



Performance Report for: <https://salustinozwong.com/>

Report generated: Tue, Nov 14, 2023 3:59 AM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	96%	98%	1.3s	27ms	0

Top Issues

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	22 resources found
Low	Properly size images	Potential savings of 145KB
Low	Avoid an excessive DOM size <small>TBT</small>	395 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 1.46MB
Low	Avoid long main-thread tasks <small>TBT</small>	1 long task found

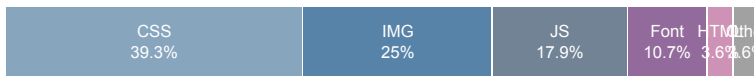
Page Details



Total Page Size - 1.45MB



Total Page Requests - 28



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.**

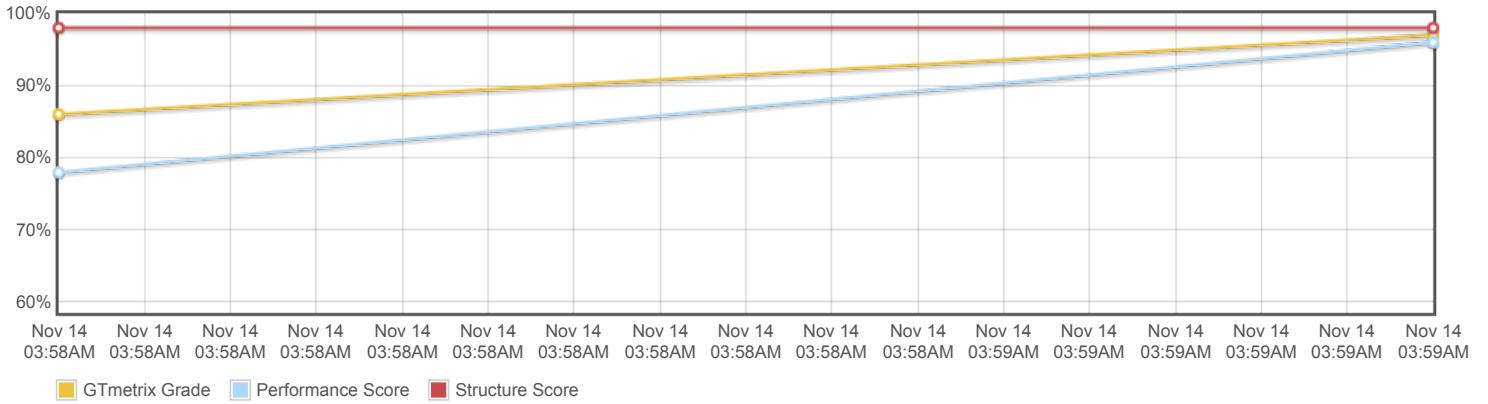
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

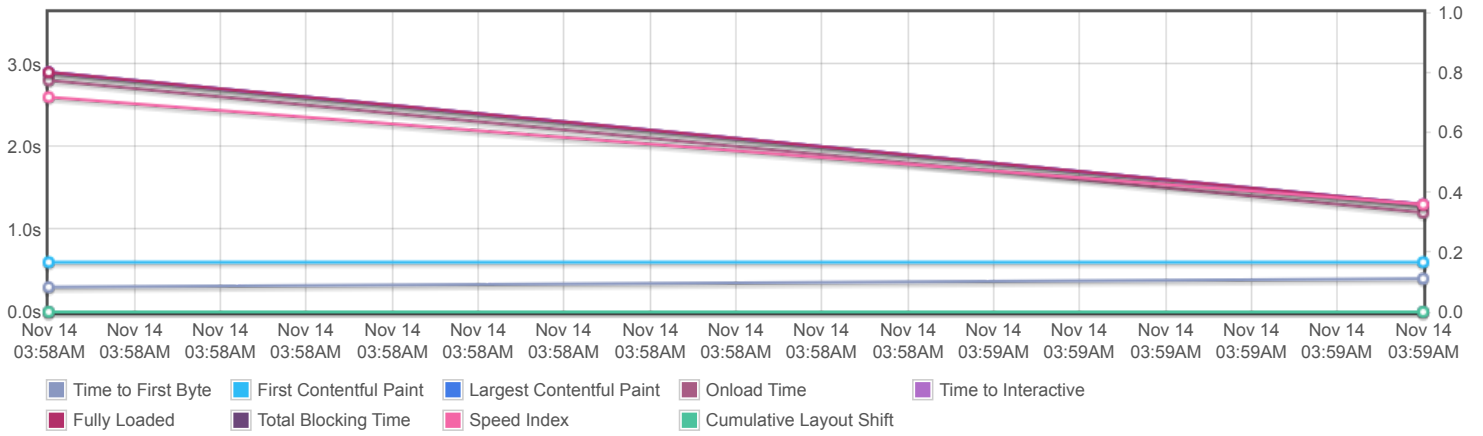
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

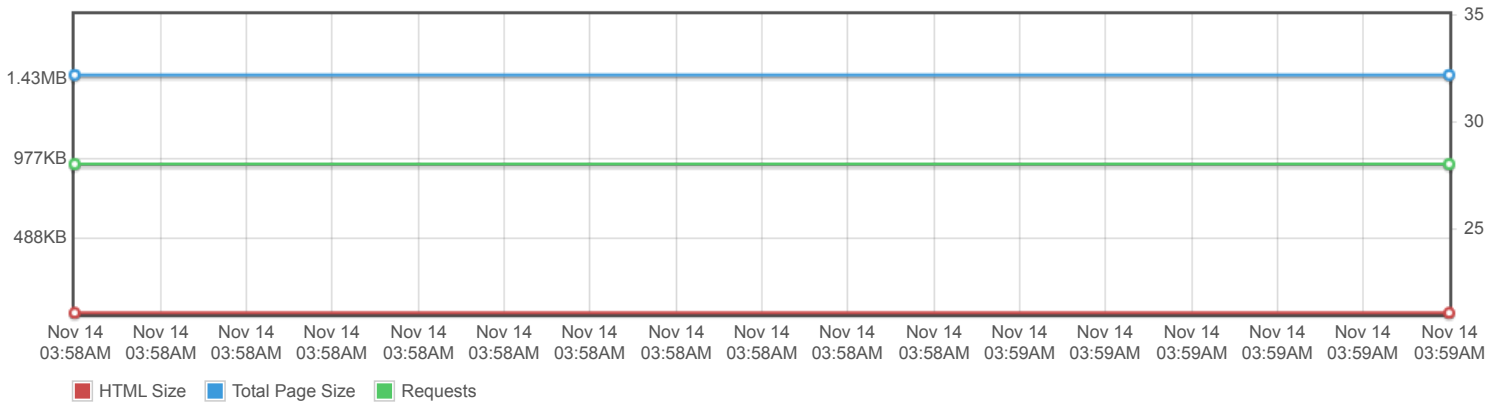
Page scores



Page metrics



Page sizes and request counts

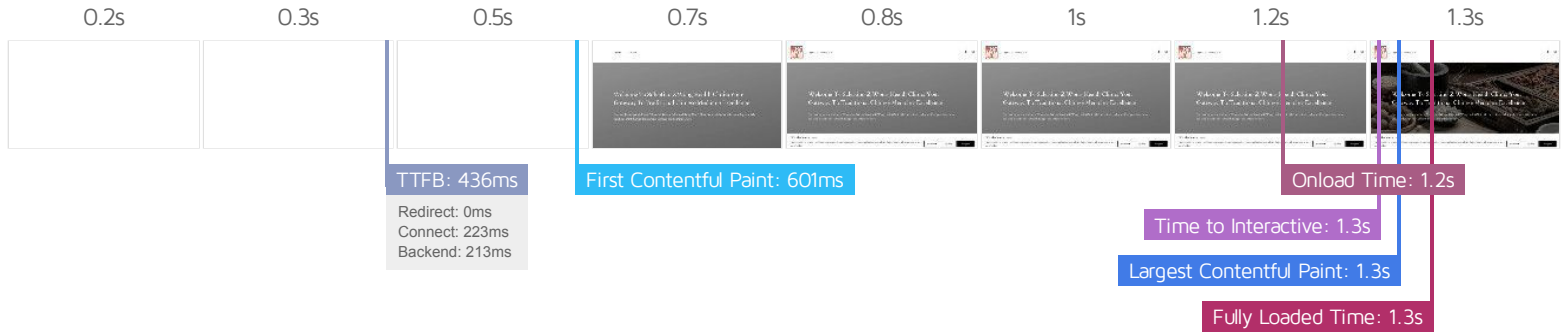


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Traditional Chinese Medicine - Salustino Wong Health Clinic



28 Requests	1.45MB (2.39MB Uncompressed)	Fully Loaded 1.3s (Onload 1.2s)
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Performance Metrics

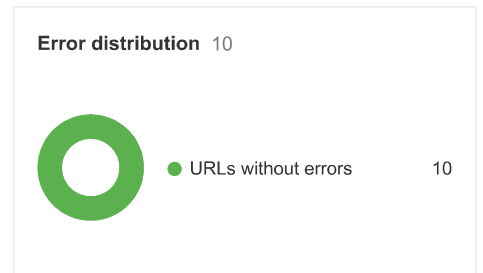
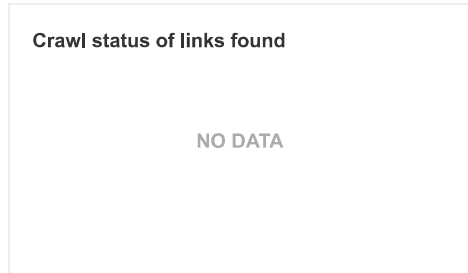
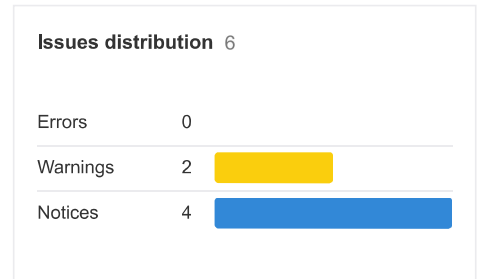
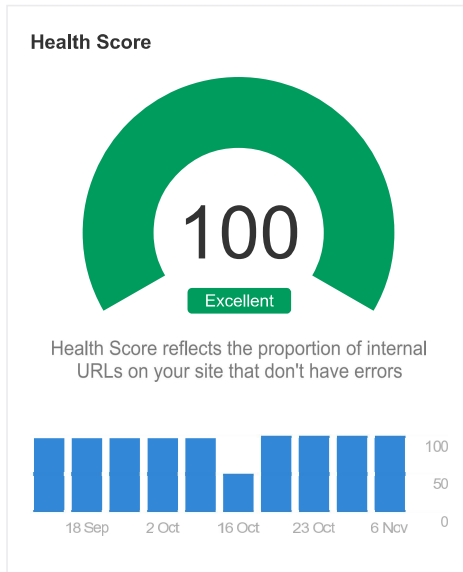
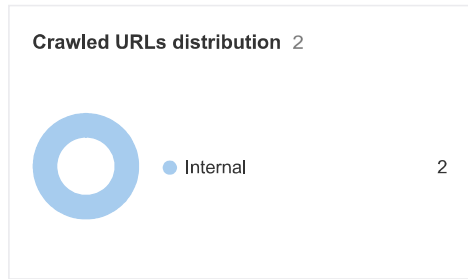
<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>601ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>1.3s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>1.3s</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>27ms</p>
<p>Largest Contentful Paint</p> <p>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.</p>	<p>OK, but consider improvement</p> <p>1.3s</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0</p>

Browser Timings

Redirect	0ms	Connect	223ms	Backend	213ms
TTFB	436ms	First Paint	601ms	DOM Int.	671ms
DOM Loaded	681ms	Onload	1.2s	Fully Loaded	1.3s

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	22 resources found
Low	Properly size images	Potential savings of 145KB
Low	Avoid an excessive DOM size TBT	395 elements
Low	Avoid enormous network payloads LCP	Total size was 1.46MB
Low	Avoid long main-thread tasks TBT	1 long task found
Low	Reduce unused CSS FCP LCP	Potential savings of 32.9KB
Low	Reduce initial server response time FCP LCP	Root document took 213ms
Low	Defer offscreen images	Potential savings of 5.96KB
Low	Avoid chaining critical requests FCP LCP	15 chains found
Low	Reduce unused JavaScript LCP	Potential savings of 37.9KB
N/A	Largest Contentful Paint element LCP	1,320 ms
N/A	Eliminate render-blocking resources FCP LCP	Potential savings of 21ms
N/A	Reduce JavaScript execution time TBT	59ms spent executing JavaScript
N/A	Avoid serving legacy JavaScript to modern browsers TBT	Potential savings of 56B
N/A	Avoid large layout shifts CLS	3 elements found
N/A	Minimize main-thread work TBT	Main-thread busy for 378ms
N/A	Reduce the impact of third-party code TBT	Total size was 936KB
N/A	User Timing marks and measures	

Overview [? How to use](#)



What's new **Top issues**

[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing
i No. of URLs in sitemap decreased New	3	3 ▲	—	—	—	—

[View all issues](#)

