Performance Report for:

https://daoismwayoflife.org/
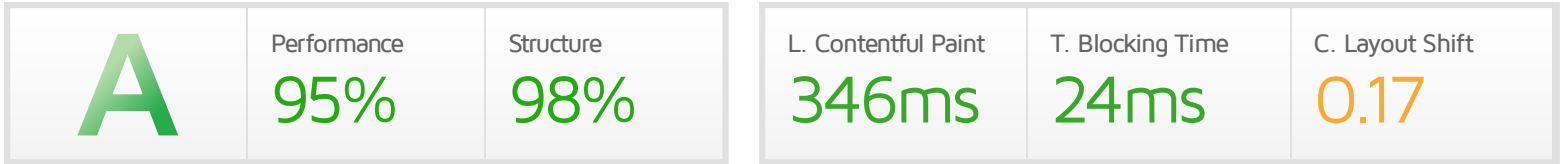
Report generated: Fri, Feb 17, 2023 5:02 PM +0000
Test Server Location: 🇬🇧 London, UK
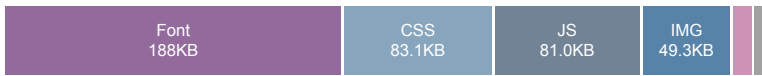Using: Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4

A	Performance 95%	Structure 98%	L. Contentful Paint 346ms	T. Blocking Time 24ms	C. Layout Shift 0.17

Top Issues

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	10 resources found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 111KB
Low	Avoid large layout shifts CLS	5 elements found
Low	Eliminate render-blocking resources FCP LCP	Potential savings of 19ms
Low	Avoid enormous network payloads LCP	Total size was 417KB

Page Details

625ms
Fully Loaded Time

Total Page Size – 417KB

Font 188KB	CSS 83.1KB	JS 81.0KB	IMG 49.3KB	

Total Page Requests – 30

JS 40.0%	CSS 33.3%	Font 13.3%		

🟪 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.**
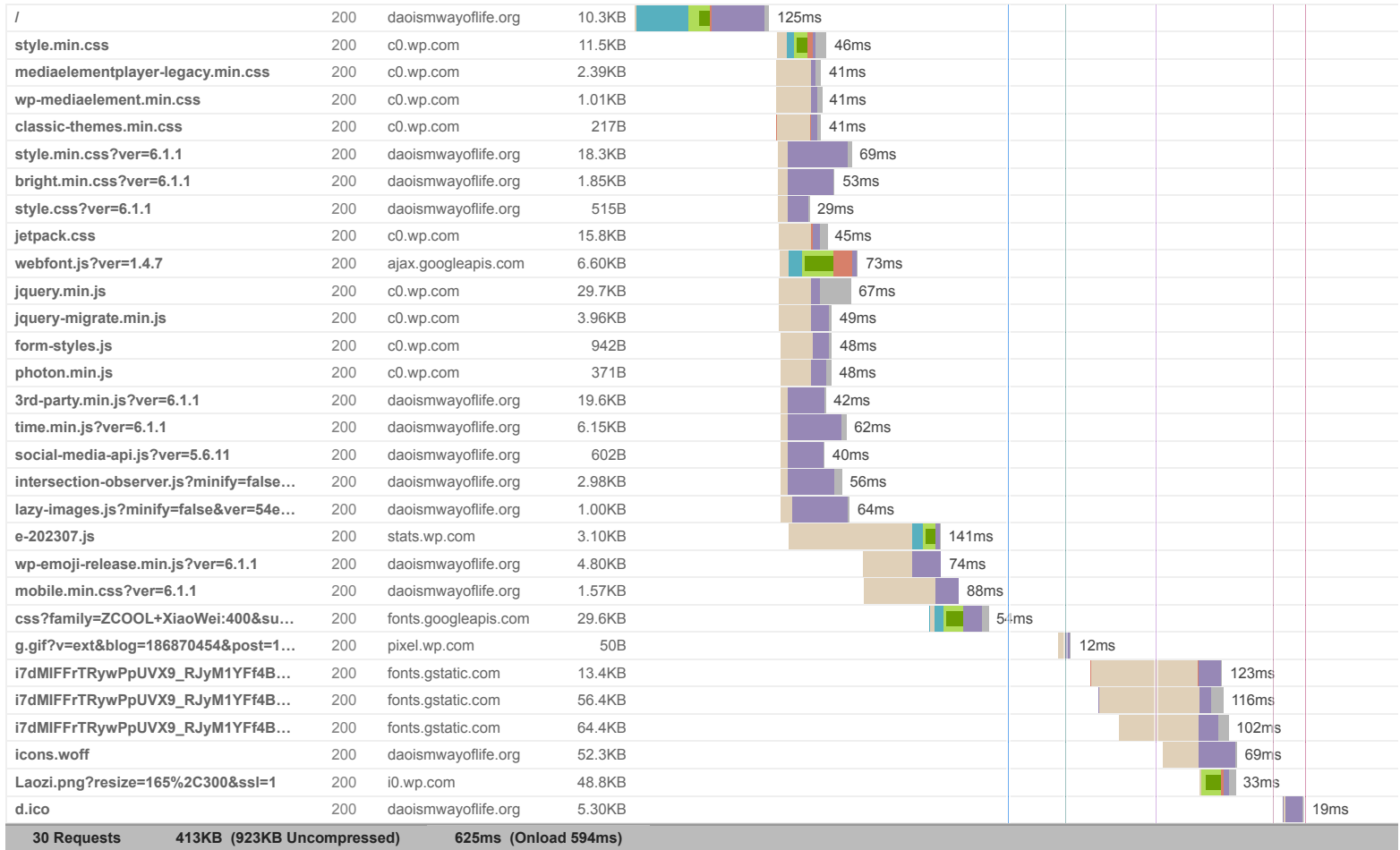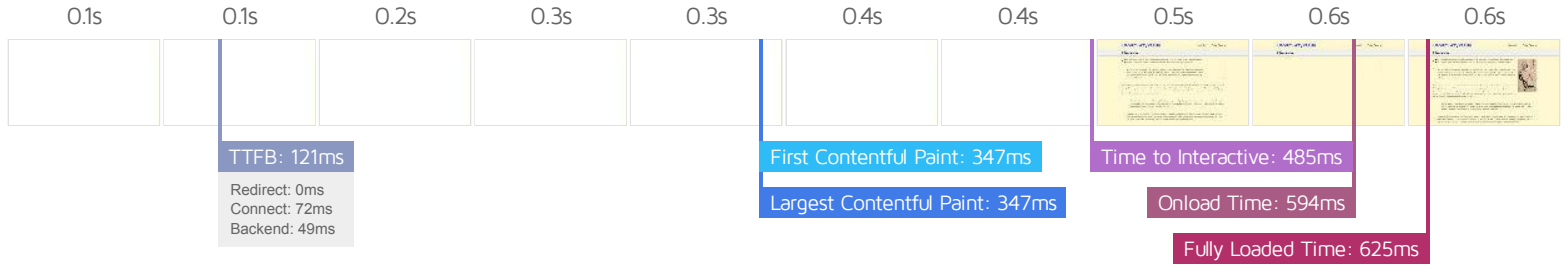
About GTmetrix

CARBON60 THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

https://carbon60.com/

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.

Daoism Way of Life – There is another world out there

/	200	daoismwayoflife.org	10.3KB	125ms
style.min.css	200	c0.wp.com	11.5KB	46ms
mediaelementplayer-legacy.min.css	200	c0.wp.com	2.39KB	41ms
wp-mediaelement.min.css	200	c0.wp.com	1.01KB	41ms
classic-themes.min.css	200	c0.wp.com	217B	41ms
style.min.css?ver=6.1.1	200	daoismwayoflife.org	18.3KB	69ms
bright.min.css?ver=6.1.1	200	daoismwayoflife.org	1.85KB	53ms
style.css?ver=6.1.1	200	daoismwayoflife.org	515B	29ms
jetpack.css	200	c0.wp.com	15.8KB	45ms
webfont.js?ver=1.4.7	200	ajax.googleapis.com	6.60KB	73ms
jquery.min.js	200	c0.wp.com	29.7KB	67ms
jquery-migrate.min.js	200	c0.wp.com	3.96KB	49ms
form-styles.js	200	c0.wp.com	942B	48ms
photon.min.js	200	c0.wp.com	371B	48ms
3rd-party.min.js?ver=6.1.1	200	daoismwayoflife.org	19.6KB	42ms
time.min.js?ver=6.1.1	200	daoismwayoflife.org	6.15KB	62ms
social-media-api.js?ver=5.6.11	200	daoismwayoflife.org	602B	40ms
intersection-observer.js?minify=false...	200	daoismwayoflife.org	2.98KB	56ms
lazy-images.js?minify=false&ver=54e...	200	daoismwayoflife.org	1.00KB	64ms
e-202307.js	200	stats.wp.com	3.10KB	141ms
wp-emoji-release.min.js?ver=6.1.1	200	daoismwayoflife.org	4.80KB	74ms
mobile.min.css?ver=6.1.1	200	daoismwayoflife.org	1.57KB	88ms
css?family=ZCOOL+XiaoWei:400&su...	200	fonts.googleapis.com	29.6KB	54ms
g.gif?v=ext&blog=186870454&post=1...	200	pixel.wp.com	50B	12ms
i7dMIFFrTRywPpUVX9_RJyM1YFf4B...	200	fonts.gstatic.com	13.4KB	123ms
i7dMIFFrTRywPpUVX9_RJyM1YFf4B...	200	fonts.gstatic.com	56.4KB	116ms
i7dMIFFrTRywPpUVX9_RJyM1YFf4B...	200	fonts.gstatic.com	64.4KB	102ms
icons.woff	200	daoismwayoflife.org	52.3KB	69ms
Laozi.png?resize=165%2C300&ssl=1	200	i0.wp.com	48.8KB	33ms
d.ico	200	daoismwayoflife.org	5.30KB	19ms

30 Requests	413KB (923KB Uncompressed)	625ms (Onload 594ms)

0.1s	0.1s	0.2s	0.3s	0.3s	0.4s	0.4s	0.5s	0.6s	0.6s

TTFB: 121ms
Redirect: 0ms
Connect: 72ms
Backend: 49ms

First Contentful Paint: 347ms

Largest Contentful Paint: 347ms

Time to Interactive: 485ms

Onload Time: 594ms

Fully Loaded Time: 625ms

Performance Metrics

First Contentful Paint

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

Good - Nothing to do here

346ms

Time to Interactive

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

Good - Nothing to do here

485ms

Speed Index

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

Good - Nothing to do here

472ms

Total Blocking Time

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

Good - Nothing to do here

24ms

Largest Contentful Paint

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.

Good - Nothing to do here

346ms

Cumulative Layout Shift

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

More than recommended

0.17

Browser Timings

Redirect	0ms	Connect	72ms	Backend	49ms
TTFB	121ms	First Paint	347ms	DOM Int.	393ms
DOM Loaded	401ms	Onload	594ms	Fully Loaded	625ms

IMPACT	AUDIT	
Med-Low	**Use a Content Delivery Network (CDN)**	10 resources found
Med-Low	**Serve static assets with an efficient cache policy**	Potential savings of 111KB
Low	**Avoid large layout shifts** CLS	5 elements found
Low	**Eliminate render-blocking resources** FCP LCP	Potential savings of 19ms
Low	**Avoid enormous network payloads** LCP	Total size was 417KB
Low	**Ensure text remains visible during webfont load** FCP LCP	4 fonts found
Low	**Avoid long main-thread tasks** TBT	3 long tasks found
Low	**Reduce JavaScript execution time** TBT	109ms spent executing JavaScript
Low	**Reduce unused CSS** FCP LCP	Potential savings of 74.1KB
Low	**Reduce initial server response time** FCP LCP	Root document took 48ms
Low	**Minify CSS** FCP LCP	Potential savings of 3.31KB
Low	**Avoid chaining critical requests** FCP LCP	20 chains found
N/A	**Avoid an excessive DOM size** TBT	113 elements
N/A	**Largest Contentful Paint element** LCP	1 element found
N/A	**Minimize main-thread work** TBT	Main-thread busy for 468ms
N/A	**Reduce the impact of third-party code** TBT	Third-party code blocked the main thread for 4ms
N/A	**User Timing marks and measures**	