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| Metrics | 20 | 60 | 120 |
| Largest Con tentful Paint (LCP) | -Content loads quickly and smoothly.  -Minimal delay in loading visible content.  - Optimizing: Images are preloaded, and fonts load quickly.  - Non-Optimizing: Slight delay if scripts block rendering.  - ~2.5s | -Content takes a bit longer to load, with slight delays in images or text appearing.   - Optimizing: Content remains smooth with lazy loading and efficient scripts.  - Non-Optimizing: Delays increase as more resources compete for attention.  - ~3.5s | - Content loads much slower, and large parts of the page take time to appear.    - Optimizing: Heavy content is deferred or split into smaller chunks.    - Non-Optimizing: Rendering is sluggish, and users experience blank screens longer.  - ~5.5s |
| Cumulative Layout Shift (CLS) | -Layout is stable no sudden movements of text or images.  -Stable elements during load.  - Optimizing: Proper size attributes for images.  - Non-Optimizing: Small shifts due to late-loading fonts or ads.   - 0.03 | -Some minor movements of elements, such as shifting text or images.  - Stable elements during load.  - Optimizing: Elements load in planned positions.  - Non-Optimizing: Dynamic content (e.g., ads) starts causing visible shifts.  - 0.10 | - Frequent and noticeable shifts in the layout, like moving buttons or images.    - Optimizing: Placeholder elements are used to reserve space for late-loading items.  - Non-Optimizing: Unoptimized animations or ads heavily disrupt the layout.  -0.20 |
| Interaction to Next Paint (INP) | - Interactions feel instant and responsive. Optimizing: Minimal JavaScript execution and small interaction handlers.  -Non-Optimizing: Small delays due to unnecessary event listeners.   - ~150ms (Very smooth interaction) | - Interaction delay becomes noticeable. Optimizing: Debounced or throttled event listeners keep interactions smooth.  - Non-Optimizing: Heavy scripts slow down button clicks or scrolls.   - ~350ms (Slight lag in interactions) | - Severe delays in responding to user interactions. Optimizing: Prioritizing main thread tasks improves responsiveness.  - Non-Optimizing: Long tasks from heavy scripts block interaction responses, frustrating users.   - ~550ms (Significant delays in interaction) |