

## Performance Report for: http://sage.lovestoblog.com/

Report generated: Sun, May 12, 2024 2:46 AM -0700  
Test Server Location: Vancouver, Canada  
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

	Performance <b>41%</b>	Structure <b>74%</b>	L. Contentful Paint <b>4.2s</b>	T. Blocking Time <b>228ms</b>	C. Layout Shift <b>0.76</b>
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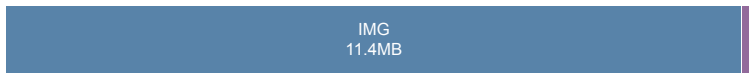
### Top Issues

High	<b>Avoid enormous network payloads</b> <small>LCP</small>	Total size was 11.7MB
High	<b>Properly size images</b>	Potential savings of 11.2MB
Med	<b>Avoid large layout shifts</b> <small>CLS</small>	5 elements found
Med	<b>Use explicit width and height on image elements</b> <small>CLS</small>	23 images found
Med	<b>Serve static assets with an efficient cache policy</b>	Potential savings of 1.06MB

### Page Details



Total Page Size - 11.7MB



Total Page Requests - 23



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.**

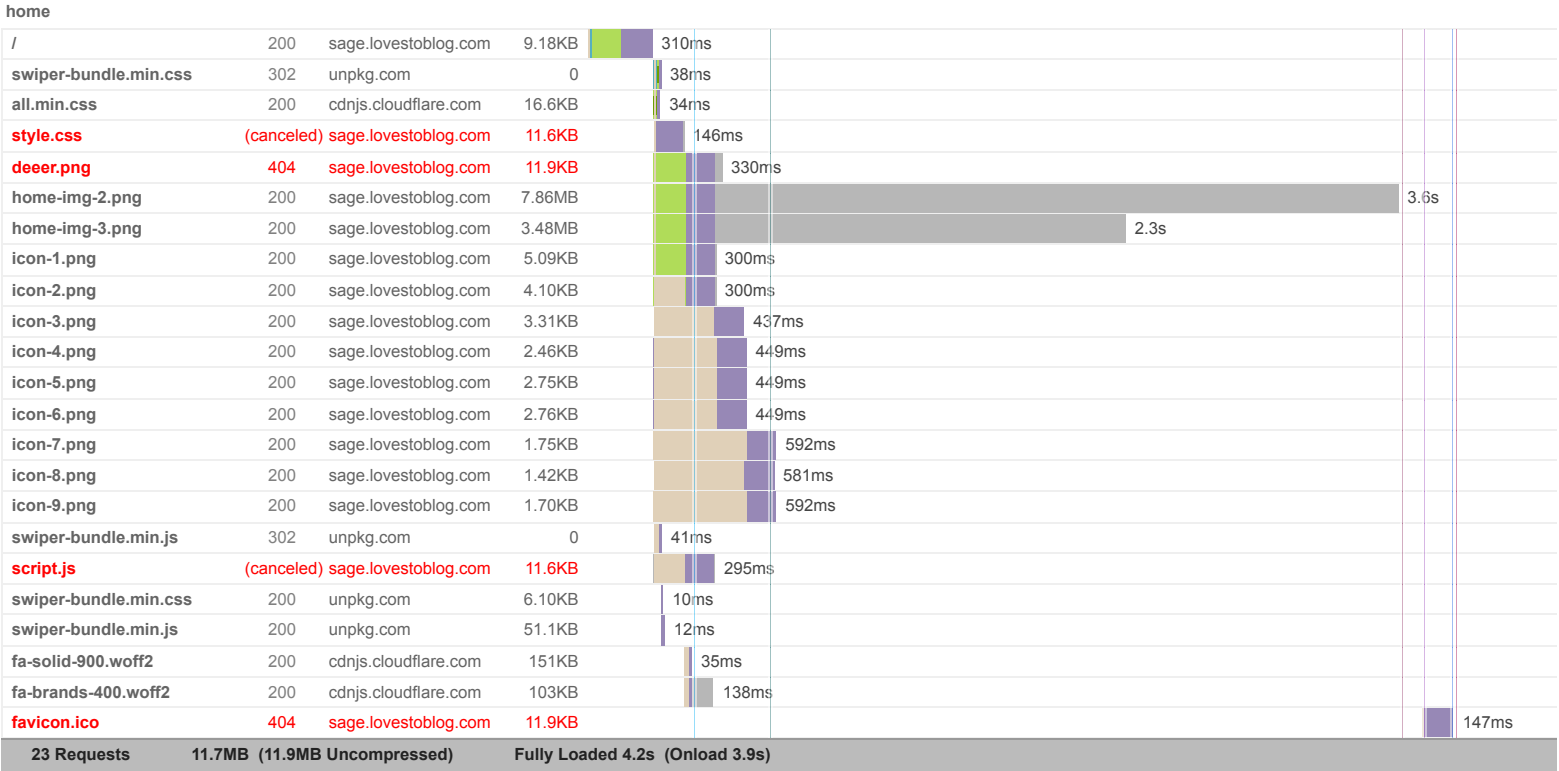
### About GTmetrix

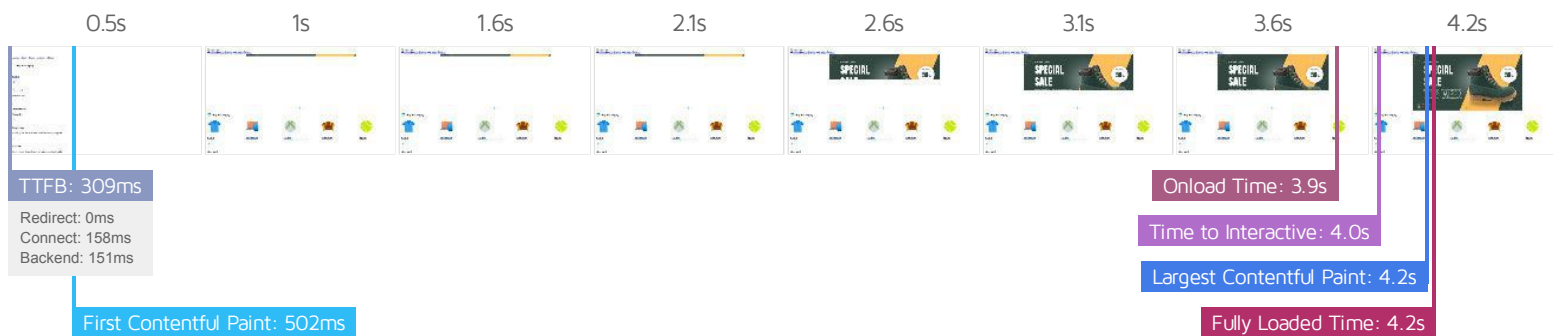
**CARBON60**  
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 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.





## 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

502ms

### 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

4.0s

### 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

2.6s

### 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

228ms

### 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

4.2s

### 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.

Much more than recommended

0.76

## Browser Timings

Redirect

0ms

Connect

158ms

Backend

151ms

TTFB

309ms

First Paint

502ms

DOM Int.

869ms

DOM Loaded

870ms

Onload

3.9s

Fully Loaded

4.2s

IMPACT	AUDIT	
High	<b>Avoid enormous network payloads</b> <span>LCP</span>	Total size was 11.7MB
High	<b>Properly size images</b>	Potential savings of 11.2MB
Med	<b>Avoid large layout shifts</b> <span>CLS</span>	5 elements found
Med	<b>Use explicit width and height on image elements</b> <span>CLS</span>	23 images found
Med	<b>Serve static assets with an efficient cache policy</b>	Potential savings of 1.06MB
Med-Low	<b>Use HTTP/2 for all resources</b>	Potential savings of 1.9s
Med-Low	<b>Eliminate render-blocking resources</b> <span>FCP</span> <span>LCP</span>	Potential savings of 216ms
Med-Low	<b>Use a Content Delivery Network (CDN)</b>	12 resources found
Low	<b>Avoid long main-thread tasks</b> <span>TBT</span>	2 long tasks found
Low	<b>Serve images in next-gen formats</b>	Potential savings of 4.07MB
Low	<b>Enable text compression</b> <span>FCP</span> <span>LCP</span>	Potential savings of 6.77KB
Low	<b>Reduce unused CSS</b> <span>FCP</span> <span>LCP</span>	Potential savings of 17.1KB
Low	<b>Reduce initial server response time</b> <span>FCP</span> <span>LCP</span>	Root document took 150ms
Low	<b>Avoid chaining critical requests</b> <span>FCP</span> <span>LCP</span>	6 chains found
Low	<b>Reduce unused JavaScript</b> <span>LCP</span>	Potential savings of 29.2KB
N/A	<b>Avoid an excessive DOM size</b> <span>TBT</span>	202 elements
N/A	<b>Largest Contentful Paint element</b> <span>LCP</span>	4,150 ms
N/A	<b>Reduce JavaScript execution time</b> <span>TBT</span>	51ms spent executing JavaScript
N/A	<b>Minimize main-thread work</b> <span>TBT</span>	Main-thread busy for 546ms
N/A	<b>Reduce the impact of third-party code</b> <span>TBT</span>	Third-party code blocked the main thread for 158ms
N/A	<b>Avoid serving legacy JavaScript to modern browsers</b> <span>TBT</span>	
N/A	<b>User Timing marks and measures</b>	