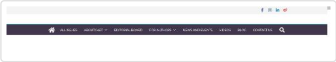
http://localhost/caet6/

There were issues affecting this run of Lighthouse:

- **There may be stored data affecting loading performance in this location: IndexedDB. Audit this page in an incognito window to prevent those resources from affecting your scores.**



Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49 50–89 90–100

METRICS

Expand view

First Contentful Paint 1.2 s	Largest Contentful Paint 1.3 s
Total Blocking Time 0 ms	Cumulative Layout Shift 0.004
Speed Index 1.2 s	

Later this year, insights will replace performance audits. Learn more and provide feedback here.

Go back to audits

Show audits relevant to: All FCP LCP TBT CLS

INSIGHTS

▲ Render blocking requests — Est savings of 880 ms

Requests are blocking the page's initial render, which may delay LCP. Deferring or inlining can move these network requests out of the critical path. FCP LCP

There are a number of WordPress plugins that can help you inline critical assets or defer less important resources. Beware that optimizations provided by these plugins may break features of your theme or plugins, so you will likely need to make code changes.

Enable Remove Unused CSS and Load JavaScript deferred in 'WP Rocket' to address this recommendation. These features will respectively optimize the CSS and JavaScript files so that they don't block the rendering of your page.

☑ Show 3rd-party resources (2)

URL	Transfer Size	Duration
Google Fonts Cdn	3.3 KiB	270 ms
/css?family=Open+Sans%3A0%7CMontserrat%3A0%2C400&ver=5.1.2 (fonts.googleapis.com)	1.8 KiB	270 ms
/css?family=... (fonts.googleapis.com)	1.5 KiB	
localhost 1st Party	970.6 KiB	5,570 ms
...css/cookie-law-info-table.css?ver=176... (localhost)	5.4 KiB	50 ms
...animations/animations.min.css?ver=3.21.8 (localhost)	18.4 KiB	90 ms
...css/solid.min.css?ver=176... (localhost)	1.4 KiB	50 ms

URL	Transfer Size	Duration
...css/fontawesome.min.css?ver=5.15.3 (localhost)	57.0 KiB	210 ms
...add-to-any/addtoany.min.css?ver=1.16 (localhost)	1.9 KiB	50 ms
...css/post-10.css?ver=175... (localhost)	12.8 KiB	90 ms
...css/global.css?ver=170... (localhost)	18.1 KiB	130 ms
...css/v4-shims.min.css?ver=3.21.8 (localhost)	26.4 KiB	170 ms
...css/all.min.css?ver=176... (localhost)	59.6 KiB	290 ms
...css/elementor.min.css?ver=5.1.2 (localhost)	29.8 KiB	170 ms
...css/post-3470.css?ver=170... (localhost)	1.8 KiB	50 ms
...css/swiper.min.css?ver=176... (localhost)	16.2 KiB	90 ms
...css/frontend.min.css?ver=3.21.8 (localhost)	170.0 KiB	660 ms
...css/elementor-icons.min.css?ver=176... (localhost)	20.1 KiB	130 ms
...css/v4-font-face.min.css?ver=176... (localhost)	2.6 KiB	50 ms
...css/all.min.css?ver=176... (localhost)	102.4 KiB	540 ms
...css/v4-shims.min.css?ver=4.7.0 (localhost)	27.3 KiB	170 ms
...magnific-popup/magnific-popup.min.css?ver=5.1.2 (localhost)	5.4 KiB	50 ms
...css/jquery.newsticker.css?ver=176... (localhost)	4.3 KiB	50 ms
...colormag-pro/dark.css?ver=176... (localhost)	11.9 KiB	90 ms
...colormag-pro/style.css?ver=176... (localhost)	156.1 KiB	860 ms
...css/intlTelInput.css?ver=176... (localhost)	40.0 KiB	290 ms
...css/dashicons.min.css?ver=176... (localhost)	58.1 KiB	380 ms
...css/everest-forms.css?ver=176... (localhost)	98.1 KiB	580 ms
...css/cookie-law-info-gdpr.css?ver=176... (localhost)	22.8 KiB	210 ms
...css/cookie-law-info-public.css?ver=176... (localhost)	2.9 KiB	50 ms

▲ Use efficient cache lifetimes — Est savings of 1,630 KiB

A long cache lifetime can speed up repeat visits to your page. Learn more. FCP LCP

Read about Browser Caching in WordPress.

Request	Cache TTL	Transfer Size
localhost 1st Party		**1,630 KiB**
...css/frontend.min.css?ver=3.21.8 (localhost)	None	170 KiB
...colormag-pro/style.css?ver=176... (localhost)	None	156 KiB
...fonts/fa-solid-900.woff2 (localhost)	None	153 KiB
...fonts/fa-brands-400.woff2 (localhost)	None	115 KiB
...css/all.min.css?ver=176... (localhost)	None	102 KiB
...css/everest-forms.css?ver=176... (localhost)	None	98 KiB
...webfonts/fa-brands-400.woff2 (localhost)	None	80 KiB
...fonts/OpenSans-Medium.woff (localhost)	None	79 KiB
...fonts/OpenSans-SemiBold.woff (localhost)	None	79 KiB
...webfonts/fa-solid-900.woff2 (localhost)	None	77 KiB
...fonts/OpenSans-Bold.woff (localhost)	None	77 KiB
...css/all.min.css?ver=176... (localhost)	None	60 KiB
...css/dashicons.min.css?ver=176... (localhost)	None	58 KiB
...css/fontawesome.min.css?ver=5.15.3 (localhost)	None	57 KiB
...css/intlTelInput.css?ver=176... (localhost)	None	40 KiB

Request	Cache TTL	Transfer Size
...css/elementor.min.css?ver=5.1.2 (localhost)	None	30 KiB
...css/v4-shims.min.css?ver=4.7.0 (localhost)	None	27 KiB
...css/v4-shims.min.css?ver=3.21.8 (localhost)	None	26 KiB
...css/cookie-law-info-gdpr.css?ver=176... (localhost)	None	23 KiB
...css/elementor-icons.min.css?ver=176... (localhost)	None	20 KiB
...animations/animations.min.css?ver=3.21.8 (localhost)	None	18 KiB
...css/global.css?ver=170... (localhost)	None	18 KiB
...css/swiper.min.css?ver=176... (localhost)	None	16 KiB
...css/post-10.css?ver=175... (localhost)	None	13 KiB
...colormag-pro/dark.css?ver=176... (localhost)	None	12 KiB
...magnific-popup/magnific-popup.min.css?ver=5.1.2 (localhost)	None	5 KiB
...css/cookie-law-info-table.css?ver=176... (localhost)	None	5 KiB
...css/jquery.newsticker.css?ver=176... (localhost)	None	4 KiB
...css/cookie-law-info-public.css?ver=176... (localhost)	None	3 KiB
...css/v4-font-face.min.css?ver=176... (localhost)	None	3 KiB
...add-to-any/addtoany.min.css?ver=1.16 (localhost)	None	2 KiB
...css/post-3470.css?ver=170... (localhost)	None	2 KiB
...css/solid.min.css?ver=176... (localhost)	None	1 KiB

▲ Font display — Est savings of 40 ms

Consider setting `font-display` to `swap` or `optional` to ensure text is consistently visible. `swap` can be further optimized to mitigate layout shifts with font metric overrides. FCP

URL	Est Savings
Google Fonts Cdn	**70 ms**
...v31/JTUQjIg1_....woff2 (fonts.gstatic.com)	40 ms
...v31/JTUSjIg1_....woff2 (fonts.gstatic.com)	30 ms

▲ Network dependency tree

Avoid chaining critical requests by reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. LCP

Use Prefetch DNS Requests in 'WP Rocket' to add "dns-prefetch" and speed up the connection with external domains. Also, 'WP Rocket' automatically adds "preconnect" to Google Fonts domain and any CNAME(S) added via the Enable CDN feature.

Maximum critical path latency: **827 ms**

Initial Navigation

- /caet6/ (localhost) - **91 ms,** 42.55 KiB
  - ...css/all.min.css?ver=176... (localhost) - **141 ms,** 102.38 KiB
    - ...fonts/fa-solid-900.woff2 (localhost) - **827 ms,** 153.04 KiB
    - ...fonts/fa-brands-400.woff2 (localhost) - **509 ms,** 115.39 KiB
  - ...colormag-pro/style.css?ver=176... (localhost) - **132 ms,** 156.08 KiB
    - ...fonts/OpenSans-Medium.woff (localhost) - **511 ms,** 78.96 KiB
    - ...fonts/OpenSans-SemiBold.woff (localhost) - **508 ms,** 78.60 KiB
    - ...fonts/OpenSans-Bold.woff (localhost) - **453 ms,** 76.62 KiB
  - /css?family=... (fonts.googleapis.com) - **183 ms,** 1.51 KiB
    - ...v31/JTUQjIg1_....woff2 (fonts.gstatic.com) - **510 ms,** 36.28 KiB
    - ...v31/JTUSjIg1_....woff2 (fonts.gstatic.com) - **451 ms,** 34.71 KiB
  - ...css/all.min.css?ver=176... (localhost) - **168 ms,** 59.55 KiB
    - ...webfonts/fa-brands-400.woff2 (localhost) - **450 ms,** 80.00 KiB
    - ...webfonts/fa-solid-900.woff2 (localhost) - **449 ms,** 76.66 KiB

/css?family=Open+Sans%3A0%7CMontserrat%3A0%2C400&ver=5.1.2 (fonts.googleapis.com) - **184 ms,** 1.76 KiB

...css/cookie-law-info-table.css?ver=176... (localhost) - **179 ms,** 5.39 KiB

...animations/animations.min.css?ver=3.21.8 (localhost) - **179 ms,** 18.37 KiB

...css/solid.min.css?ver=176... (localhost) - **178 ms,** 1.41 KiB

...css/fontawesome.min.css?ver=5.15.3 (localhost) - **177 ms,** 57.04 KiB

...add-to-any/addtoany.min.css?ver=1.16 (localhost) - **170 ms,** 1.90 KiB

...css/post-10.css?ver=175... (localhost) - **169 ms,** 12.84 KiB

...css/global.css?ver=170... (localhost) - **169 ms,** 18.09 KiB

...css/v4-shims.min.css?ver=3.21.8 (localhost) - **169 ms,** 26.41 KiB

...css/elementor.min.css?ver=5.1.2 (localhost) - **160 ms,** 29.78 KiB

...css/post-3470.css?ver=170... (localhost) - **159 ms,** 1.75 KiB

...css/swiper.min.css?ver=176... (localhost) - **159 ms,** 16.18 KiB

...css/frontend.min.css?ver=3.21.8 (localhost) - **153 ms,** 170.01 KiB

...css/elementor-icons.min.css?ver=176... (localhost) - **149 ms,** 20.05 KiB

...css/v4-font-face.min.css?ver=176... (localhost) - **148 ms,** 2.61 KiB

...css/v4-shims.min.css?ver=4.7.0 (localhost) - **136 ms,** 27.29 KiB

...magnific-popup/magnific-popup.min.css?ver=5.1.2 (localhost) - **135 ms,** 5.43 KiB

...css/jquery.newsticker.css?ver=176... (localhost) - **133 ms,** 4.32 KiB

...colormag-pro/dark.css?ver=176... (localhost) - **133 ms,** 11.93 KiB

...css/intlTelInput.css?ver=176... (localhost) - **128 ms,** 40.01 KiB

...css/dashicons.min.css?ver=176... (localhost) - **127 ms,** 58.07 KiB

...css/everest-forms.css?ver=176... (localhost) - **125 ms,** 98.06 KiB

...css/cookie-law-info-gdpr.css?ver=176... (localhost) - **98 ms,** 22.76 KiB

...css/cookie-law-info-public.css?ver=176... (localhost) - **96 ms,** 2.87 KiB

Preconnected origins

preconnect hints help the browser establish a connection earlier in the page load, saving time when the first request for that origin is made. The following are the origins that the page preconnected to.

Origin	Source
https://fonts.gstatic.com/	head > link `<link rel="preconnect" href="https://fonts.gstatic.com/" crossorigin="">`
https://static.addtoany.com/	link `<link href="https://static.addtoany.com" rel="preconnect">`
Unused preconnect. Only use `preconnect` for origins that the page is likely to request.	
https://www.googletagmanager.com/	link `<link href="https://www.googletagmanager.com" rel="preconnect">`
Unused preconnect. Only use `preconnect` for origins that the page is likely to request.	

Preconnect candidates

Add preconnect hints to your most important origins, but try to use no more than 4.

No additional origins are good candidates for preconnecting

○ Layout shift culprits

Layout shifts occur when elements move absent any user interaction. Investigate the causes of layout shifts, such as elements being added, removed, or their fonts changing as the page loads. CLS

Element
Total
 li#menu-item-2118.menu-item.menu-item-type-taxonomy.menu-item-obje…
 img.image.wp-image-1259.attachment-125x38.size-125x38
…v31/JTUSjIg1_….woff2 (fonts.gstatic.com)
…webfonts/fa-brands-400.woff2 (localhost)
…webfonts/fa-solid-900.woff2 (localhost)
…fonts/OpenSans-Bold.woff (localhost)
 li#menu-item-2118.menu-item.menu-item-type-taxonomy.menu-item-obje…
 img.image.wp-image-1259.attachment-125x38.size-125x38

○ Optimize DOM size

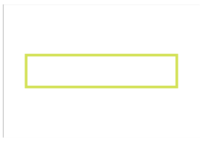
A large DOM can increase the duration of style calculations and layout reflows, impacting page responsiveness. A large DOM will also increase memory usage. Learn how to avoid an excessive DOM size.

Statistic	Element
Total elements	
Most children	 body.home.wp-singular.page-template-default.page.page-id-10.wp-embed-responsive.wp-theme-col…
DOM depth	span

○ LCP breakdown

Each subpart has specific improvement strategies. Ideally, most of the LCP time should be spent on loading the resources, not within delays. LCP

Subpart	Duration
Time to first byte	10 ms
Element render delay	410 ms



a

○ 3rd parties

3rd party code can significantly impact load performance. Reduce and defer loading of 3rd party code to prioritize your page's content.

3rd party	Transfer size	Main thread time
lkcagbfjnkomcinoddgooolagloogehp	**0 KiB**	**258 ms**
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewKCM.js`	0 KiB	135 ms

3rd party	**Transfer size**	**Main thread time**
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewInspect.js`	0 KiB	123 ms
fmkadmapgofadopljbjfkapdkoienihi	**0 KiB**	**27 ms**
`chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/installHook.js`	0 KiB	21 ms
`chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/proxy.js`	0 KiB	4 ms
`chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/prepareInjection.js`	0 KiB	1 ms
`chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/hookSettingsInjector.js`	0 KiB	1 ms
`chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/fileFetcher.js`	0 KiB	0 ms
lmhkpmbekcpmknklioeibfkpmmfibljd	**0 KiB**	**7 ms**
`chrome-extension://lmhkpmbekcpmknklioeibfkpmmfibljd/page.bundle.js`	0 KiB	4 ms
`chrome-extension://lmhkpmbekcpmknklioeibfkpmmfibljd/content.bundle.js`	0 KiB	2 ms
majdfhpaihoncoakbjgbdhglocklcgno	**0 KiB**	**2 ms**
`chrome-extension://majdfhpaihoncoakbjgbdhglocklcgno/assets/main.tsx-loader-Z5PYUJvg.js`	0 KiB	1 ms
`chrome-extension://majdfhpaihoncoakbjgbdhglocklcgno/assets/main.tsx-BYw75iaA.js`	0 KiB	0 ms
`chrome-extension://majdfhpaihoncoakbjgbdhglocklcgno/assets/index-BwDjUviV.js`	0 KiB	0 ms
Google Fonts Cdn	**74 KiB**	**0 ms**
…v31/JTUQjIg1_….woff2 (fonts.gstatic.com)	36 KiB	0 ms
…v31/JTUSjIg1_….woff2 (fonts.gstatic.com)	35 KiB	0 ms
/css?family=Open+Sans%3A0%7CMontserrat%3A0%2C400&ver=5.1.2 (fonts.googleapis.com)	2 KiB	0 ms
/css?family=… (fonts.googleapis.com)	2 KiB	0 ms

These insights are also available in the Chrome DevTools Performance Panel - record a trace to view more detailed information.

DIAGNOSTICS

▲ Reduce unused CSS — Est savings of 890 KiB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. Learn how to reduce unused CSS. FCP LCP

Consider reducing, or switching, the number of WordPress plugins loading unused CSS in your page. To identify plugins that are adding extraneous CSS, try running code coverage in Chrome DevTools. You can identify the theme/plugin responsible from the URL of the stylesheet. Look out for plugins that have many stylesheets in the list which have a lot of red in code coverage. A plugin should only enqueue a stylesheet if it is actually used on the page.

Enable Remove Unused CSS in 'WP Rocket' to fix this issue. It reduces page size by removing all CSS and stylesheets that are not used while keeping only the used CSS for each page.

URL	Transfer Size	Est Savings
localhost 1st Party	**926.4 KiB**	**890.1 KiB**
…css/frontend.min.css?ver=3.21.8 (localhost)	169.7 KiB	163.7 KiB
…colormag-pro/style.css?ver=176… (localhost)	155.7 KiB	140.8 KiB
…css/all.min.css?ver=176… (localhost)	102.0 KiB	100.9 KiB
…css/everest-forms.css?ver=176… (localhost)	97.7 KiB	97.5 KiB
…css/all.min.css?ver=176… (localhost)	59.2 KiB	58.7 KiB
…css/dashicons.min.css?ver=176… (localhost)	57.7 KiB	57.7 KiB
…css/fontawesome.min.css?ver=5.15.3 (localhost)	56.7 KiB	56.2 KiB
…css/intlTelInput.css?ver=176… (localhost)	39.7 KiB	39.7 KiB

URL	Transfer Size	Est Savings
…css/v4-shims.min.css?ver=4.7.0 (localhost)	27.0 KiB	26.4 KiB
…css/v4-shims.min.css?ver=3.21.8 (localhost)	26.1 KiB	25.6 KiB
…css/cookie-law-info-gdpr.css?ver=176… (localhost)	22.4 KiB	21.9 KiB
…css/elementor.min.css?ver=5.1.2 (localhost)	29.4 KiB	20.5 KiB
…css/elementor-icons.min.css?ver=176… (localhost)	19.7 KiB	19.7 KiB
…animations/animations.min.css?ver=3.21.8 (localhost)	18.0 KiB	18.0 KiB
…css/swiper.min.css?ver=176… (localhost)	15.8 KiB	15.8 KiB
…css/global.css?ver=170… (localhost)	17.8 KiB	15.5 KiB
…colormag-pro/dark.css?ver=176… (localhost)	11.6 KiB	11.5 KiB

Minify JavaScript — Est savings of 3 KiB

Minifying JavaScript files can reduce payload sizes and script parse time. Learn how to minify JavaScript. FCP LCP

A number of WordPress plugins can speed up your site by concatenating, minifying, and compressing your scripts. You may also want to use a build process to do this minification up front if possible.

Enable Minify JavaScript files in 'WP Rocket' to fix this issue. Empty spaces and comments will be removed from JavaScript files to make their size smaller and faster to download.

URL	Transfer Size	Est Savings
localhost 1st Party	**10.6 KiB**	**3.4 KiB**
…magnific-popup/jquery.magnific-popup.min.js?ver=5.1.2 (localhost)	10.6 KiB	3.4 KiB

Avoid serving legacy JavaScript to modern browsers — Est savings of 67 KiB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. Consider modifying your JavaScript build process to not transpile Baseline features, unless you know you must support legacy browsers. Learn why most sites can deploy ES6+ code without transpiling FCP LCP

☐ Show 3rd-party resources (1)

URL		Est Savings
Unattributable		**31.7 KiB**
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewKCM.js`		15.5 KiB
viewKCM.js:9	`@babel/plugin-transform-classes`	
viewKCM.js:9	`@babel/plugin-transform-regenerator`	
viewKCM.js:9	`@babel/plugin-transform-spread`	
viewKCM.js:9	`Array.prototype.find`	
viewKCM.js:9	`Array.prototype.findIndex`	
viewKCM.js:9	`Array.prototype.includes`	
viewKCM.js:9	`Object.assign`	
viewKCM.js:17	`Object.create`	
viewKCM.js:9	`Object.keys`	
viewKCM.js:9	`Object.values`	
viewKCM.js:9	`String.fromCodePoint`	

URL		Est Savings
viewKCM.js:9	`String.prototype.includes`	
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewInspect.js`		15.5 KiB
viewInspect.js:9	`@babel/plugin-transform-classes`	
viewInspect.js:9	`@babel/plugin-transform-regenerator`	
viewInspect.js:9	`@babel/plugin-transform-spread`	
viewInspect.js:9	`Array.prototype.find`	
viewInspect.js:9	`Array.prototype.findIndex`	
viewInspect.js:9	`Array.prototype.includes`	
viewInspect.js:9	`Object.assign`	
viewInspect.js:17	`Object.create`	
viewInspect.js:9	`Object.keys`	
viewInspect.js:9	`Object.values`	
viewInspect.js:9	`String.fromCodePoint`	
viewInspect.js:9	`String.prototype.includes`	
data:text/javascript;base64,Ci8qIDwhW0NEQVRBWyAqLwoidXNlIHN0cml...		0.3 KiB
data:text/javascript…pOwovKiBdXT4gKi8K:3	`@babel/plugin-transform-classes`	
data:text/javascript;base64,Ci8qIDwhW0NEQVRBWyAqLwooZnVuY3Rpb24...		0.3 KiB
data:text/javascript…pOwovKiBdXT4gKi8K:4	`@babel/plugin-transform-classes`	

Reduce unused JavaScript — Est savings of 1,936 KiB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. Learn how to reduce unused JavaScript. FCP LCP

Consider reducing, or switching, the number of WordPress plugins loading unused JavaScript in your page. To identify plugins that are adding extraneous JS, try running code coverage in Chrome DevTools. You can identify the theme/plugin responsible from the URL of the script. Look out for plugins that have many scripts in the list which have a lot of red in code coverage. A plugin should only enqueue a script if it is actually used on the page.

Enable Delay JavaScript execution in 'WP Rocket' to fix this problem. It will improve the loading of your page by delaying the execution of scripts until user interaction. If your site has iframes, you can use WP Rocket's LazyLoad for iframes and videos and Replace YouTube iframe with preview image as well.

☑ Show 3rd-party resources (3)

URL	Transfer Size	Est Savings
Unattributable	**1,965.0 KiB**	**1,619.3 KiB**
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewKCM.js`	896.0 KiB	762.2 KiB
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewInspect.js`	882.7 KiB	750.2 KiB
/gtag/js?id=G-CS256M2Y0B (www.googletagmanager.com)	128.7 KiB	53.8 KiB
`chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/installHook.js`	57.6 KiB	53.1 KiB
`../../react-devtools-shared/src/backend/fiber/renderer.js`	24.9 KiB	24.8 KiB
`../../react-devtools-shared/src/backend/legacy/renderer.js`	4.2 KiB	4.2 KiB
`../../../build/oss-experimental/react-debug-tools/cjs/react-debug-tools.production.js`	4.2 KiB	3.9 KiB
`../../react-devtools-shared/src/utils.js`	3.3 KiB	3.2 KiB
`../../react-devtools-shared/src/backend/profilingHooks.js`	2.9 KiB	2.7 KiB

URL	Transfer Size	Est Savings
Free VPN for Chrome - VPN Proxy VeePN Chrome Extension	**421.5 KiB**	**316.6 KiB**
`chrome-extension://majdfhpaihoncoakbjgbdhglocklcgno/assets/client-Bpyy1eqo.js`	189.2 KiB	166.9 KiB
`chrome-extension://majdfhpaihoncoakbjgbdhglocklcgno/assets/main.tsx-BYw75iaA.js`	135.2 KiB	96.2 KiB
`chrome-extension://majdfhpaihoncoakbjgbdhglocklcgno/assets/index-BJq-9179.js`	97.1 KiB	53.5 KiB

○ User Timing marks and measures — 1 user timing

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. Learn more about User Timing marks.

Name	Type	Start Time	Duration
__v3	Mark	0.00 ms	

○ Avoid long main-thread tasks — 2 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay. Learn how to avoid long main-thread tasks TBT

URL	Start Time	Duration
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewKCM.js`	474 ms	261 ms
`chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/proxy.js`	302 ms	88 ms

More information about the performance of your application. These numbers don't directly affect the Performance score.

PASSED AUDITS (19) Hide

Document request latency

Your first network request is the most important. Reduce its latency by avoiding redirects, ensuring a fast server response, and enabling text compression. FCP LCP

Choose a lightweight theme (ideally a block theme) and implement full-page caching or a static site solution. Disable unnecessary plugins to minimize server overhead. Consider upgrading your hosting to managed or dedicated service.

Avoids redirects

Server responds quickly (observed 6 ms)

Applies text compression

Duplicated JavaScript

Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity. FCP LCP

Forced reflow

A forced reflow occurs when JavaScript queries geometric properties (such as `offsetWidth`) after styles have been invalidated by a change to the DOM state. This can result in poor performance. Learn more about forced reflows and possible mitigations.

Improve image delivery

Reducing the download time of images can improve the perceived load time of the page and LCP. Learn more about optimizing image size FCP LCP

Consider using the Performance Lab plugin to automatically convert your uploaded JPEG images into WebP, wherever supported.

Enable 'Imagify' from the Image Optimization tab in 'WP Rocket' to convert your images to WebP.

○ INP breakdown

Start investigating with the longest subpart. Delays can be minimized. To reduce processing duration, optimize the main-thread costs, often JS.

○ LCP request discovery

Optimize LCP by making the LCP image discoverable from the HTML immediately, and avoiding lazy-loading

Legacy JavaScript

Polyfills and transforms enable older browsers to use new JavaScript features. However, many aren't necessary for modern browsers. Consider modifying your JavaScript build process to not transpile Baseline features, unless you know you must support older browsers. Learn why most sites can deploy ES6+ code without transpiling FCP LCP

Modern HTTP

HTTP/2 and HTTP/3 offer many benefits over HTTP/1.1, such as multiplexing. Learn more about using modern HTTP. FCP LCP

Optimize viewport for mobile

Tap interactions may be delayed by up to 300 ms if the viewport is not optimized for mobile.

head > meta

```
<meta name="viewport" content="width=device-width, initial-scale=1">
```

Defer offscreen images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. Learn how to defer offscreen images. FCP LCP

Install a lazy-load WordPress plugin that provides the ability to defer any offscreen images, or switch to a theme that provides that functionality. Also consider using the AMP plugin.

Enable LazyLoad in WP Rocket to fix this recommendation. This feature delays the loading of the images until the visitor scrolls down the page and actually needs to see them.

Minify CSS

Minifying CSS files can reduce network payload sizes. Learn how to minify CSS. FCP LCP

A number of WordPress plugins can speed up your site by concatenating, minifying, and compressing your styles. You may also want to use a build process to do this minification up-front if possible.

Enable Minify CSS files in 'WP Rocket' to fix this issue. Any spaces and comments in your site's CSS files will be removed to make the file size smaller and faster to download.

Use HTTP/2

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing. Learn more about HTTP/2. LCP FCP

Avoids enormous network payloads — Total size was 1,748 KiB

Large network payloads cost users real money and are highly correlated with long load times. Learn how to reduce payload sizes.

Consider showing excerpts in your post lists (e.g. via the more tag), reducing the number of posts shown on a given page, breaking your long posts into multiple pages, or using a plugin to lazy-load comments.

URL	Transfer Size
localhost 1st Party	1,109.2 KiB

URL	Transfer Size
...css/frontend.min.css?ver=3.21.8 (localhost)	170.0 KiB
...colormag-pro/style.css?ver=176... (localhost)	156.1 KiB
...fonts/fa-solid-900.woff2 (localhost)	153.0 KiB
...fonts/fa-brands-400.woff2 (localhost)	115.4 KiB
...css/all.min.css?ver=176... (localhost)	102.4 KiB
...css/everest-forms.css?ver=176... (localhost)	98.1 KiB
...webfonts/fa-brands-400.woff2 (localhost)	80.0 KiB
...fonts/OpenSans-Medium.woff (localhost)	79.0 KiB
...fonts/OpenSans-SemiBold.woff (localhost)	78.6 KiB
...webfonts/fa-solid-900.woff2 (localhost)	76.7 KiB

JavaScript execution time — 0.3 s

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to reduce Javascript execution time](). TBT

URL	Total CPU Time	Script Evaluation	Script Parse
localhost 1st Party	**458 ms**	**37 ms**	**23 ms**
/caet6/ (localhost)	458 ms	37 ms	23 ms
Unattributable	**368 ms**	**91 ms**	**174 ms**
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewKCM.js`	141 ms	50 ms	87 ms
`chrome-extension://lkcagbfjnkomcinoddgooolagloogehp/viewInspect.js`	125 ms	37 ms	87 ms
`Unattributable`	103 ms	4 ms	0 ms

Minimizes main-thread work — 0.9 s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to minimize main-thread work]() TBT

Category	Time Spent
Style & Layout	260 ms
Script Parsing & Compilation	199 ms
Other	188 ms
Script Evaluation	169 ms
Parse HTML & CSS	70 ms
Rendering	30 ms
Garbage Collection	8 ms

○ Lazy load third-party resources with facades

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required. Learn how to defer third-parties with a facade. TBT

Uses passive listeners to improve scrolling performance

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance. Learn more about adopting passive event listeners.

Avoids `document.write()`

For users on slow connections, external scripts dynamically injected via `document.write()` can delay page load by tens of seconds. Learn how to avoid document.write().

Page didn't prevent back/forward cache restoration

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations. Learn more about the bfcache

- ■ Captured at Oct 31, 2025, 2:41 PM GMT+5:30
- ■ Initial page load
- ■ Emulated Desktop with Lighthouse 12.8.2
- ■ Custom throttling
- ■ Single page session
- ■ Using Chromium 141.0.0.0 with devtools

Generated by **Lighthouse** 12.8.2 | File an issue