Performance Report for:
https://doctornatelive.com/
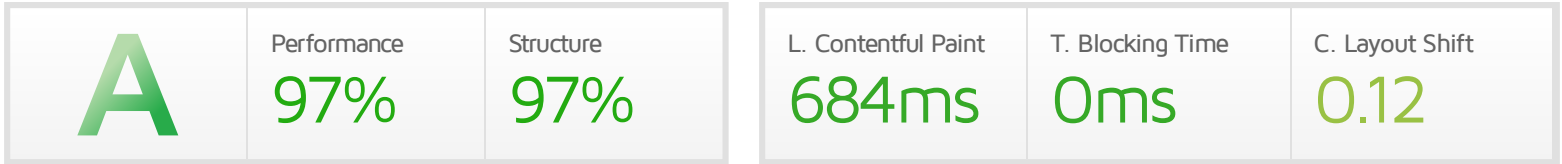
Report generated: Sat, Feb 11, 2023 5:06 PM -0800
Test Server Location: 🇨🇦 Vancouver, Canada
Using: 🔴 Chrome (Desktop) 103.0.5060.134, Lighthouse 9.6.4

A	Performance **97%**	Structure **97%**	L. Contentful Paint **684ms**	T. Blocking Time **0ms**	C. Layout Shift **0.12**

Top Issues

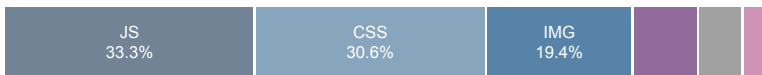| IMPACT	AUDIT	
Med-Low	**Use a Content Delivery Network (CDN)**	28 resources found
Low	**Serve static assets with an efficient cache policy**	Potential savings of 64.5KB
Low	**Avoid large layout shifts** CLS	5 elements found
Low	**Properly size images**	Potential savings of 19.3KB
Low	**Eliminate render-blocking resources** FCP LCP	Potential savings of 19ms

Page Details

1.7s
Fully Loaded Time

Total Page Size - 781KB

IMG 481KB	JS 116KB			

Total Page Requests - 36

JS 33.3%	CSS 30.6%	IMG 19.4%			

- 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

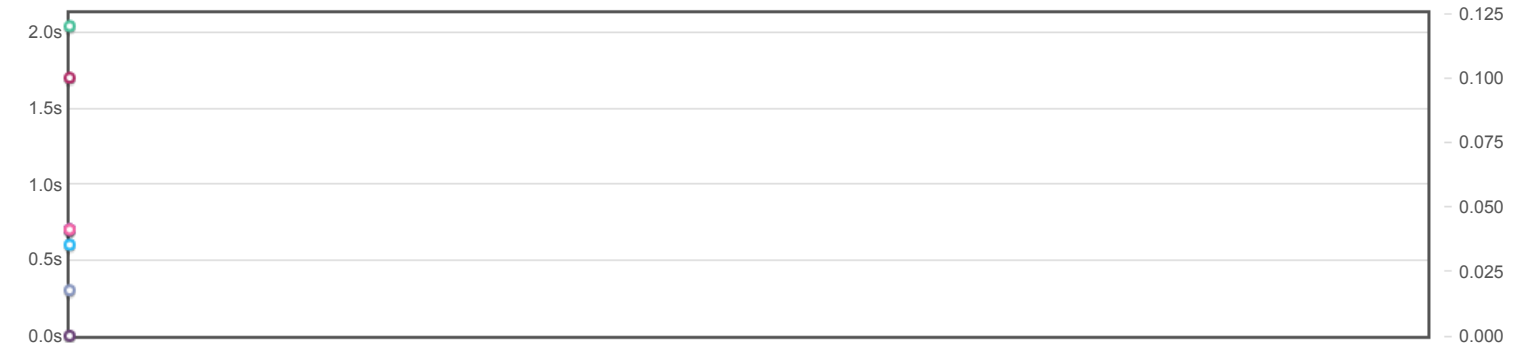Feb 11 05:06PM

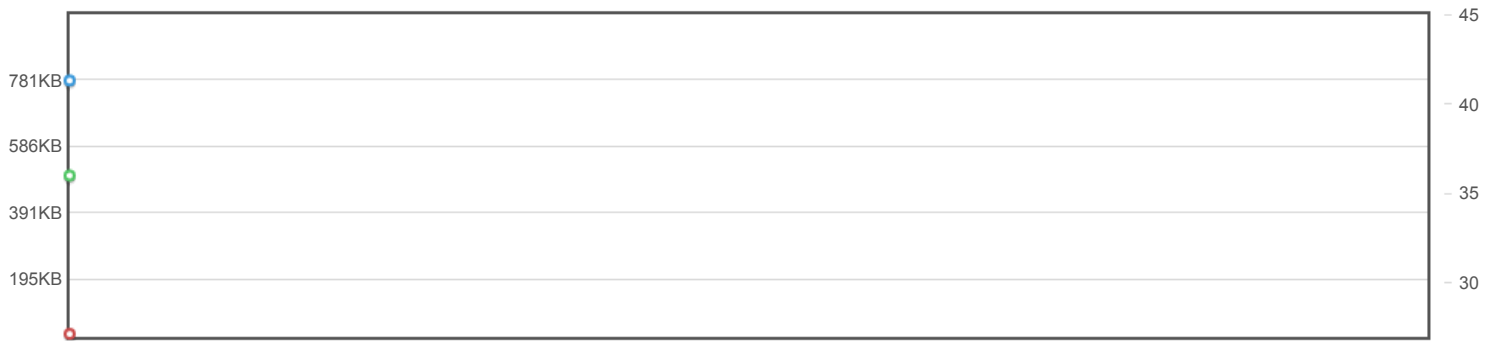■ GTmetrix Grade ■ Performance Score ■ Structure Score

Page metrics

Feb 11 05:06PM

■ Time to First Byte ■ First Contentful Paint ■ Largest Contentful Paint ■ Onload Time ■ Time to Interactive
■ Fully Loaded ■ Total Blocking Time ■ Speed Index ■ Cumulative Layout Shift

Page sizes and request counts
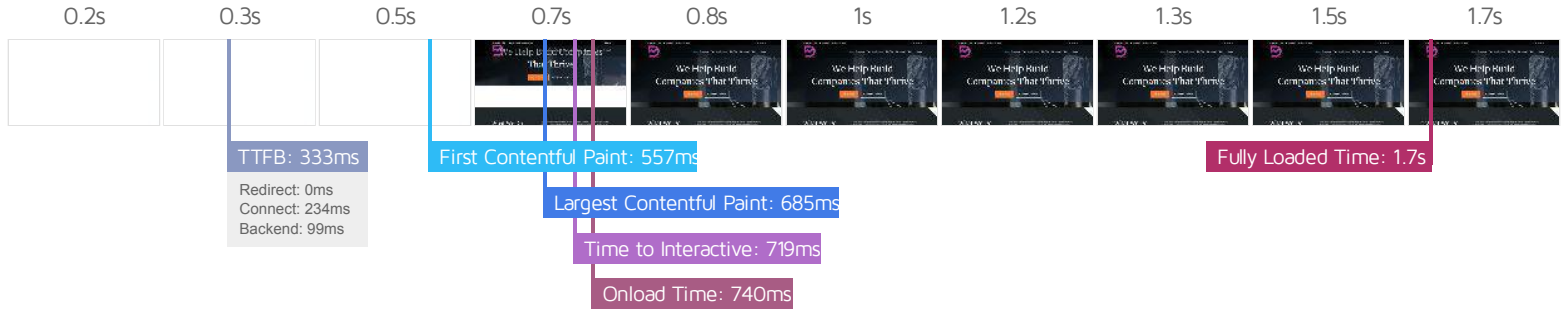

Feb 11 05:06PM

■ HTML Size ■ Total Page Size ■ Requests

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.

Doctor Nate Live | Marketing Digital Doctor

Resource	Status	Domain	Size	Time
/	200	doctornatelive.com	34.1KB	353ms
h7kg.css	200	doctornatelive.com	387B	53ms
h7kg.css	200	doctornatelive.com	28.5KB	70ms
h7kg.css	200	doctornatelive.com	2.49KB	68ms
h7kg.css	200	doctornatelive.com	8.77KB	69ms
css?family=Open+Sans:300italic,400i…	200	fonts.googleapis.com	1.47KB	38ms
h7kg.css	200	doctornatelive.com	1.15KB	189ms
h7kg.css	200	doctornatelive.com	2.78KB	53ms
css?family=Merriweather:300,300itali…	200	fonts.googleapis.com	1.64KB	22ms
h7kg.css	200	doctornatelive.com	16.3KB	99ms
jquery.min.js?ver=3.6.1	200	doctornatelive.com	30.3KB	99ms
jquery-migrate.min.js?ver=3.3.2	200	doctornatelive.com	4.07KB	54ms
email-download-link.js?ver=2.2	200	doctornatelive.com	863B	95ms
h7kg.css	200	doctornatelive.com	1.30KB	56ms
DoctorNateLive_logo_500.png	200	doctornatelive.com	20.4KB	171ms
form-styles.js?ver=11.8	200	doctornatelive.com	1.05KB	152ms
jquery.blockUI.min.js?ver=2.7.0-wc.7.…	200	doctornatelive.com	3.41KB	157ms
add-to-cart.min.js?ver=7.3.0	200	doctornatelive.com	1.06KB	177ms
js.cookie.min.js?ver=2.1.4-wc.7.3.0	200	doctornatelive.com	982B	176ms
woocommerce.min.js?ver=7.3.0	200	doctornatelive.com	794B	176ms
cart-fragments.min.js?ver=7.3.0	200	doctornatelive.com	1.01KB	175ms
scripts.min.js?ver=4.19.5	200	doctornatelive.com	68.8KB	282ms
smoothscroll.js?ver=4.19.5	200	doctornatelive.com	2.50KB	178ms
common.js?ver=4.19.5	200	doctornatelive.com	566B	178ms
h7kg.css	200	doctornatelive.com	12.2KB	61ms
pod-bg.jpg	200	doctornatelive.com	122KB	89ms
venture_03.png	200	doctornatelive.com	6.26KB	89ms
venture_04.png	200	doctornatelive.com	3.51KB	89ms
venture_05.jpg	200	doctornatelive.com	30.4KB	144ms
business-04.jpg	200	doctornatelive.com	239KB	140ms
venture_08.jpg	200	doctornatelive.com	59.2KB	106ms
modules.woff	200	doctornatelive.com	5.72KB	143ms
memvYaGs126MiZpBA-UvWbX2vVnX…	200	fonts.gstatic.com	43.8KB	72ms
u-440qyriQwlOrhSvowK_l5-fCZM.woff2	200	fonts.gstatic.com	19.6KB	72ms
POST ?wc-ajax=get_refreshed_fragm…	200	doctornatelive.com	189B	944ms
cropped-ms-icon-310x310-1-32x32.png	200	doctornatelive.com	1.89KB	54ms

36 Requests   **778KB (1.77MB Uncompressed)**   **Fully Loaded 1.7s (Onload 740ms)**

0.2s　　**0.3s**　　**0.5s**　　**0.7s**　　**0.8s**　　**1s**　　**1.2s**　　**1.3s**　　**1.5s**　　**1.7s**

TTFB: 333ms
Redirect: 0ms
Connect: 234ms
Backend: 99ms

First Contentful Paint: 557ms

Largest Contentful Paint: 685ms

Time to Interactive: 719ms

Onload Time: 740ms

Fully Loaded Time: 1.7s

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

556ms

Time to Interactive

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

Good - Nothing to do here

718ms

Speed Index

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

Good - Nothing to do here

652ms

Total Blocking Time

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

Good - Nothing to do here

0ms

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.

Good - Nothing to do here

684ms

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.

OK, but consider improvement

0.12

Browser Timings

Redirect	0ms	Connect	234ms	Backend	99ms
TTFB	333ms	First Paint	557ms	DOM Int.	702ms
DOM Loaded	719ms	Onload	740ms	Fully Loaded	1.7s

IMPACT	AUDIT	
Med-Low	**Use a Content Delivery Network (CDN)**	28 resources found
Low	**Serve static assets with an efficient cache policy**	Potential savings of 64.5KB
Low	**Avoid large layout shifts** CLS	5 elements found
Low	**Properly size images**	Potential savings of 19.3KB
Low	**Eliminate render-blocking resources** FCP LCP	Potential savings of 19ms
Low	**Reduce unused JavaScript** LCP	Potential savings of 43.2KB
Low	**Avoid an excessive DOM size** TBT	312 elements
Low	**Avoid enormous network payloads** LCP	Total size was 781KB
Low	**Efficiently encode images**	Potential savings of 39.8KB
Low	**Avoid long main-thread tasks** TBT	1 long task found
Low	**Reduce JavaScript execution time** TBT	69ms spent executing JavaScript
Low	**Reduce unused CSS** FCP LCP	Potential savings of 76.0KB
Low	**Serve images in next-gen formats**	Potential savings of 258KB
Low	**Reduce initial server response time** FCP LCP	Root document took 98ms
Low	**Defer offscreen images**	Potential savings of 56.3KB
Low	**Avoid non-composited animations** CLS	1 animated element found
Low	**Avoid chaining critical requests** FCP LCP	22 chains found
N/A	**Largest Contentful Paint element** LCP	1 element found
N/A	**Minimize main-thread work** TBT	Main-thread busy for 376ms
N/A	**Reduce the impact of third-party code** TBT	Total size was 67.1KB
N/A	**User Timing marks and measures**	