easy-testimonials-reveal.js?ver=6.1.5	1.82KB, 71ms
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/css/frontend.css?ver=20142209	10.1KB, 28ms
https://maps.googleapis.com/maps/api/js?v=3.exp&sensor=false&ver=6.1.5	64.4KB, 70ms
http://www.jdpsychology.co.uk/wp-content/plugins/jquery-updater/js/jquery-migrate-3.4.1.min.js?ver=3.4.1	13.5KB, 78ms
http://www.jdpsychology.co.uk/wp-includes/css/classic-themes.min.css?ver=1	470B, 39ms
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/testimonials-cycle/style.css?ver=1678388735	535B, 28ms
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/testimonials-list/style.css?ver=1678388735	534B, 27ms
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/helpers.js?ver=20142209	123KB, 23ms
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.7.7	12.9KB, 19ms
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/single-testimonial/style.css?ver=1678388735	535B, 26ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/js/a11y.min.js?ver=2.4.2	2.38KB, 17ms
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.7.7	1.31KB, 41ms

http://fonts.googleapis.com/css?family=Kalam%7CPT+Sans&ver=6.1.5	1.16KB, 22ms
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/smartslider_min.css?ver=78442573	4.89KB, 58ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/js/menu.min.js?ver=2.4.2	4.27KB, 19ms
http://www.jdpsychology.co.uk/wp-content/plugins/contact-form-7/includes/swf/index.js?ver=5.7.7	10.3KB, 20ms
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/include/assets/css/style.css?ver=6.1.5	51.5KB, 59ms
http://www.jdpsychology.co.uk/wp-content/plugins/easy-testimonials/blocks/random-testimonial/style.css?ver=1678388735	535B, 29ms
http://www.jdpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.1.5	15.4KB, 34ms
http://www.jdpsychology.co.uk/wp-content/plugins/jquery-updater/js/jquery-3.7.1.min.js?ver=3.7.1	85.7KB, 84ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/fonts/generatepress.woff2	1.48KB, 19ms
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/jquery_ebpFullCalendar.js?ver=20142209	13.6KB, 21ms
http://www.jdpsychology.co.uk/wp-content/plugins/wp-spamshield/js/scripts-ftp-min.js	951B, 17ms
http://www.jdpsychology.co.uk/wp-content/plugins/wp-spamshield/js/scripts.php	1.39KB, 76ms
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/frontend.js?ver=20142209	34.2KB, 21ms
http://www.jdpsychology.co.uk/wp-content/themes/generatepress/css/font-awesome.min.css?ver=4.7	7.79KB, 58ms
http://www.jdpsychology.co.uk/wp-content/plugins/shortcodes-ultimate/includes/css/icons.css?ver=1.1.5	9.75KB, 15ms
http://www.jdpsychology.co.uk/wp-content/plugins/shortcodes-ultimate/vendor/fork-awesome/fonts/forkawesome-webfont.woff2?v=1.2.0	108KB, 23ms
http://www.jdpsychology.co.uk/wp-content/plugins/lightweight-social-icons/css/style-min.css?ver=1.1	2.01KB, 15ms
http://www.jdpsychology.co.uk/wp-content/plugins/lightweight-social-icons/fonts/fontello.woff	23.0KB, 19ms
http://fonts.googleapis.com/css?family=Oxygen:300,regular,700	1.01KB, 24ms
http://fonts.gstatic.com/s/oxygen/v15/2sDcZG1Wl4LcnbuCNWgzaGW5.woff2	16.5KB, 20ms
http://fonts.gstatic.com/s/oxygen/v15/2sDfZG1Wl4LcnbuKjk0m.woff2	16.7KB, 20ms
http://fonts.gstatic.com/s/oxygen/v15/2sDcZG1Wl4LcnbuCJW8zaGW5.woff2	16.2KB, 20ms

Low **Reduce unused JavaScript** LCP Potential savings of 351KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/helpers.js?ver=20142209	123KB	98KB
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/smartslider-frontend_min.js?ver=78442573	112KB	60.2KB
http://www.jdpsychology.co.uk/wp-content/plugins/jquery-updater/js/jquery-3.7.1.min.js?ver=3.7.1	85.7KB	50.4KB
https://maps.googleapis.com/maps-api-v3/api/js/56/3/util.js	55.6KB	45.6KB
https://maps.googleapis.com/maps/api/js?v=3.exp&sensor=false&ver=6.1.5	64.4KB	37.8KB
http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/frontend.js?ver=20142209	34.2KB	31.8KB
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/n2_min.js?ver=78442573	40.7KB	27.4KB

N/A **Largest Contentful Paint element** LCP 1,180 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
div.n2-ss-slide-background > div.n2-ss-slide-background-image > picture.skip-lazy > img.skip-lazy

```

PHASE	% OF LCP	TIMING
TTFB	50%	593ms
Load Delay	44%	519ms
Load Time	2%	17ms
Render Delay	4%	51ms

N/A **Reduce JavaScript execution time** TBT 75ms 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
• http://www.jdpsychology.co.uk/	200ms	38ms	1ms
• Unattributable	124ms	5ms	0ms
• http://www.jdpsychology.co.uk/wp-content/plugins/eventBookingPro/js/helpers.js?ver=20142209	92ms	28ms	1ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 168B

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
http://www.jdpsychology.co.uk/wp-content/plugins/smart-slider-3/Public/SmartSlider3/Application/Frontend/Assets/dist/n2.min.js?ver=78442573	168B
Line:0 Column:10996	<code>@babel/plugin-transform-classes</code>

N/A **Minimize main-thread work** TBT Main-thread busy for 594ms

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

CATEGORY	TIME SPENT
Other	221ms
Script Evaluation	194ms
Style & Layout	110ms
Parse HTML & CSS	30ms
Rendering	19ms
Script Parsing & Compilation	18ms

N/A **Reduce the impact of third-party code** TBT Total size was 843KB

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
TWITTER	615KB	0ms
• https://platform.twitter.com/_next/static/chunks/3.623849758c2a16a878a7.js	161KB	0ms
• https://platform.twitter.com/widgets/widget_iframe.2f70fb173b9000da126c79afe2098f02.html?origin=http%3A%2F%2Fwww.jdpsychology.co.uk	104KB	0ms
• https://platform.twitter.com/_next/static/chunks/modules.20f98d7498a59035a762.js	94.2KB	0ms
• https://platform.twitter.com/_next/static/chunks/0.9098e7e4385bbbc1cefe.js	76.7KB	0ms
• https://platform.twitter.com/_next/static/chunks/4.1579d566fe7ef23f99dd.js	62.9KB	0ms
• Other resources	117KB	0ms
GOOGLE MAPS	176KB	0ms
• https://maps.googleapis.com/maps/api/js?v=3.exp&sensor=false&ver=6.1.5	64.4KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/56/3/common.js	55.8KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/56/3/util.js	55.6KB	0ms
GOOGLE FONTS	51.6KB	0ms
• http://fonts.gstatic.com/s/oxygen/v15/2sDfZG1WI4LcnbuKjk0m.woff2	16.7KB	0ms
• http://fonts.gstatic.com/s/oxygen/v15/2sDcZG1WI4LcnbuCNWgzaGW5.woff2	16.5KB	0ms
• http://fonts.gstatic.com/s/oxygen/v15/2sDcZG1WI4LcnbuCJW8zaGW5.woff2	16.2KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.