Performance Report for:

http://medicalspaclub.com/

Report generated:	Thu, Jun 24, 2021 3:30 PM -0700
Test Server Location:	🇨🇦 Vancouver, Canada
Using:	🌐 Chrome (Desktop) 90.0.4430.212, Lighthouse 7.4.0

F	Performance **35%**	Structure **76%**	L. Contentful Paint **3.8s**	T. Blocking Time **305ms**	C. Layout Shift **0.16**

Top Issues

IMPACT	AUDIT	
High	Reduce initial server response time	Root document took 1.3s
Med-Low	Avoid chaining critical requests	43 chains found
Med-Low	Use a Content Delivery Network (CDN)	41 resources found
Med-Low	Avoid multiple page redirects	Potential savings of 1.1s
Med-Low	Eliminate render-blocking resources	Potential savings of 251ms

Page Details

4.4s
Fully Loaded Time

Total Page Size - 2.11MB

JS 1.25MB	IMG 484KB			

Total Page Requests - 86

JS 46.5%	CSS 23.3%	IMG 11.6%			

🟪 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.
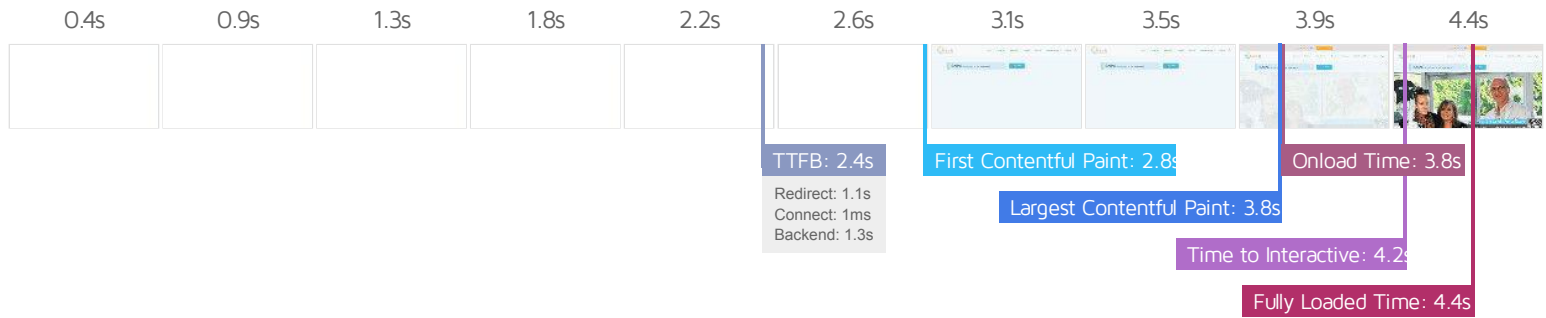
As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

About GTmetrix

CARBON 60
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 25 years experience in web technology.

https://carbon60.com/

0.4s   0.9s   1.3s   1.8s   2.2s   2.6s   3.1s   3.5s   3.9s   4.4s

TTFB: 2.4s
Redirect: 1.1s
Connect: 1ms
Backend: 1.3s

First Contentful Paint: 2.8s

Largest Contentful Paint: 3.8s

Onload Time: 3.8s

Time to Interactive: 4.2s

Fully Loaded Time: 4.4s

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.

Much longer than recommended

2.8s

Time to Interactive

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

Longer than recommended

4.2s

Speed Index

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

Much longer than recommended

3.8s

Total Blocking Time

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

Longer than recommended

305ms

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.

Much longer than recommended

3.8s

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

0.16

Browser Timings

Redirect	1.1s	Connect	1ms	Backend	1.3s
TTFB	2.4s	First Paint	2.8s	DOM Int.	3.4s
DOM Loaded	3.4s	Onload	3.8s	Fully Loaded	4.4s