



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

Report generated: Sun, Dec 17, 2023 11:55 PM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	97%	98%	1.1s	27ms	0.01

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>	415 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

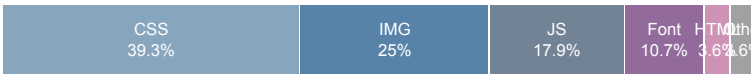
Page Details



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.**

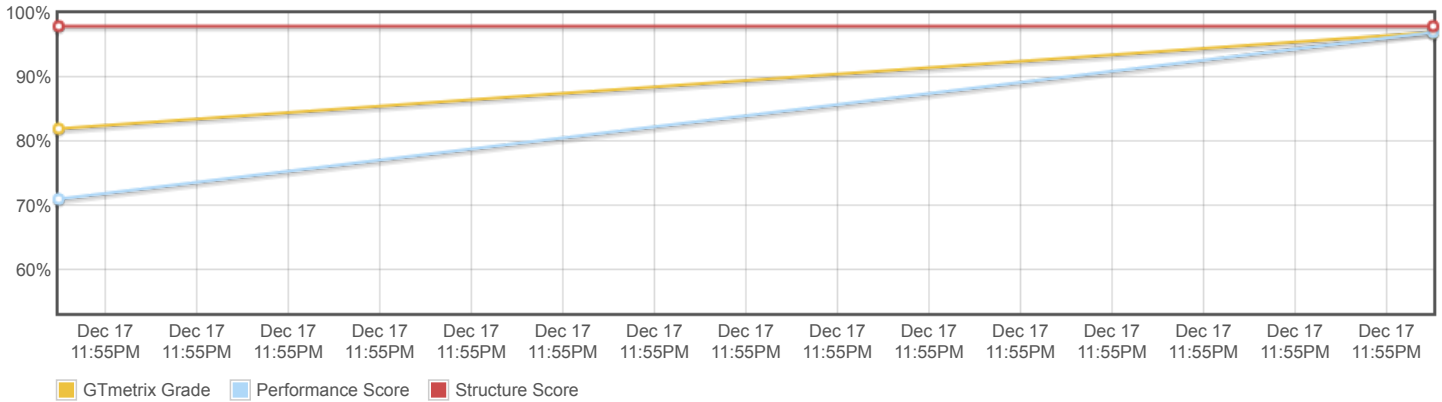
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

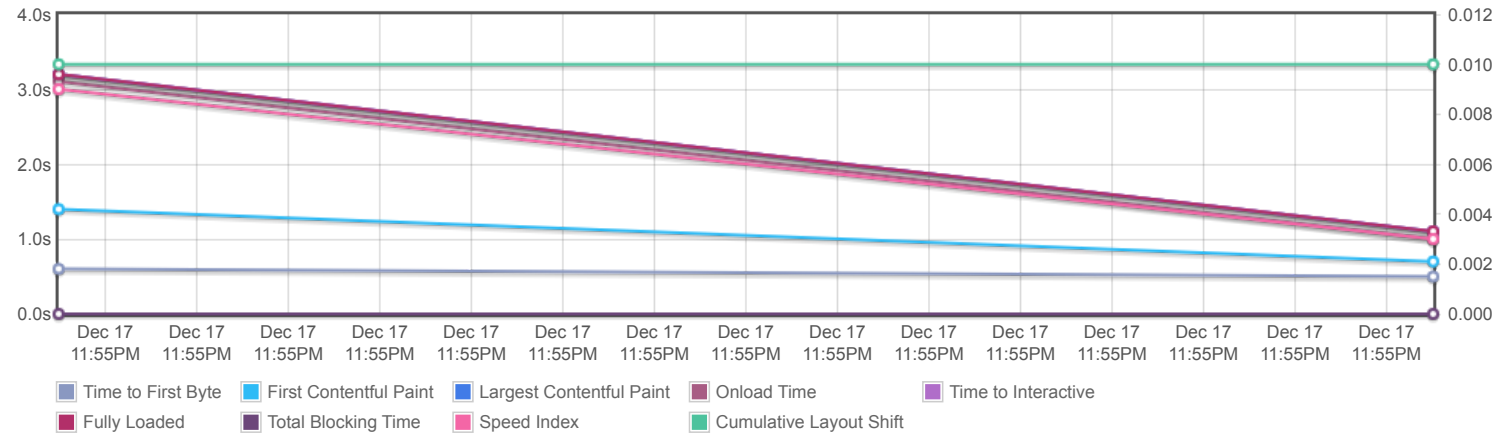
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

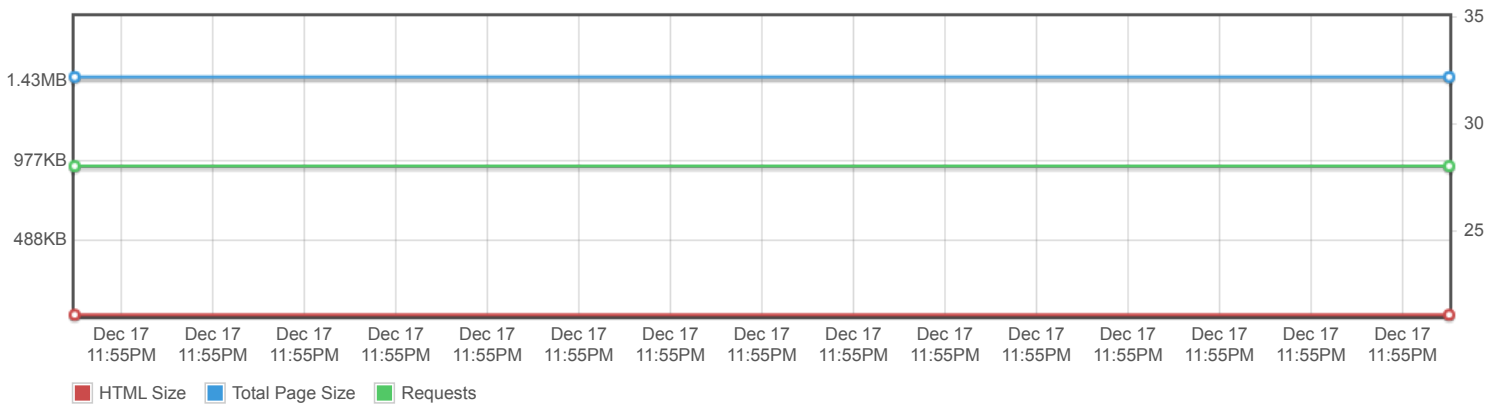
Page scores



Page metrics

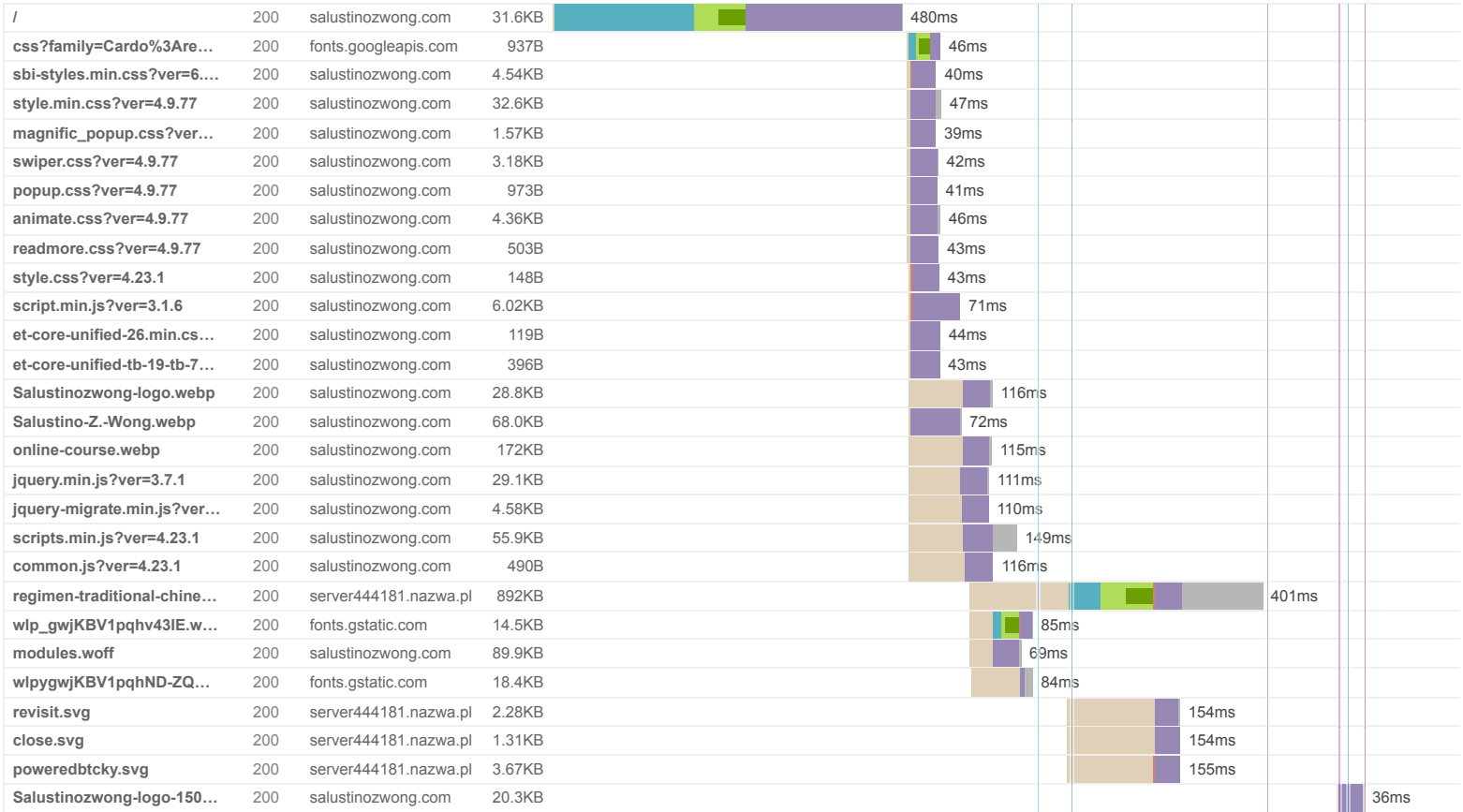


Page sizes and request counts

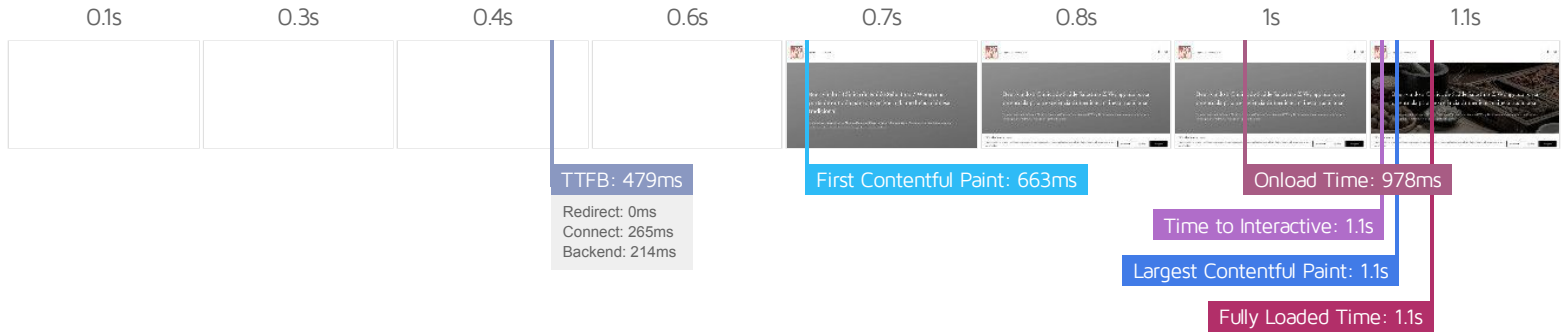


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Medicina Chinesa Tradicional - Clínica de Saúde Salustino Wong



28 Requests	1.45MB (2.40MB Uncompressed)	1.1s (Onload 978ms)
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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>663ms</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>1.1s</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>1.0s</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>Good - Nothing to do here</p> <p>1.1s</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>0.01</p>

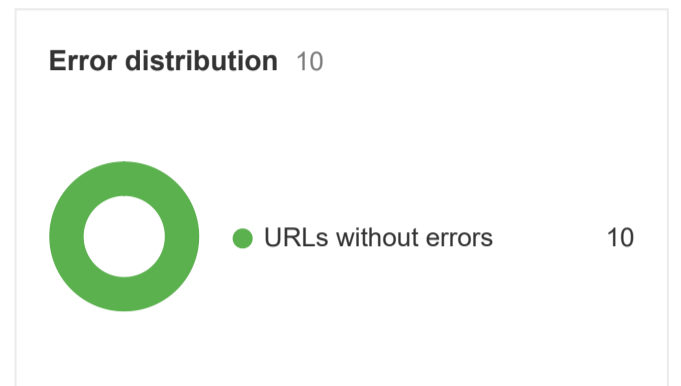
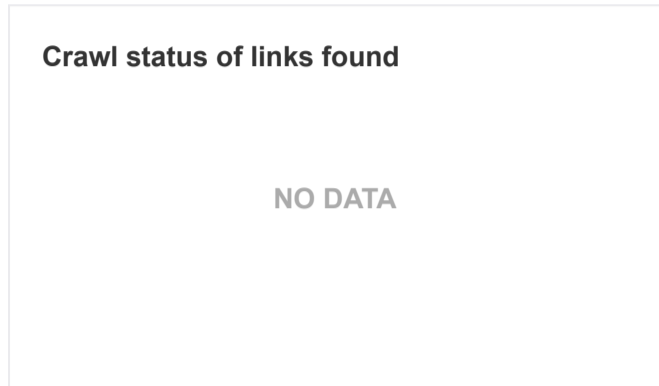
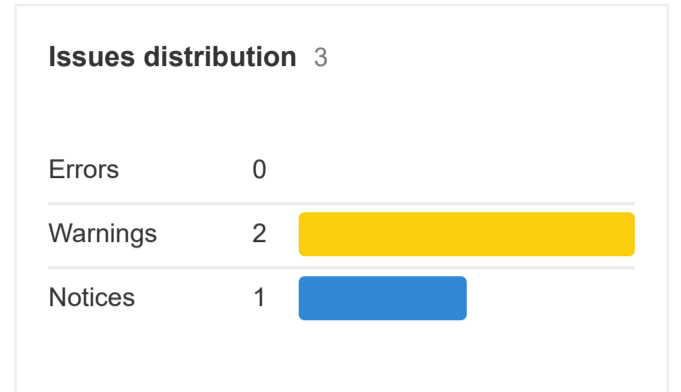
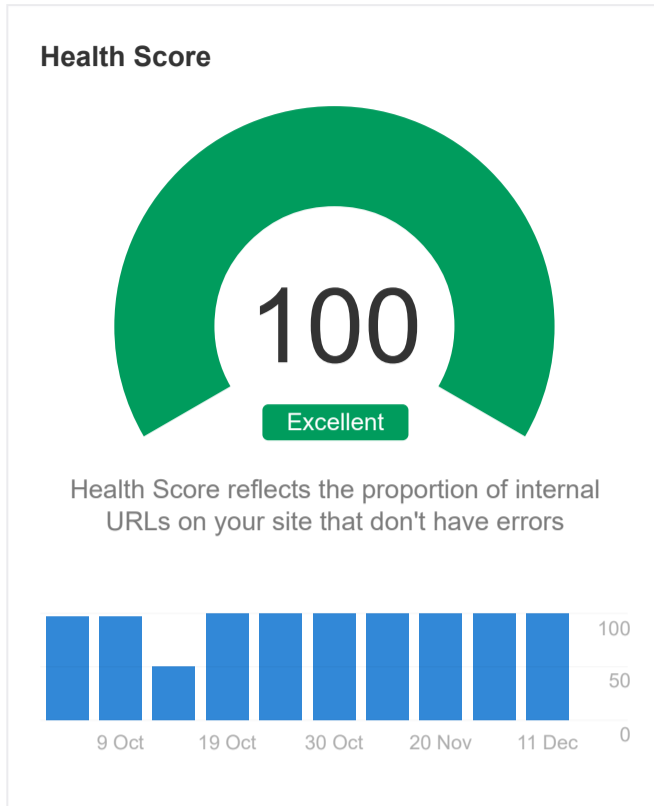
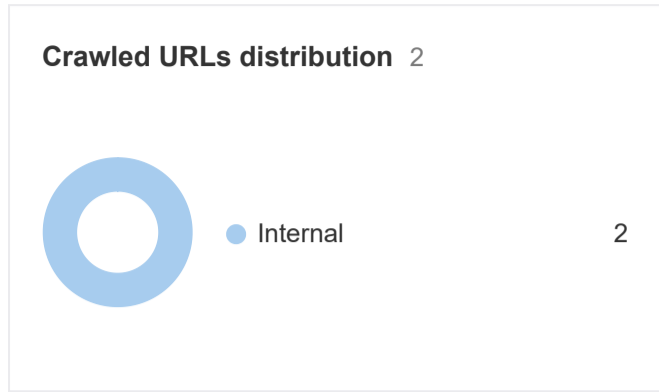
Browser Timings

Redirect	0ms	Connect	265ms	Backend	214ms
TTFB	479ms	First Paint	663ms	DOM Int.	701ms
DOM Loaded	711ms	Onload	978ms	Fully Loaded	1.1s

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	22 resources found
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Low	Avoid an excessive DOM size <small>TBT</small>	415 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
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 32.9KB
Low	Reduce initial server response time <small>FCP LCP</small>	Root document took 213ms
Low	Defer offscreen images	Potential savings of 5.96KB
Low	Avoid chaining critical requests <small>FCP LCP</small>	15 chains found
Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 37.9KB
N/A	Largest Contentful Paint element <small>LCP</small>	1,090 ms
N/A	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 0 ms
N/A	Reduce JavaScript execution time <small>TBT</small>	58ms spent executing JavaScript
N/A	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 56B
N/A	Avoid large layout shifts <small>CLS</small>	5 elements found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 383ms
N/A	Reduce the impact of third-party code <small>TBT</small>	Total size was 936KB
N/A	User Timing marks and measures	

11 Dec 2023 Salustinozwong (www.salustinozwong.com/)

Overview [How to use](#)



Top Issues

[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing
i 3XX redirect	2	0	0	0	0	?
i HTTP to HTTPS redirect	1	0	0	0	0	?

[View all issues](#)

