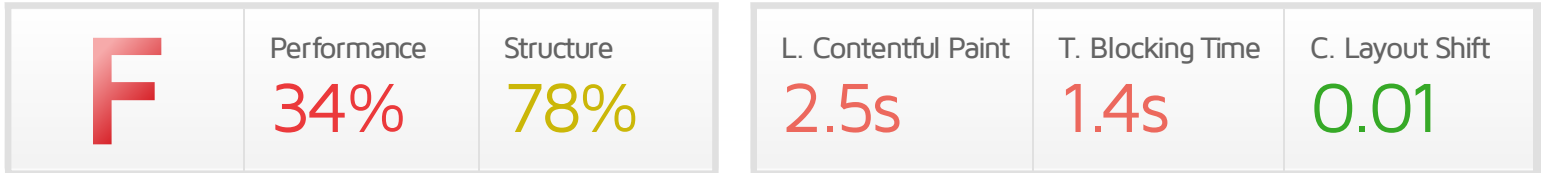




Performance Report for: <https://drmoran.co/coolsculpting/>

Report generated: Wed, Dec 9, 2020 5:13 AM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 86.0.4240.193, Lighthouse 6.3.0



Top Issues

IMPACT	AUDIT	
Med	Reduce JavaScript execution time	4.2 s
Med	Avoid long main-thread tasks	15 long tasks found
Med	Avoid enormous network payloads	Total size was 3,751 KiB
Med-Low	Serve static assets with an efficient cache policy	20 resources found
Med-Low	Remove unused JavaScript	Potential savings of 867 KiB

Page Details



Total Page Size - 3.66MB



Total Page Requests - 178



■ 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

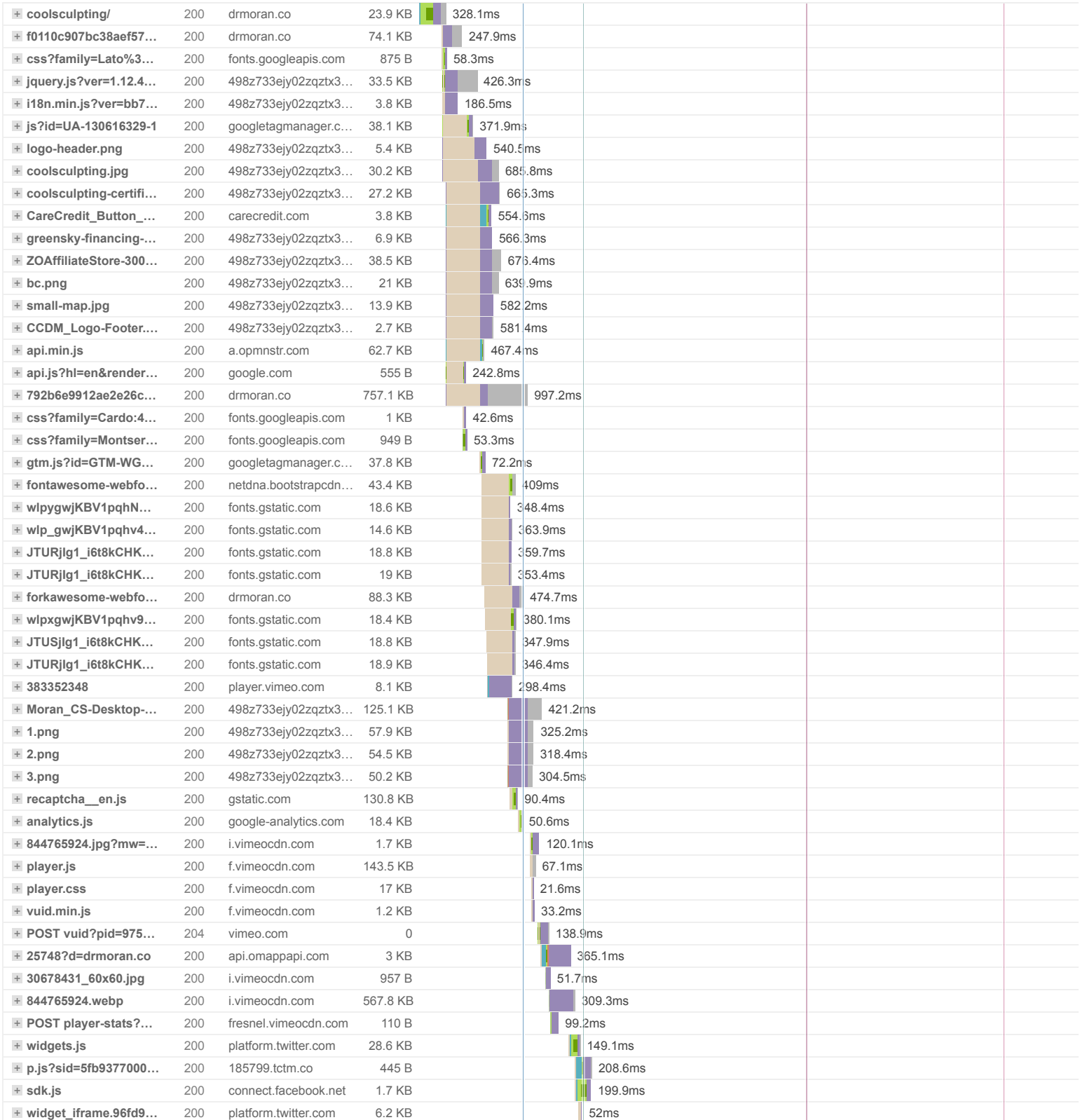
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 24 years experience in web technology.

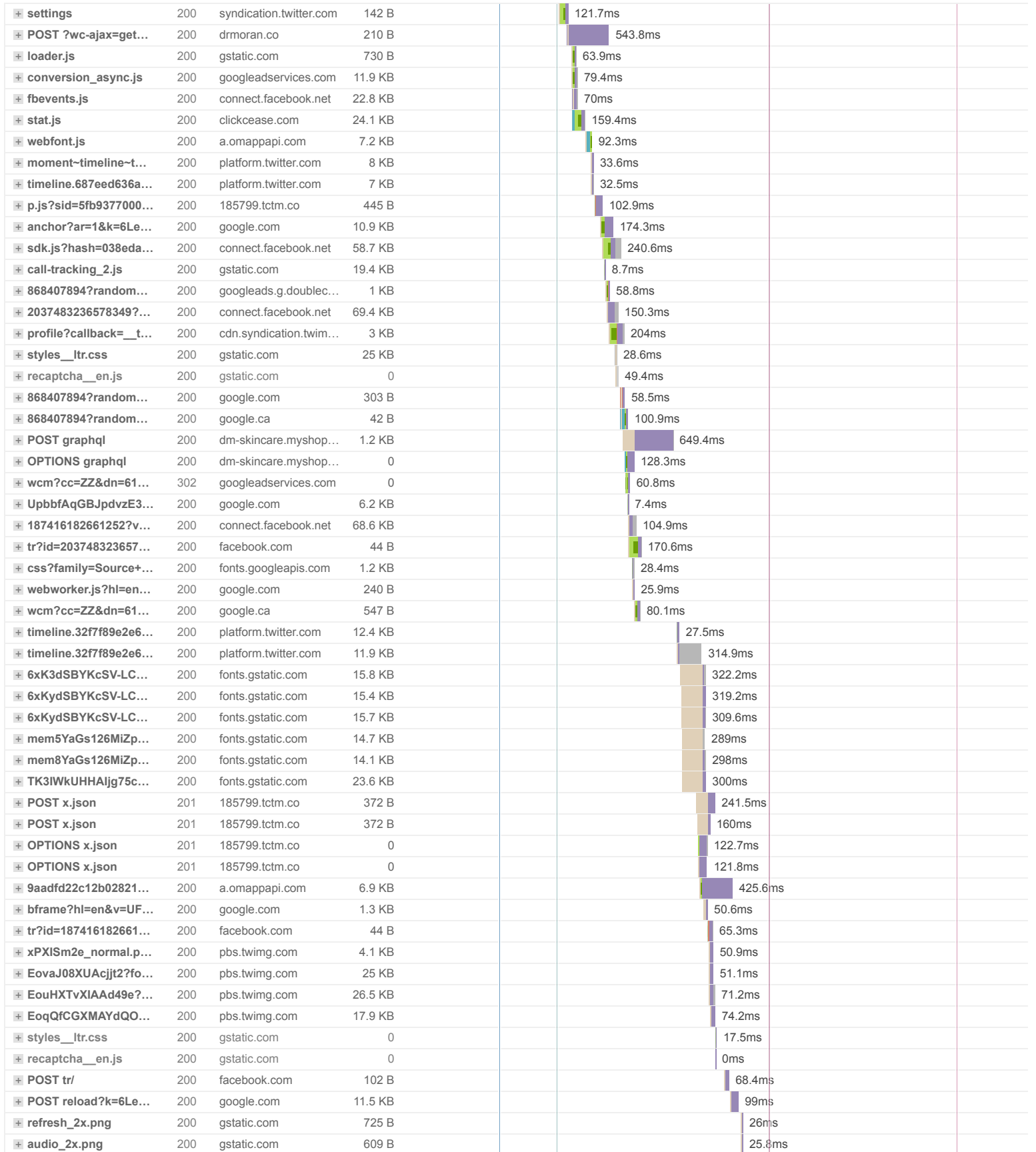
CARBON60
THE MANAGED CLOUD COMPANY

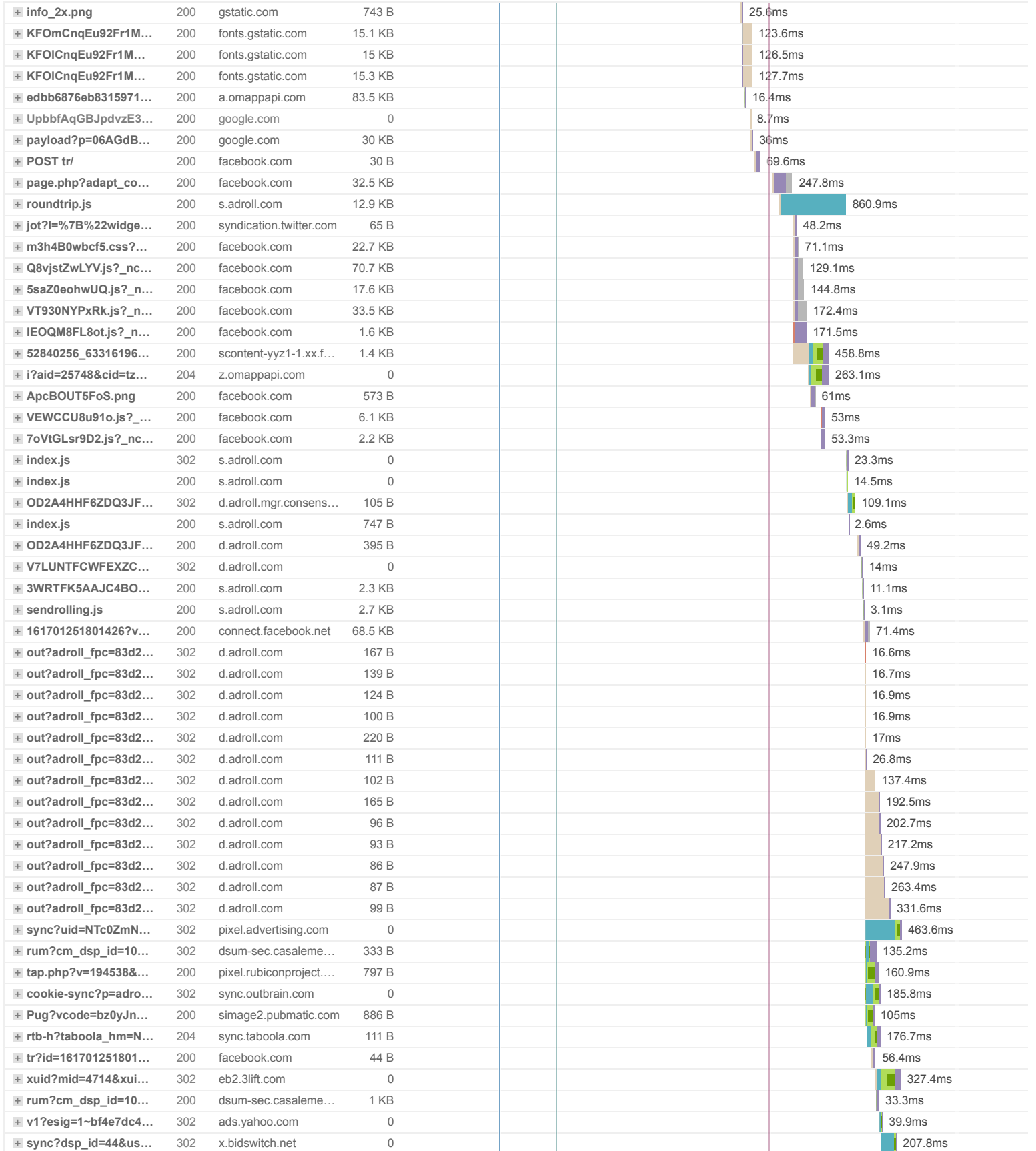
<https://carbon60.com/>

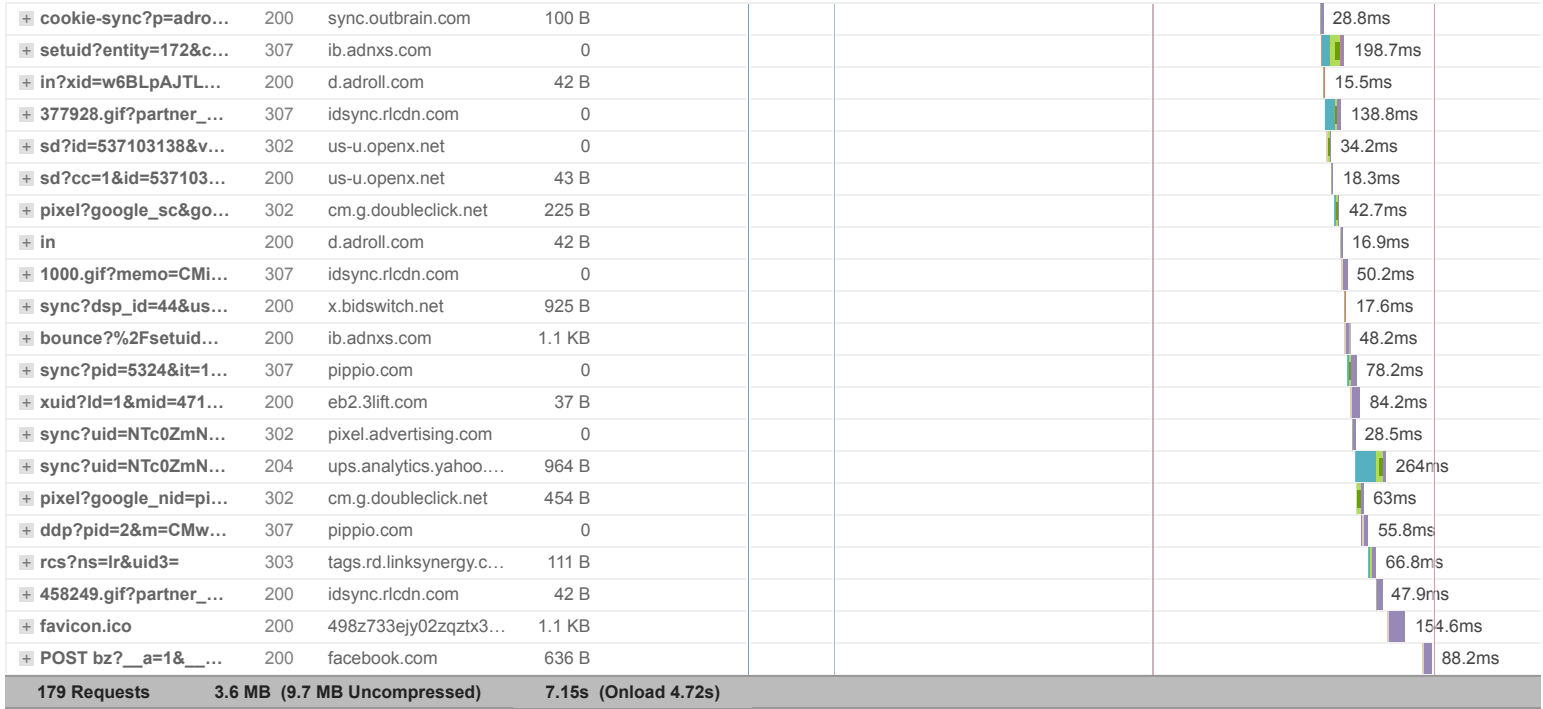
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

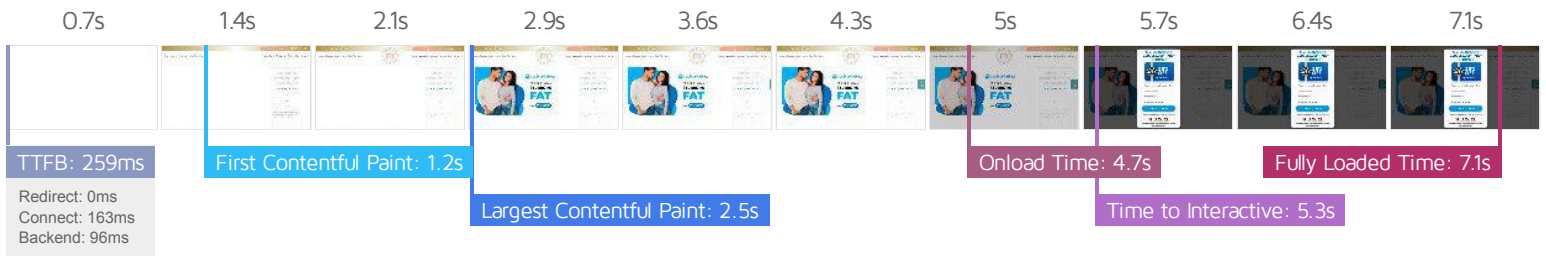
What is CoolSculpting? | Dr. Renee Moran Medical Aesthetics











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>Longer than recommended</p> <p>1.2s</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>Much longer than recommended</p> <p>5.3s</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>Much longer than recommended</p> <p>4.7s</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>Much longer than recommended</p> <p>1.4s</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>Much longer than recommended</p> <p>2.5s</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	163ms	Backend	96ms
TTFB	259ms	DOM Int.	1.1s	First Paint	1.2s
DOM Loaded	2.0s	Onload	4.7s	Fully Loaded	7.1s

IMPACT	AUDIT	
Med	Reduce JavaScript execution time	4.2 s
Med	Avoid long main-thread tasks	15 long tasks found
Med	Avoid enormous network payloads	Total size was 3,751 KiB
Med-Low	Serve static assets with an efficient cache policy	20 resources found
Med-Low	Remove unused JavaScript	Potential savings of 867 KiB
Med-Low	Eliminate render-blocking resources	Potential savings of 190 ms
Med-Low	Properly size images	Potential savings of 295 KiB
Low	Use a Content Delivery Network (CDN)	8 resources found
Low	Avoid an excessive DOM size	1,006 elements
Low	Preconnect to required origins	Potential savings of 160 ms
Low	Use HTTP/2 for all resources	5 requests not served via HTTP/2
Low	Defer offscreen images	Potential savings of 76 KiB
Low	Serve images in next-gen formats	Potential savings of 253 KiB
Low	Efficiently encode images	Potential savings of 15 KiB
Low	Ensure text remains visible during webfont load	
Low	Avoid serving legacy JavaScript to modern browsers	Potential savings of 60 KiB
Low	Reduce initial server response time	Root document took 100 ms
Low	Avoid large layout shifts	5 elements found
Low	Avoid chaining critical requests	3 chains found
N/A	Largest Contentful Paint element	1 element found
N/A	Replace large JavaScript libraries with smaller alternatives	1 large library found
N/A	Minimize main-thread work	7.0 s

N/A	Reduce the impact of third-party code	Third-party code blocked the main thread for 210 ms
N/A	User Timing marks and measures	