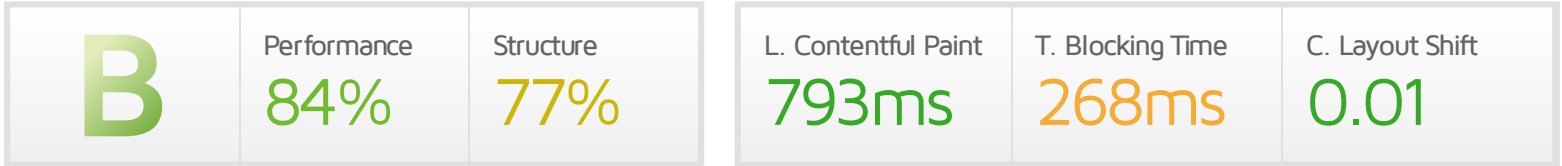


## Performance Report for: <https://trevorgraytherapy.co.uk/>

Report generated: Thu, Mar 7, 2024 11:12 AM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



### Top Issues

Med-High	Avoid an excessive DOM size <small>TBT</small>	2,931 elements
Med-High	Avoid enormous network payloads <small>LCP</small>	Total size was 4.07MB
Med	Use explicit width and height on image elements <small>CLS</small>	18 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 3.66MB
Med	Use a Content Delivery Network (CDN)	86 resources found

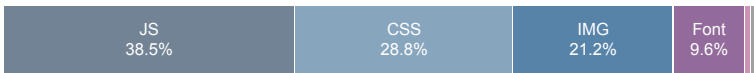
### Page Details



#### Total Page Size - 4.07MB



#### Total Page Requests - 104



■ 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.**

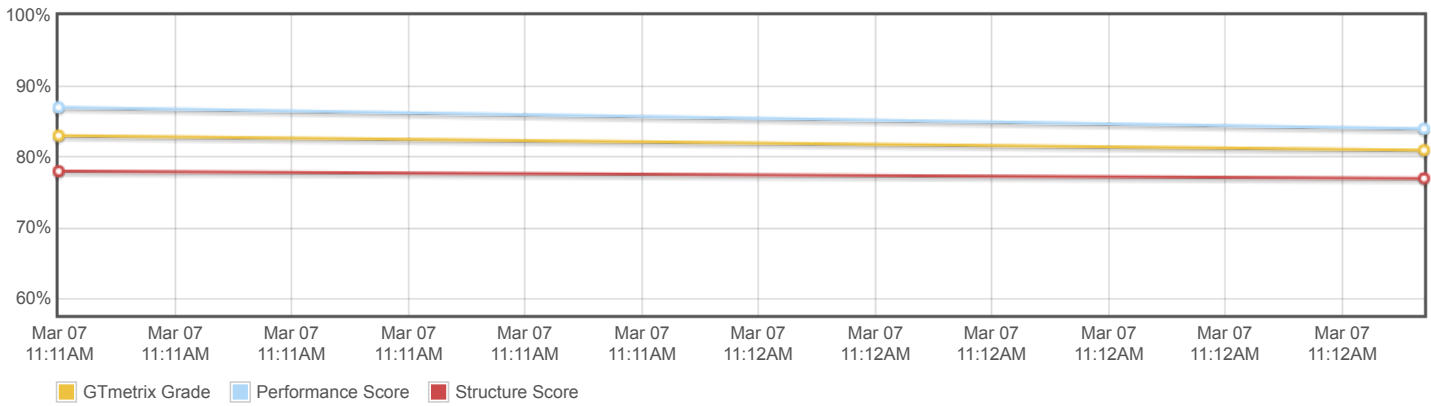
### About GTmetrix



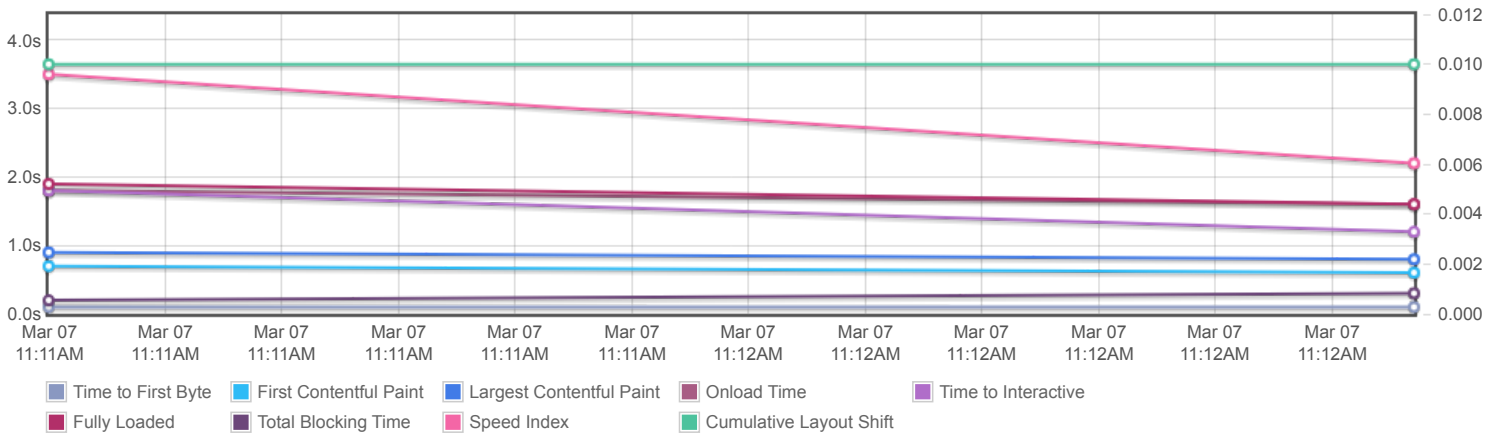
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

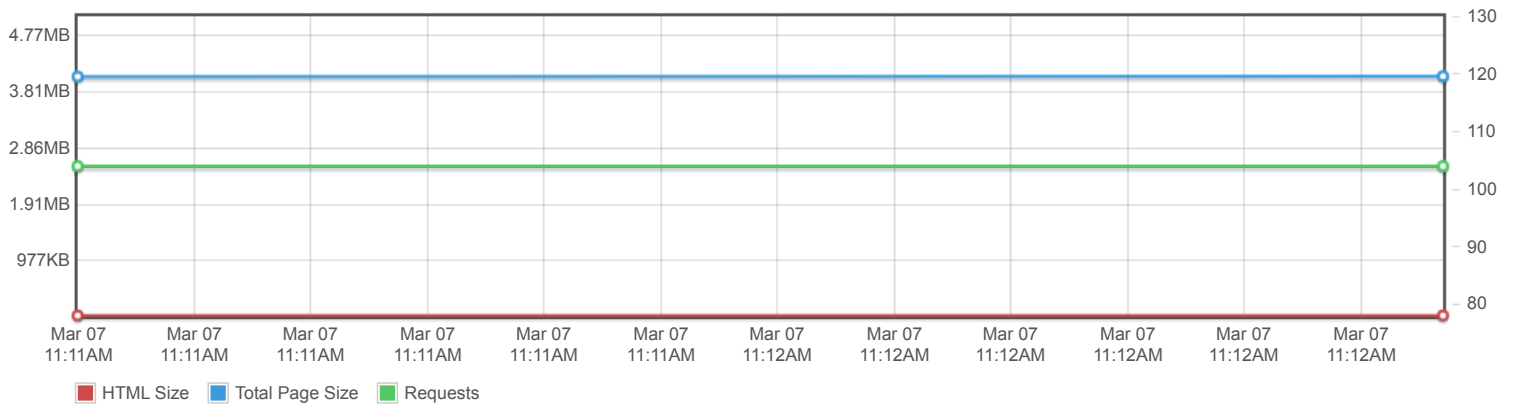
### Page scores



### Page metrics

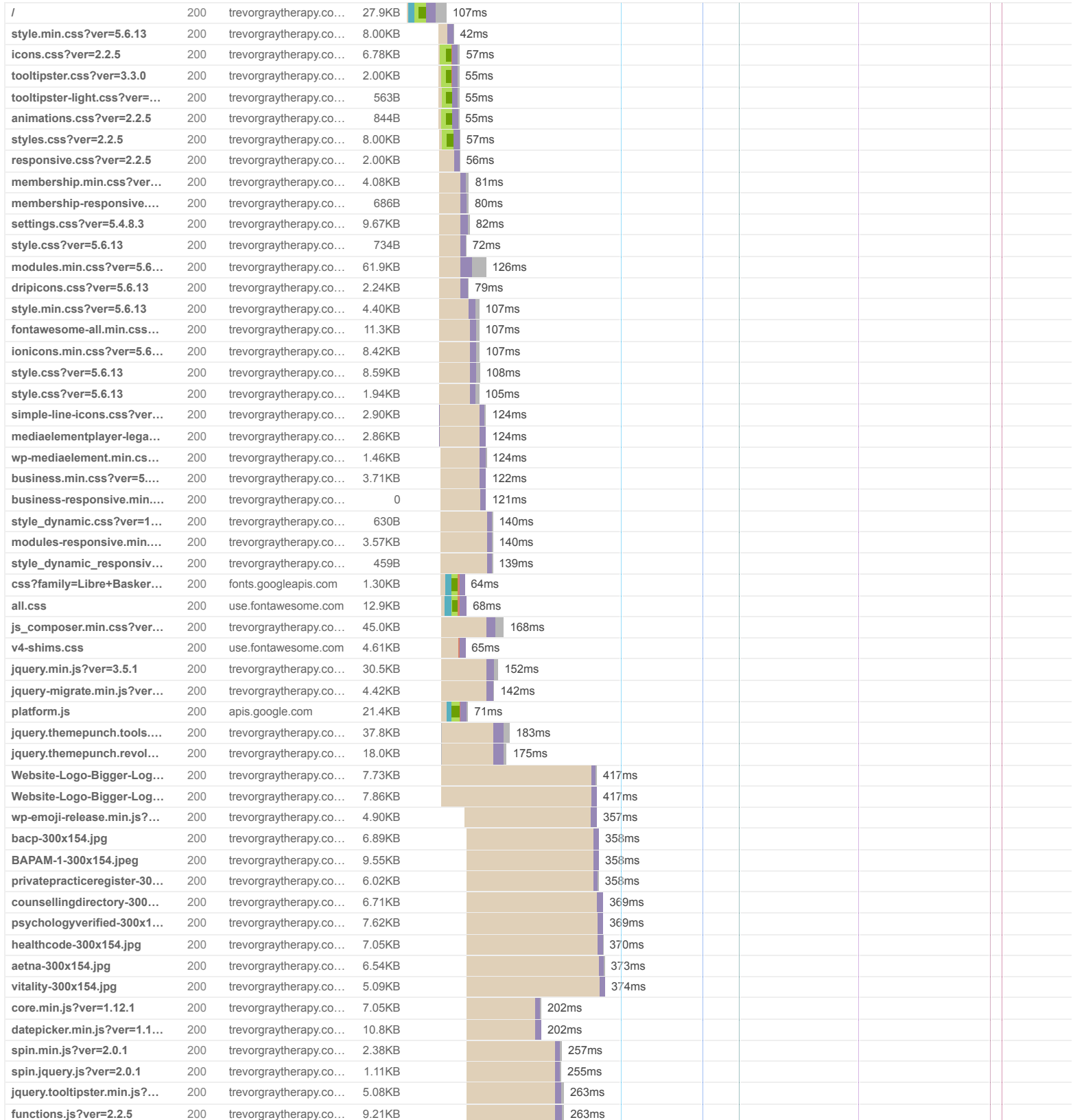


### Page sizes and request counts

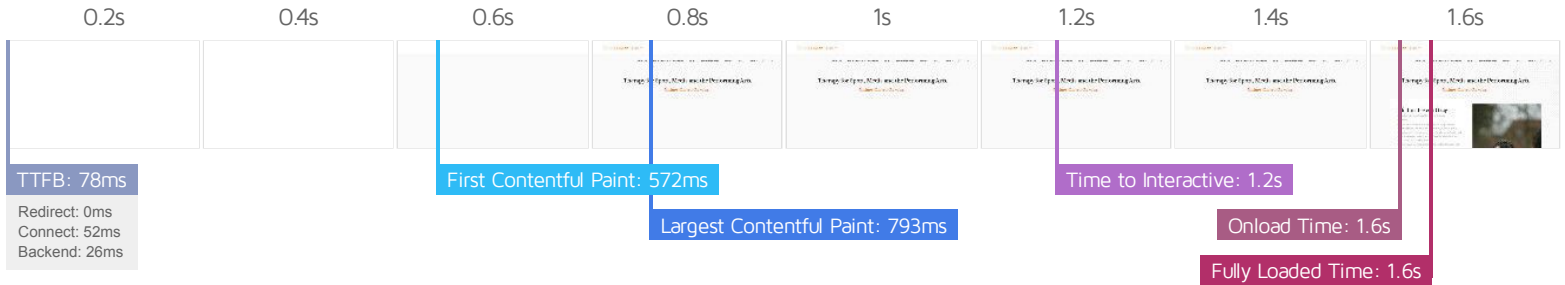


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

### Trevor Gray Therapy – Specialising in Performance & The Arts



underscore.min.js?ver=1...	200	trevorgraytherapy.co...	5.88KB									263ms
tabs.min.js?ver=1.12.1	200	trevorgraytherapy.co...	4.16KB									258ms
modules.min.js?ver=5.6.13	200	trevorgraytherapy.co...	20.6KB									288ms
membership.min.js?ver=...	200	trevorgraytherapy.co...	2.19KB									271ms
mediaelement-and-player...	200	trevorgraytherapy.co...	38.1KB									301ms
mediaelement-migrate.mi...	200	trevorgraytherapy.co...	896B									281ms
wp-mediaelement.min.js?...	200	trevorgraytherapy.co...	827B									280ms
jquery.appear.js?ver=5.6.13	200	trevorgraytherapy.co...	1.20KB									281ms
modernizr.min.js?ver=5.6...	200	trevorgraytherapy.co...	6.13KB									287ms
hoverIntent.min.js?ver=1...	200	trevorgraytherapy.co...	844B									297ms
jquery.plugin.js?ver=5.6.13	200	trevorgraytherapy.co...	1.97KB									297ms
owl.carousel.min.js?ver=...	200	trevorgraytherapy.co...	11.5KB									299ms
jquery.waypoints.min.js?...	200	trevorgraytherapy.co...	3.04KB									303ms
fluidvids.min.js?ver=5.6.13	200	trevorgraytherapy.co...	1.06KB									304ms
perfect-scrollbar.jquery.m...	200	trevorgraytherapy.co...	5.64KB									315ms
ScrollToPlugin.min.js?ver...	200	trevorgraytherapy.co...	1.86KB									314ms
parallax.min.js?ver=5.6.13	200	trevorgraytherapy.co...	987B									314ms
jquery.waitforimages.js?v...	200	trevorgraytherapy.co...	1.25KB									320ms
jquery.prettyPhoto.js?ver...	200	trevorgraytherapy.co...	6.23KB									321ms
jquery.easing.1.3.js?ver=...	200	trevorgraytherapy.co...	2.17KB									320ms
isotope.pkgd.min.js?ver=...	200	trevorgraytherapy.co...	10.1KB									332ms
packery-mode.pkgd.min.j...	200	trevorgraytherapy.co...	4.35KB									331ms
vivus.min.js?ver=5.6.13	200	trevorgraytherapy.co...	4.04KB									332ms
business.min.js?ver=5.6.13	200	trevorgraytherapy.co...	0									337ms
wp-embed.min.js?ver=5.6...	200	trevorgraytherapy.co...	1.13KB									338ms
js_composer_front.min.js...	200	trevorgraytherapy.co...	6.03KB									332ms
/	200	trevorgraytherapy.co...	194KB									161ms
ElegantIcons.woff	200	trevorgraytherapy.co...	62.2KB									197ms
6xKydsBYKcSV-LCoeQqf...	200	fonts.gstatic.com	14.4KB									218ms
linea-arrows-10.woff	200	trevorgraytherapy.co...	7.70KB									165ms
6xKydsBYKcSV-LCoeQqf...	200	fonts.gstatic.com	14.5KB									214ms
kmKiZrc3Hgbbcjq75U4us...	200	fonts.gstatic.com	27.3KB									217ms
TuesdayNight-Regular.otf	200	trevorgraytherapy.co...	100KB									219ms
6xK3dsBYKcSV-LCoeQqf...	200	fonts.gstatic.com	14.5KB									215ms
dripicons-v2.woff	200	trevorgraytherapy.co...	25.7KB									192ms
Linearicons-Free.woff2?w...	200	trevorgraytherapy.co...	21.6KB									161ms
Orange-e1586543940874....	200	trevorgraytherapy.co...	6.45KB									30ms
sdk.js	200	connect.facebook.net	1.65KB									35ms
sdk.js?hash=6dacca38e0...	200	connect.facebook.net	86.7KB									47ms
4.jpg	200	trevorgraytherapy.co...	416KB									208ms
TrevFootball2.jpg	200	trevorgraytherapy.co...	305KB									167ms
TrevMusic2.jpg	200	trevorgraytherapy.co...	210KB									158ms
61330004.jpg	200	trevorgraytherapy.co...	334KB									193ms
TrevFootball.jpg	200	trevorgraytherapy.co...	504KB									236ms
TrevMusic1.jpg	200	trevorgraytherapy.co...	378KB									224ms
61330024.jpg	200	trevorgraytherapy.co...	324KB									248ms
RussLWFC.jpeg	200	trevorgraytherapy.co...	179KB									86ms
AdeleCDC2.jpeg	200	trevorgraytherapy.co...	156KB									117ms
ChrisLPMH2.jpeg	200	trevorgraytherapy.co...	156KB									117ms
linea-basic-10.woff	200	trevorgraytherapy.co...	12.2KB									129ms
cropped-Logo-Atom-Oran...	200	trevorgraytherapy.co...	1.20KB									16ms
<b>104 Requests</b>	<b>4.07MB</b>	<b>(6.53MB Uncompressed)</b>	<b>1.6s</b>	<b>(Onload 1.6s)</b>								



### Performance Metrics

<p><b>First Contentful Paint</b></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><b>571ms</b></p>	<p><b>Time to Interactive</b></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><b>1.2s</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Longer than recommended</p> <p><b>2.2s</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Longer than recommended</p> <p><b>268ms</b></p>
<p><b>Largest Contentful Paint</b></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><b>793ms</b></p>	<p><b>Cumulative Layout Shift</b></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><b>0.01</b></p>

### Browser Timings

Redirect	0ms	Connect	52ms	Backend	26ms
TTFB	78ms	First Paint	572ms	DOM Int.	878ms
DOM Loaded	892ms	Onload	1.6s	Fully Loaded	1.6s

IMPACT AUDIT

Med-Low

**Eliminate render-blocking resources** FCP LCP

Potential savings of 305ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
<a href="https://trevorgraytherapy.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=5.6.13</a>	8.00KB	804ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/icons.css?ver=2.2.5">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/icons.css?ver=2.2.5</a>	6.78KB	804ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/css/tooltipster.css?ver=3.3.0">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/css/tooltipster.css?ver=3.3.0</a>	2.00KB	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/css/themes/tooltipster-light.css?ver=3.3.0">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/css/themes/tooltipster-light.css?ver=3.3.0</a>	563B	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/animations.css?ver=2.2.5">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/animations.css?ver=2.2.5</a>	844B	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/styles.css?ver=2.2.5">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/styles.css?ver=2.2.5</a>	8.00KB	804ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/responsive.css?ver=2.2.5">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/responsive.css?ver=2.2.5</a>	2.00KB	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-membership/assets/css/membership.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-membership/assets/css/membership.min.css?ver=5.6.13</a>	4.08KB	644ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-membership/assets/css/membership-responsive.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-membership/assets/css/membership-responsive.min.css?ver=5.6.13</a>	686B	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/css/settings.css?ver=5.4.8.3">https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/css/settings.css?ver=5.4.8.3</a>	9.67KB	965ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/style.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/style.css?ver=5.6.13</a>	734B	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules.min.css?ver=5.6.13</a>	61.9KB	3.0s
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/dripicons/dripicons.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/dripicons/dripicons.css?ver=5.6.13</a>	2.24KB	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/elegant-icons/style.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/elegant-icons/style.min.css?ver=5.6.13</a>	4.40KB	644ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/font-awesome/css/fontawesome-all.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/font-awesome/css/fontawesome-all.min.css?ver=5.6.13</a>	11.3KB	965ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/ion-icons/css/ionicons.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/ion-icons/css/ionicons.min.css?ver=5.6.13</a>	8.42KB	804ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/style.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/style.css?ver=5.6.13</a>	8.59KB	965ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linear-icons/style.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linear-icons/style.css?ver=5.6.13</a>	1.94KB	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/simple-line-icons/simple-line-icons.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/simple-line-icons/simple-line-icons.css?ver=5.6.13</a>	2.90KB	644ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelementplayer-legacy.min.css?ver=4.2.16">https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelementplayer-legacy.min.css?ver=4.2.16</a>	2.86KB	644ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=5.6.13</a>	1.46KB	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business.min.css?ver=5.6.13</a>	3.71KB	644ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business-responsive.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business-responsive.min.css?ver=5.6.13</a>	289B	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style_dynamic.css?ver=1589107826">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style_dynamic.css?ver=1589107826</a>	630B	484ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules-responsive.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules-responsive.min.css?ver=5.6.13</a>	3.57KB	644ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style_dynamic_responsive.css?ver=1589107826">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style_dynamic_responsive.css?ver=1589107826</a>	459B	484ms
<a href="https://fonts.googleapis.com/css?family=Libre+Baskerville%3A300%2C400%2C600%2C700%7CSource+Sans+Pro%3A300%2C400%2C600%2C700&amp;subset=latin-ext&amp;ver=1.0.0">https://fonts.googleapis.com/css?family=Libre+Baskerville%3A300%2C400%2C600%2C700%7CSource+Sans+Pro%3A300%2C400%2C600%2C700&amp;subset=latin-ext&amp;ver=1.0.0</a>	1.30KB	760ms
<a href="https://use.fontawesome.com/releases/v5.15.2/css/all.css">https://use.fontawesome.com/releases/v5.15.2/css/all.css</a>	12.9KB	1.2s
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/css/js_composer.min.css?ver=6.0.3">https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/css/js_composer.min.css?ver=6.0.3</a>	45.0KB	2.1s
<a href="https://use.fontawesome.com/releases/v5.15.2/css/v4-shims.css">https://use.fontawesome.com/releases/v5.15.2/css/v4-shims.css</a>	4.61KB	151ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1</a>	30.5KB	1.8s
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.3.2">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.3.2</a>	4.42KB	644ms
<a href="https://apis.google.com/js/platform.js">https://apis.google.com/js/platform.js</a>	21.9KB	1.5s
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3">https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3</a>	37.8KB	1.8s
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8.3">https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8.3</a>	18.0KB	1.1s

Low

**Use passive listeners to improve scrolling performance**

1 event listener not passive

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

URL	LOCATION
<ul style="list-style-type: none"> <li><a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1</a></li> </ul>	Line:1

Low

**Properly size images**

Potential savings of 2.24MB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball.jpg</a>	504KB	388KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/4.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/4.jpg</a>	416KB	321KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic1.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic1.jpg</a>	378KB	291KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball2.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball2.jpg</a>	305KB	235KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330004.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330004.jpg</a>	333KB	219KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330024.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330024.jpg</a>	324KB	213KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2022/01/RussLWFC.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2022/01/RussLWFC.jpeg</a>	179KB	167KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic2.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic2.jpg</a>	210KB	162KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/ChrisLPMH2.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/ChrisLPMH2.jpeg</a>	156KB	146KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/AdeleCDC2.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/AdeleCDC2.jpeg</a>	156KB	146KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/Website-Logo-Bigger-Logo-Atom-e1587629550945.png">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/Website-Logo-Bigger-Logo-Atom-e1587629550945.png</a>	7.59KB	5.74KB

Low

**Use HTTP/2 for all resources**

Potential savings of 110ms

HTTP/2 offers many benefits over HTTP/1.1, including binary headers and multiplexing.

<a href="https://trevorgraytherapy.co.uk/">https://trevorgraytherapy.co.uk/</a>	http/1.1
<a href="https://trevorgraytherapy.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=5.6.13</a>	http/1.1
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• <a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2022/01/RussLWFC.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2022/01/RussLWFC.jpeg</a>	http/1.1
• <a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/AdeleCDC2.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/AdeleCDC2.jpeg</a>	http/1.1
• <a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/Chris_PMH2.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/Chris_PMH2.jpeg</a>	http/1.1
• <a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/basic/fonts/linea-basic-10.woff">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/basic/fonts/linea-basic-10.woff</a>	http/1.1
• <a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/cropped-Logo-Atom-Orange-1-32x32.png">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/cropped-Logo-Atom-Orange-1-32x32.png</a>	http/1.1

Low

Ensure text remains visible during webfont load

FCP

LCP

10 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/elegant-icons/fonts/ElegantIcons.woff">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/elegant-icons/fonts/ElegantIcons.woff</a>	59ms
<a href="https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2">https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2</a>	80ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/arrows/fonts/linea-arrows-10.woff">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/arrows/fonts/linea-arrows-10.woff</a>	27ms
<a href="https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3i54rwlxdu.woff2">https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3i54rwlxdu.woff2</a>	76ms
<a href="https://fonts.gstatic.com/s/librebaskerville/v14/kmKiZrc3Hqbbcg75U4uslyuy4kn0qviTgY3KcA.woff2">https://fonts.gstatic.com/s/librebaskerville/v14/kmKiZrc3Hqbbcg75U4uslyuy4kn0qviTgY3KcA.woff2</a>	81ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/font/TuesdayNight-Regular.otf">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/font/TuesdayNight-Regular.otf</a>	82ms
<a href="https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2">https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2</a>	77ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/dripicons/fonts/dripicons-v2.woff">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/dripicons/fonts/dripicons-v2.woff</a>	55ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linear-icons/fonts/Linearicons-Free.woff2?w118d">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linear-icons/fonts/Linearicons-Free.woff2?w118d</a>	25ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/basic/fonts/linea-basic-10.woff">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/basic/fonts/linea-basic-10.woff</a>	24ms

**Low** Reduce JavaScript execution time TBT 516ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
<a href="https://trevorgraytherapy.co.uk/">https://trevorgraytherapy.co.uk/</a>	697ms	60ms	2ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1</a>	642ms	417ms	1ms
Unattributable	269ms	19ms	0ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3">https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3</a>	125ms	14ms	1ms

**Low** Avoid chaining critical requests FCP LCP 71 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: 1.5s

#### INITIAL NAVIGATION

<a href="https://trevorgraytherapy.co.uk/">https://trevorgraytherapy.co.uk/</a> 27.9KB, 105ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/modernizr.min.js?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/modernizr.min.js?ver=5.6.13</a> 6.13KB, 16ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.3.2">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.3.2</a> 4.42KB, 134ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business.min.css?ver=5.6.13</a> 3.71KB, 119ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/ui/tabs.min.js?ver=1.12.1">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/ui/tabs.min.js?ver=1.12.1</a> 4.16KB, 25ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/css/tooltipster.css?ver=3.3.0">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/css/tooltipster.css?ver=3.3.0</a> 2.00KB, 52ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules.min.js?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules.min.js?ver=5.6.13</a> 20.6KB, 31ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=5.6.13</a> 1.46KB, 119ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/underscore.min.js?ver=1.8.3">https://trevorgraytherapy.co.uk/wp-includes/js/underscore.min.js?ver=1.8.3</a> 5.88KB, 31ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelement-migrate.min.js?ver=5.6.13</a> 896B, 18ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/animations.css?ver=2.2.5">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/animations.css?ver=2.2.5</a> 844B, 52ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/css/js_composer.min.css?ver=6.0.3">https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/css/js_composer.min.css?ver=6.0.3</a> 45.0KB, 160ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style_dynamic.css?ver=1589107826">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style_dynamic.css?ver=1589107826</a> 630B, 132ms
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1</a> 30.5KB, 144ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/perfect-scrollbar.jquery.min.js?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/perfect-scrollbar.jquery.min.js?ver=5.6.13</a> 5.64KB, 17ms
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/font-awesome/css/fontawesome-all.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/font-awesome/css/fontawesome-all.min.css?ver=5.6.13</a> 11.3KB, 102ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business-responsive.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/css/business-responsive.min.css?ver=5.6.13</a> 289B, 118ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/js/business.min.js?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-business/assets/js/business.min.js?ver=5.6.13</a> 303B, 17ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/css/themes/tooltipster-light.css?ver=3.3.0> 563B, 52ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/tooltipster/js/jquery.tooltipster.min.js?ver=3.3.0> 5.08KB, 30ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/ion-icons/css/ionicons.min.css?ver=5.6.13> 8.42KB, 102ms

<https://trevorgraytherapy.co.uk/wp-includes/js/jquery/ui/datepicker.min.js?ver=1.12.1> 10.8KB, 19ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/jquery.waypoints.min.js?ver=5.6.13> 3.04KB, 16ms

<https://trevorgraytherapy.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=5.6.13> 8.00KB, 38ms

<https://trevorgraytherapy.co.uk/wp-includes/js/wp-embed.min.js?ver=5.6.13> 1.13KB, 17ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/jquery.appear.js?ver=5.6.13> 1.20KB, 17ms

<https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.16> 38.1KB, 43ms

<https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelementplayer-legacy.min.css?ver=4.2.16> 2.86KB, 119ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/vivus.min.js?ver=5.6.13> 4.04KB, 17ms

<https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=5.6.13> 827B, 16ms

<https://use.fontawesome.com/releases/v5.15.2/css/all.css> 12.9KB, 60ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/parallax.min.js?ver=5.6.13> 987B, 15ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/jquery.easing.1.3.js?ver=5.6.13> 2.17KB, 16ms

[https://trevorgraytherapy.co.uk/wp-content/plugins/js\\_composer/assets/js/dist/js\\_composer\\_front.min.js?ver=6.0.3](https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/js/dist/js_composer_front.min.js?ver=6.0.3) 6.03KB, 17ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/jquery.prettyPhoto.js?ver=5.6.13> 6.23KB, 17ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.revolution.min.js?ver=5.4.8.3> 18.0KB, 168ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/simple-line-icons/simple-line-icons.css?ver=5.6.13> 2.90KB, 119ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/fluidvids.min.js?ver=5.6.13> 1.06KB, 16ms

[https://trevorgraytherapy.co.uk/wp-content/plugins/js\\_composer/assets/lib/bower/isotope/dist/isotope.pkgd.min.js?ver=6.0.3](https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/lib/bower/isotope/dist/isotope.pkgd.min.js?ver=6.0.3) 10.1KB, 17ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-membership/assets/css/membership.min.css?ver=5.6.13> 4.08KB, 78ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/responsive.css?ver=2.2.5> 2.00KB, 53ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3> 37.8KB, 175ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/spin.min.js?ver=2.0.1> 2.38KB, 24ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/jquery.waitforimages.js?ver=5.6.13> 1.25KB, 20ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/icons.css?ver=2.2.5> 6.78KB, 54ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/packery-mode.pkgd.min.js?ver=5.6.13> 4.35KB, 17ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/ScrollToPlugin.min.js?ver=5.6.13> 1.86KB, 16ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/css/settings.css?ver=5.4.8.3> 9.67KB, 78ms

<https://apis.google.com/js/platform.js> 21.9KB, 63ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/owl.carousel.min.js?ver=5.6.13> 11.5KB, 17ms

<https://use.fontawesome.com/releases/v5.15.2/css/v4-shims.css> 4.61KB, 57ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/spin.jquery.js?ver=2.0.1> 1.11KB, 23ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-membership/assets/css/membership-responsive.min.css?ver=5.6.13> 686B, 77ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/js/modules/plugins/jquery.plugin.js?ver=5.6.13> 1.97KB, 15ms

<https://trevorgraytherapy.co.uk/wp-includes/js/jquery/ui/core.min.js?ver=1.12.1> 7.05KB, 19ms

<https://trevorgraytherapy.co.uk/wp-includes/js/hoverIntent.min.js?ver=1.8.1> 844B, 15ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/functions.js?ver=2.2.5> 9.21KB, 30ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/everlead-membership/assets/js/membership.min.js?ver=5.6.13> 2.19KB, 14ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/style.css?ver=5.6.13> 734B, 68ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules-responsive.min.css?ver=5.6.13> 3.57KB, 132ms

<https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/css/styles.css?ver=2.2.5> 8.00KB, 54ms

[https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style\\_dynamic\\_responsive.css?ver=1589107826](https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/style_dynamic_responsive.css?ver=1589107826) 459B, 131ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linear-icons/style.css?ver=5.6.13> 1.94KB, 100ms

<https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linear-icons/fonts/Linearicons-Free.woff2?w118d> 21.6KB, 25ms

- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules.min.css?ver=5.6.13> 61.9KB, 121ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/font/TuesdayNight-Regular.otf> 100KB, 82ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/dripicons/dripicons.css?ver=5.6.13> 2.24KB, 74ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/dripicons/fonts/dripicons-v2.woff> 25.7KB, 55ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/elegant-icons/style.min.css?ver=5.6.13> 4.40KB, 102ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/elegant-icons/fonts/ElegantIcons.woff> 62.2KB, 59ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/style.css?ver=5.6.13> 8.59KB, 103ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/arrows/fonts/linea-arrows-10.woff> 7.70KB, 27ms
- <https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/basic/fonts/linea-basic-10.woff> 12.2KB, 24ms
- <https://fonts.googleapis.com/css?family=Libre+Baskerville%3A300%2C400%2C600%2C700%7CSource+Sans+Pro%3A300%2C400%2C600%2C700&subset=latin-ext&ver=1.0.0> 1.30KB, 55ms
- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydsBYKcSV-LCoeQqfX1RYOo3i54rwlxdu.woff2> 15.0KB, 76ms
- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2> 14.7KB, 77ms
- <https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydsBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2> 14.5KB, 80ms
- <https://fonts.gstatic.com/s/librebaskerville/v14/kmKiZrc3Hqbbcg75U4uslyuy4kn0qviTgY3KcA.woff2> 27.4KB, 81ms

**Low** **Efficiently encode images** Potential savings of 39.0KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330004.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330004.jpg</a>	333KB	15.7KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330024.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330024.jpg</a>	324KB	12.0KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic2.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic2.jpg</a>	210KB	11.2KB

**Low** **Avoid long main-thread tasks** 3 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1">https://trevorgraytherapy.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.5.1</a>	895ms	318ms
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3">https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3</a>	410ms	142ms
<a href="https://trevorgraytherapy.co.uk/">https://trevorgraytherapy.co.uk/</a>	103ms	56ms

**Low** **Reduce unused CSS** Potential savings of 127KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/assets/css/modules.min.css?ver=5.6.13</a>	61.9KB	57.7KB
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/css/js_composer.min.css?ver=6.0.3">https://trevorgraytherapy.co.uk/wp-content/plugins/js_composer/assets/css/js_composer.min.css?ver=6.0.3</a>	45.0KB	44.8KB
<a href="https://use.fontawesome.com/releases/v5.15.2/css/all.css">https://use.fontawesome.com/releases/v5.15.2/css/all.css</a>	12.9KB	12.9KB
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/font-awesome/css/fontaweso-me-all.min.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/font-awesome/css/fontaweso-me-all.min.css?ver=5.6.13</a>	11.3KB	11.3KB

**Low** **Serve images in next-gen formats** Potential savings of 1.66MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball.jpg</a>	504KB	265KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/4.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/4.jpg</a>	416KB	238KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic1.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic1.jpg</a>	378KB	214KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330024.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330024.jpg</a>	324KB	192KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball2.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevFootball2.jpg</a>	305KB	190KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330004.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/61330004.jpg</a>	333KB	185KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic2.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/TrevMusic2.jpg</a>	210KB	132KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2022/01/RussLWFC.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2022/01/RussLWFC.jpeg</a>	179KB	102KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/ChrisLPMH2.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/ChrisLPMH2.jpeg</a>	156KB	92.6KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/AdeleCDC2.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/AdeleCDC2.jpeg</a>	156KB	91.1KB

**Low** **Defer offscreen images** Potential savings of 53.3KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/BAPAM-1-300x154.jpeg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/BAPAM-1-300x154.jpeg</a>	9.28KB	9.28KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/psychologyverified-300x154.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/psychologyverified-300x154.jpg</a>	7.35KB	7.35KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/healthcode-300x154.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/healthcode-300x154.jpg</a>	6.78KB	6.78KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/bacp-300x154.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/bacp-300x154.jpg</a>	6.62KB	6.62KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/counsellingdirectory-300x154.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/counsellingdirectory-300x154.jpg</a>	6.44KB	6.44KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/aetna-300x154.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/aetna-300x154.jpg</a>	6.26KB	6.26KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/privatepracticeregister-300x154.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/privatepracticeregister-300x154.jpg</a>	5.75KB	5.75KB
<a href="https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/vitality-300x154.jpg">https://trevorgraytherapy.co.uk/wp-content/uploads/2020/04/vitality-300x154.jpg</a>	4.82KB	4.82KB

**Low** **Minify CSS** FCP LCP Potential savings of 3.82KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/style.css?ver=5.6.13">https://trevorgraytherapy.co.uk/wp-content/themes/everlead/framework/lib/icons-pack/linea-icons/style.css?ver=5.6.13</a>	8.59KB	3.82KB

**Low** **Avoid non-composited animations** CLS 4 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT

NAME

Performers Psychotherapy

```
<div class="mkdf-lh-slider-images mkdf-owl-slider owl-loaded owl-drag" data-number-of-items="1" data-enable-loop="yes" data-enable-autoplay="yes" data-slider-speed="5000" data-slider-speed-animation="600" data-enable-navigation="no" data-enable-pagination="no" style="visibility: visible;">
```

Unsupported CSS Property: clip-path

clip-path

```
div.mkdf-page-content-holder > div.vc_row > div.mkdf-row-bg-svg-holder > span.mkdf-row-bg-svg
```

```
<span class="mkdf-row-bg-svg" style="top: 45px;left: 69.5%">
```

Unsupported CSS Property: visibility

visibility

```
div.vc_row > div.mkdf-row-bg-svg-holder > span.mkdf-row-bg-svg > svg
```

```
<svg xmlns="http://www.w3.org/2000/svg" xmlns:xlink="http://www.w3.org/1999/xlink" x="0px" y="0px" width="479.166px" height="463.804px" viewBox="0 0 479.166 463.804" enable-background="new 0 0 479.166 463.804" xml:space="preserve">
```

Unsupported CSS Property: visibility

visibility

Hi, I'm Trevor Gray Psychotherapy, Counselling and Performance Mentoring I've ...

```
<div class="mkdf-lh-content">
```

Unsupported CSS Property: clip-path

clip-path

Low

**Minify JavaScript** FCP LCP

Potential savings of 2.21KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• <a href="https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/functions.js?ver=2.2.5">https://trevorgraytherapy.co.uk/wp-content/plugins/booked/assets/js/functions.js?ver=2.2.5</a>	9.21KB	2.21KB

Low

**Reduce unused JavaScript** LCP

Potential savings of 124KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://connect.facebook.net/en_US/sdk.js?hash=6dacca38e0692f9af1cfd8b85df702b2">https://connect.facebook.net/en_US/sdk.js?hash=6dacca38e0692f9af1cfd8b85df702b2</a>	86.7KB	64.4KB
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.16">https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.16</a>	38.1KB	31.1KB
<a href="https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3">https://trevorgraytherapy.co.uk/wp-content/plugins/revslider/public/assets/js/jquery.themepunch.tools.min.js?ver=5.4.8.3</a>	37.8KB	28.5KB

N/A

**Largest Contentful Paint element** LCP

790 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Therapy for Sport, Media and the Performing Arts.

```
<h3 style="text-align: center;">
```

PHASE	% OF LCP	TIMING
TTFB	10%	78ms
Load Delay	0%	0ms

PHASE	% OF LCP	TIMING
Load Time	0%	0ms
Render Delay	90%	715ms

N/A **Reduce initial server response time** FCP LCP Root document took 25ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
<ul style="list-style-type: none"> <li><a href="https://trevorgraytherapy.co.uk/">https://trevorgraytherapy.co.uk/</a></li> </ul>	25ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 11.3KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
<a href="https://apis.google.com/js/platform.js">https://apis.google.com/js/platform.js</a> Line:60 Column:394 <code>Date.prototype.toISOString</code>	11.2KB
<a href="https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.16">https://trevorgraytherapy.co.uk/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.16</a> Line:11 Column:12531 <code>@babel/plugin-transform-classes</code>	54B

N/A **Avoid large layout shifts** CLS 1 element found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
ABOUT ME PSYCHOTHERAPY & COUNSELLING SPORT PERFORMING ARTS REVIEWS FEES CONTACT... <code>&lt;div class="mkdf-position-right"&gt;</code>	0.01

N/A **Minimize main-thread work** TBT Main-thread busy for 2.0s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.



CATEGORY	TIME SPENT
Other	668ms
Script Evaluation	587ms
Style & Layout	515ms
Rendering	97ms
Parse HTML & CSS	80ms
Script Parsing & Compilation	28ms

N/A

Reduce the impact of third-party code TBT

Total size was 202KB

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
<b>FACEBOOK</b>	90.1KB	0ms
• <a href="https://connect.facebook.net/en_US/sdk.js?hash=6dacca38e0692f9af1cfd8b85df702b2">https://connect.facebook.net/en_US/sdk.js?hash=6dacca38e0692f9af1cfd8b85df702b2</a>	86.7KB	0ms
<b>GOOGLE FONTS</b>	72.9KB	0ms
• <a href="https://fonts.gstatic.com/s/librebaskerville/v14/kmKiZrc3Hgbbcjq75U4uslyuy4kn0qviTgY3KcA.woff2">https://fonts.gstatic.com/s/librebaskerville/v14/kmKiZrc3Hgbbcjq75U4uslyuy4kn0qviTgY3KcA.woff2</a>	27.4KB	0ms
• <a href="https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3if54rwlxdu.woff2">https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3if54rwlxdu.woff2</a>	15.0KB	0ms
• <a href="https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2">https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2</a>	14.7KB	0ms
• <a href="https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2">https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydSBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2</a>	14.5KB	0ms
<b>OTHER GOOGLE APIS/SDKS</b>	21.9KB	0ms
• <a href="https://apis.google.com/js/platform.js">https://apis.google.com/js/platform.js</a>	21.9KB	0ms
<b>FONTAWESOME CDN</b>	17.5KB	0ms
• <a href="https://use.fontawesome.com/releases/v5.15.2/css/all.css">https://use.fontawesome.com/releases/v5.15.2/css/all.css</a>	12.9KB	0ms
• <a href="https://use.fontawesome.com/releases/v5.15.2/css/v4-shims.css">https://use.fontawesome.com/releases/v5.15.2/css/v4-shims.css</a>	4.61KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.