Performance Report for:

http://www.renebozier.com/

Report generated: Mon, Mar 11, 2024 2:55 AM -0700
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
	99%	91%	875ms	20ms	0

Top Issues

Med	**Use explicit width and height on image elements** CLS	1 image found
Med-Low	**Use a Content Delivery Network (CDN)**	22 resources found
Med-Low	**Avoid CSS @import** FCP LCP	1 resource found
Low	**Serve static assets with an efficient cache policy**	Potential savings of 49.4KB
Low	**Eliminate render-blocking resources** FCP LCP	Potential savings of 94ms

Page Details

1.8s
Fully Loaded Time

Total Page Size - 1.02MB

Total Page Requests - 40

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.**

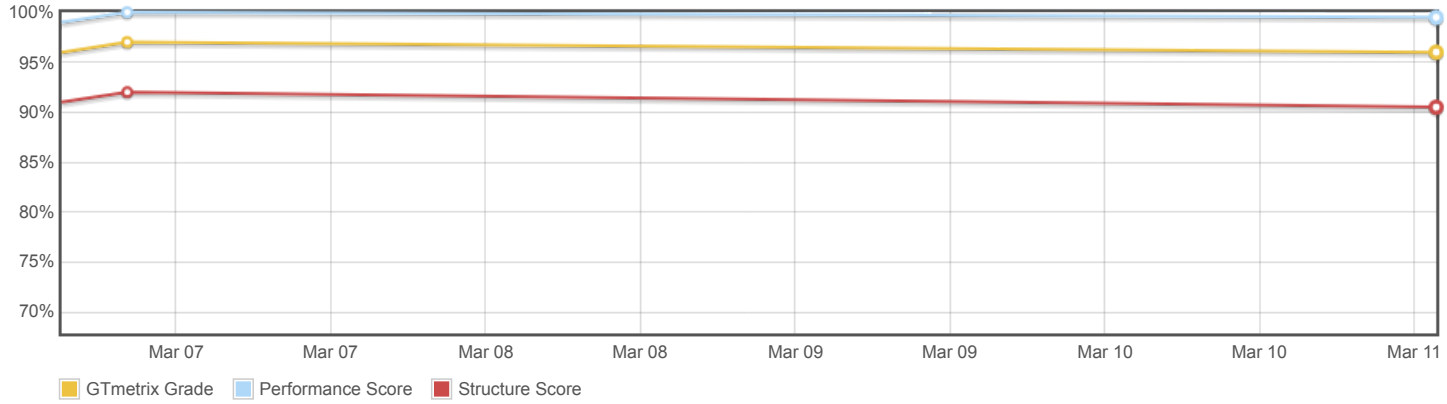
About GTmetrix

CARBON 60
THE MANAGED CLOUD COMPANY

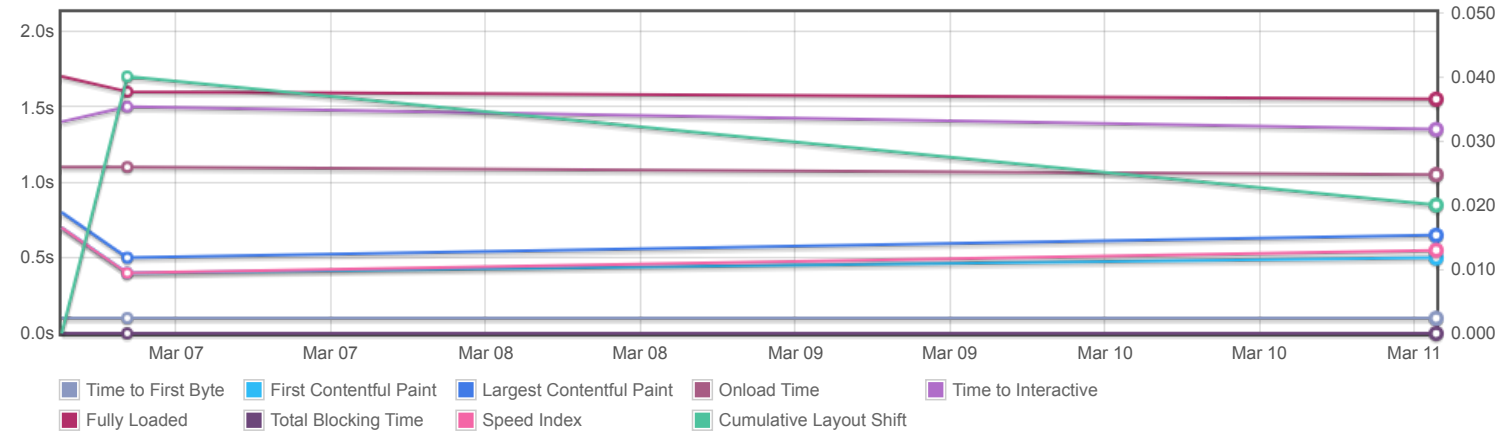
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

https://carbon60.com/

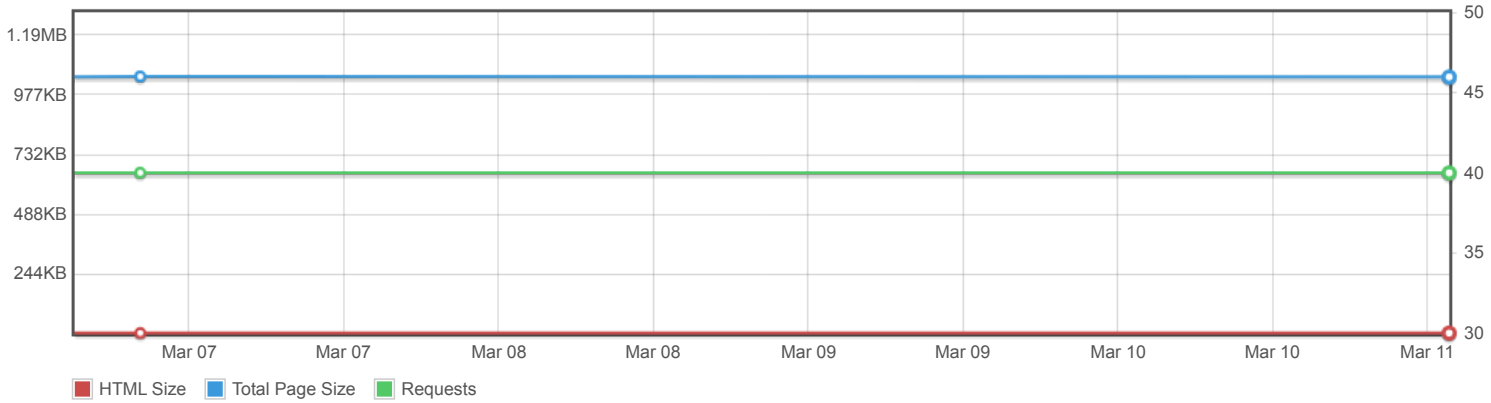
Page scores



Page metrics

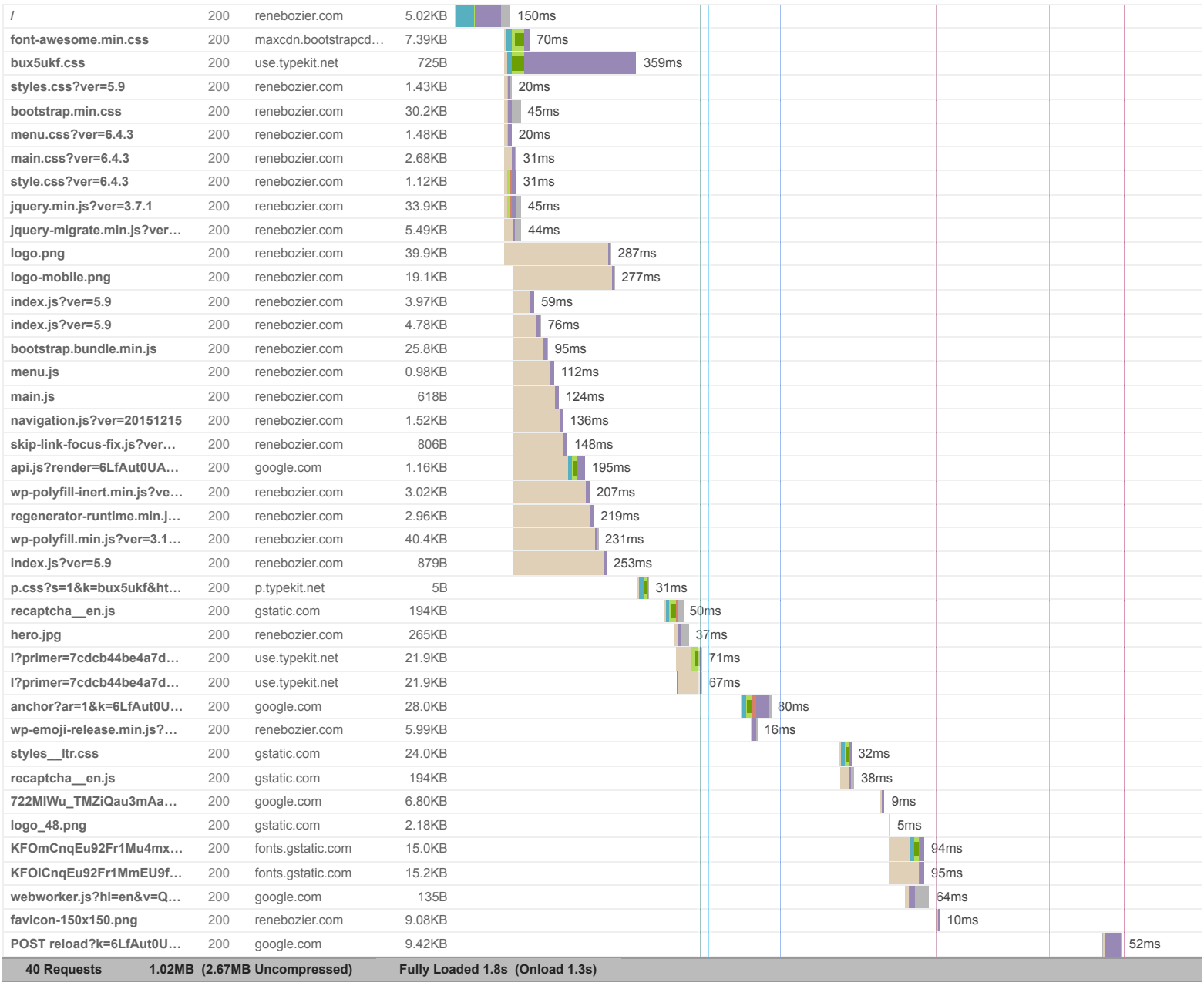


Page sizes and request counts



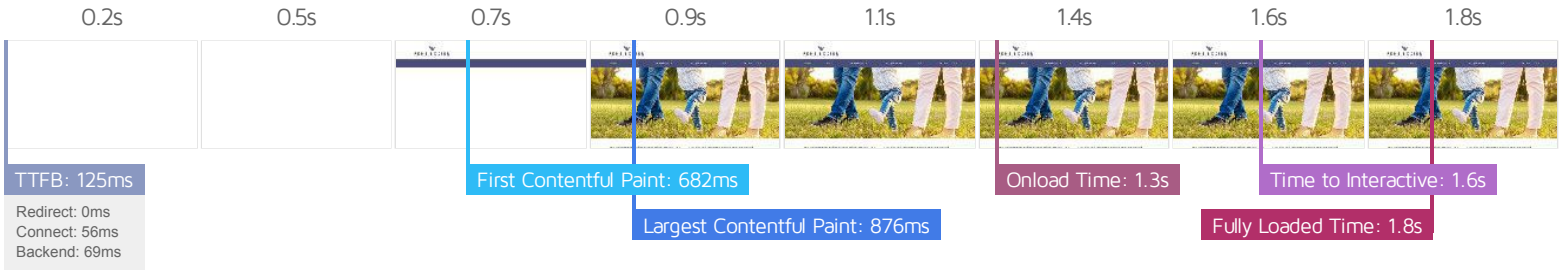
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Rene Bozier – Holistic Family Wellness



/	200	renebozier.com	5.02KB	150ms
font-awesome.min.css	200	maxcdn.bootstrapcd…	7.39KB	70ms
bux5ukf.css	200	use.typekit.net	725B	359ms
styles.css?ver=5.9	200	renebozier.com	1.43KB	20ms
bootstrap.min.css	200	renebozier.com	30.2KB	45ms
menu.css?ver=6.4.3	200	renebozier.com	1.48KB	20ms
main.css?ver=6.4.3	200	renebozier.com	2.68KB	31ms
style.css?ver=6.4.3	200	renebozier.com	1.12KB	31ms
jquery.min.js?ver=3.7.1	200	renebozier.com	33.9KB	45ms
jquery-migrate.min.js?ver…	200	renebozier.com	5.49KB	44ms
logo.png	200	renebozier.com	39.9KB	287ms
logo-mobile.png	200	renebozier.com	19.1KB	277ms
index.js?ver=5.9	200	renebozier.com	3.97KB	59ms
index.js?ver=5.9	200	renebozier.com	4.78KB	76ms
bootstrap.bundle.min.js	200	renebozier.com	25.8KB	95ms
menu.js	200	renebozier.com	0.98KB	112ms
main.js	200	renebozier.com	618B	124ms
navigation.js?ver=20151215	200	renebozier.com	1.52KB	136ms
skip-link-focus-fix.js?ver…	200	renebozier.com	806B	148ms
api.js?render=6LfAut0UA…	200	google.com	1.16KB	195ms
wp-polyfill-inert.min.js?ve…	200	renebozier.com	3.02KB	207ms
regenerator-runtime.min.j…	200	renebozier.com	2.96KB	219ms
wp-polyfill.min.js?ver=3.1…	200	renebozier.com	40.4KB	231ms
index.js?ver=5.9	200	renebozier.com	879B	253ms
p.css?s=1&k=bux5ukf&ht…	200	p.typekit.net	5B	31ms
recaptcha__en.js	200	gstatic.com	194KB	50ms
hero.jpg	200	renebozier.com	265KB	37ms
l?primer=7cdcb44be4a7d…	200	use.typekit.net	21.9KB	71ms
l?primer=7cdcb44be4a7d…	200	use.typekit.net	21.9KB	67ms
anchor?ar=1&k=6LfAut0U…	200	google.com	28.0KB	80ms
wp-emoji-release.min.js?…	200	renebozier.com	5.99KB	16ms
styles__ltr.css	200	gstatic.com	24.0KB	32ms
recaptcha__en.js	200	gstatic.com	194KB	38ms
722MlWu_TMZiQau3mAa…	200	google.com	6.80KB	9ms
logo_48.png	200	gstatic.com	2.18KB	5ms
KFOmCnqEu92Fr1Mu4mx…	200	fonts.gstatic.com	15.0KB	94ms
KFOlCnqEu92Fr1MmEU9f…	200	fonts.gstatic.com	15.2KB	95ms
webworker.js?hl=en&v=Q…	200	google.com	135B	64ms
favicon-150x150.png	200	renebozier.com	9.08KB	10ms
POST reload?k=6LfAut0U…	200	google.com	9.42KB	52ms

40 Requests **1.02MB (2.67MB Uncompressed)** **Fully Loaded 1.8s (Onload 1.3s)**



Performance Metrics

First Contentful Paint

Good - Nothing to do here

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

682ms

Time to Interactive

Good - Nothing to do here

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

1.6s

Speed Index

Good - Nothing to do here

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

744ms

Total Blocking Time

Good - Nothing to do here

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

20ms

Largest Contentful Paint

Good - Nothing to do here

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.

875ms

Cumulative Layout Shift

Good - Nothing to do here

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

0

Browser Timings

Redirect	0ms	Connect	56ms	Backend	69ms
TTFB	125ms	DOM Int.	649ms	DOM Loaded	660ms
First Paint	682ms	Onload	1.3s	Fully Loaded	1.8s

IMPACT	AUDIT	
Low	**Use HTTP/2 for all resources**	Potential savings of 140ms

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

URL	PROTOCOL
http://www.renebozier.com/	http/1.1
http://www.renebozier.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/css/bootstrap.min.css	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/css/menu.css?ver=6.4.3	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/css/main.css?ver=6.4.3	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/style.css?ver=6.4.3	http/1.1
http://www.renebozier.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	http/1.1
http://www.renebozier.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	http/1.1
http://www.renebozier.com/wp-content/uploads/2020/01/logo.png	http/1.1
http://www.renebozier.com/wp-content/uploads/2020/01/logo-mobile.png	http/1.1
http://www.renebozier.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.9	http/1.1
http://www.renebozier.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/js/bootstrap.bundle.min.js	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/js/menu.js	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/js/main.js	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/js/navigation.js?ver=20151215	http/1.1
http://www.renebozier.com/wp-content/themes/rene_bozier/js/skip-link-focus-fix.js?ver=20151215	http/1.1
http://www.renebozier.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	http/1.1
http://www.renebozier.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	http/1.1
http://www.renebozier.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	http/1.1
http://www.renebozier.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.9	http/1.1
http://www.renebozier.com/wp-content/uploads/2020/01/hero.jpg	http/1.1
http://www.renebozier.com/wp-includes/js/wp-emoji-release.min.js?ver=6.4.3	http/1.1
http://www.renebozier.com/wp-content/uploads/2020/01/favicon-150x150.png	http/1.1

Low	**Reduce unused JavaScript** LCP	Potential savings of 141KB

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
http://www.renebozier.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	33.9KB	21.1KB
http://www.renebozier.com/wp-content/themes/rene_bozier/js/bootstrap.bundle.min.js	25.8KB	20.5KB

Low	**Avoid enormous network payloads** LCP	Total size was 1.03MB

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

URL	TRANSFER SIZE
http://www.renebozier.com/wp-content/uploads/2020/01/hero.jpg	265KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	195KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	195KB
http://www.renebozier.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0	40.4KB
http://www.renebozier.com/wp-content/uploads/2020/01/logo.png	39.9KB
http://www.renebozier.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	33.9KB
http://www.renebozier.com/wp-content/themes/rene_bozier/css/bootstrap.min.css	30.2KB
https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfAut0UAAAAAHmYB7L9hyW3UTevtecwVwHMZdES&co=aHR0cDovL3d3dy5yZW5lYm96aWVyLmNvbTo4MA..&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=ei1oi99o65ht	28.0KB
http://www.renebozier.com/wp-content/themes/rene_bozier/js/bootstrap.bundle.min.js	25.8KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles__ltr.css	24.6KB

Low **Properly size images** — Potential savings of 36.5KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
http://www.renebozier.com/wp-content/uploads/2020/01/logo.png	39.5KB	36.5KB

Low **Ensure text remains visible during webfont load** FCP LCP — 2 fonts found

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

URL	POTENTIAL SAVINGS
https://use.typekit.net/af/0c0905/00000000000000003b9ae392/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3	29ms
https://use.typekit.net/af/ab8655/00000000000000003b9ae398/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	30ms

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.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	1.5s	63ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	719ms	56ms

Low **Reduce JavaScript execution time** TBT — 336ms 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
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	338ms	306ms	12ms
Unattributable	138ms	6ms	0ms
http://www.renebozier.com/	100ms	9ms	1ms

Low **Reduce unused CSS** FCP LCP — Potential savings of 29.4KB

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
• http://www.renebozier.com/wp-content/themes/rene_bozier/css/bootstrap.min.css	30.2KB	29.4KB

Low **Serve images in next-gen formats** Potential savings of 75.8KB

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.renebozier.com/wp-content/uploads/2020/01/hero.jpg	265KB	49.9KB
http://www.renebozier.com/wp-content/uploads/2020/01/logo.png	39.5KB	25.9KB

Low **Defer offscreen images** Potential savings of 18.8KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
http://www.renebozier.com/wp-content/uploads/2020/01/logo-mobile.png	18.8KB	18.8KB

Low **Avoid chaining critical requests** FCP LCP 23 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: **665ms**

INITIAL NAVIGATION

- http://www.renebozier.com/ 5.02KB, 146ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/js/navigation.js?ver=20151215 1.52KB, 10ms
  - http://www.renebozier.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.9 879B, 10ms
  - http://www.renebozier.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 33.9KB, 40ms
  - http://www.renebozier.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9 4.78KB, 12ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/css/main.css?ver=6.4.3 2.68KB, 27ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/style.css?ver=6.4.3 1.12KB, 26ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/js/main.js 618B, 10ms
  - https://maxcdn.bootstrapcdn.com/font-awesome/4.7.0/css/font-awesome.min.css 7.39KB, 65ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/css/menu.css?ver=6.4.3 1.48KB, 15ms
  - http://www.renebozier.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 3.02KB, 9ms
  - https://www.google.com/recaptcha/api.js?render=6LfAut0UAAAAAHmYB7L9hyW3UTevtecwVwHMZdES&ver=3.0 1.16KB, 46ms
  - http://www.renebozier.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9 1.43KB, 15ms
  - http://www.renebozier.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 5.49KB, 39ms
  - http://www.renebozier.com/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0 40.4KB, 10ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/css/bootstrap.min.css 30.2KB, 40ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/js/skip-link-focus-fix.js?ver=20151215 806B, 9ms
  - http://www.renebozier.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0 2.96KB, 9ms
  - http://www.renebozier.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.9 3.97KB, 10ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/js/bootstrap.bundle.min.js 25.8KB, 12ms
  - http://www.renebozier.com/wp-content/themes/rene_bozier/js/menu.js 0.98KB, 11ms
  - https://use.typekit.net/bux5ukf.css 948B, 354ms

https://use.typekit.net/af/0c0905/00000000000000003b9ae392/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3
22.1KB, 29ms

https://use.typekit.net/af/ab8655/00000000000000003b9ae398/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3
22.1KB, 30ms

https://p.typekit.net/p.css?s=1&k=bux5ukf&ht=tk&f=30027.30028.30033.30034&a=4681944&app=typekit&e=css 172B, 30ms

N/A **Avoid an excessive DOM size** TBT — 82 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		82
Maximum DOM Depth	HOME `<a href="http://www.renebozier.com/" class="nav-link active">`	9
Maximum Child Elements	body.home `<body class="home page-template-default page page-id-11">`	19

N/A **Largest Contentful Paint element** LCP — 880 ms

This is the largest contentful element painted within the viewport.

ELEMENT

body.home > section.hero-area

```
<section class="hero-area" style="background-image: url(&quot;http://www.renebozier.com/wp-content/uploads/2020/01…&quot;);">
```

PHASE	% OF LCP	TIMING
TTFB	14%	125ms
Load Delay	54%	474ms
Load Time	4%	34ms
Render Delay	28%	241ms

N/A **Reduce initial server response time** FCP LCP — Root document took 68ms

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

URL	TIME SPENT
• http://www.renebozier.com/	68ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT — Potential savings of 119B

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.renebozier.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2		63B
Line:0 Column:452	@babel/plugin-transform-classes	
http://www.renebozier.com/wp-content/themes/rene_bozier/js/bootstrap.bundle.min.js		56B
Line:5 Column:36668	@babel/plugin-transform-classes	

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

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

ELEMENT	CLS CONTRIBUTION
TESTIMONIALS `<li id="menu-item-25" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-25 nav-…">`	0.00
GET IN TOUCH `<li id="menu-item-23" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-23 nav-…">`	0.00
HOMEOPATHY `<li id="menu-item-35" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-35 nav-…">`	0.00
ABOUT `<li id="menu-item-27" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-27 nav-…">`	0.00
FAQ `<li id="menu-item-24" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-24 nav-…">`	0.00

N/A **Minimize main-thread work** TBT — Main-thread busy for 664ms

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	395ms
Other	183ms
Style & Layout	40ms
Script Parsing & Compilation	21ms
Parse HTML & CSS	13ms

CATEGORY	TIME SPENT
Garbage Collection	6ms
Rendering	2ms

N/A **Reduce the impact of third-party code** TBT — Third-party code blocked the main thread for 5ms

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	416KB	5ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha__en.js	390KB	5ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles__ltr.css	24.6KB	0ms
OTHER GOOGLE APIS/SDKS	45.9KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LfAut0UAAAAAHmYB7L9hyW3UTevtecwVwHMZdES&co=aHR0cDovL3d3dy5yZW5lYm96aWVyLmNvbTo4MA..&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=ei1oi99o65ht	28.0KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LfAut0UAAAAAHmYB7L9hyW3UTevtecwVwHMZdES	9.42KB	0ms
• https://www.google.com/js/bg/722MIWu_TMZiQau3mAaarHtCk2pd6rTYw5oNsH4wR_g.js	7.20KB	0ms
ADOBE TYPEKIT	45.3KB	0ms
• https://use.typekit.net/af/ab8655/00000000000000003b9ae398/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	22.1KB	0ms
• https://use.typekit.net/af/0c0905/00000000000000003b9ae392/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3	22.1KB	0ms
GOOGLE FONTS	30.8KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
BOOTSTRAP CDN	7.39KB	0ms
• https://maxcdn.bootstrapcdn.com/font-awesome/4.7.0/css/font-awesome.min.css	7.39KB	0ms

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

No user timings and/or marks found.