



Performance Report for: <https://www.visionquest-bio.com/>

Report generated: Tue, Mar 12, 2024 1:41 AM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

E	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	38%	84%	5.0s	857ms	0

Top Issues

Med-High	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 601ms
Med	Use explicit width and height on image elements <small>CLS</small>	3 images found
Med	Serve static assets with an efficient cache policy	Potential savings of 2.44MB
Med	Avoid long main-thread tasks <small>TBT</small>	17 long tasks found
Med-Low	Avoid enormous network payloads <small>LCP</small>	Total size was 3.13MB

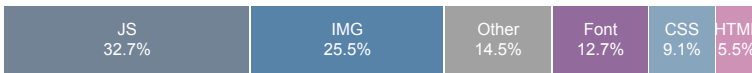
Page Details



Total Page Size - 3.34MB



Total Page Requests - 55



Legend: 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

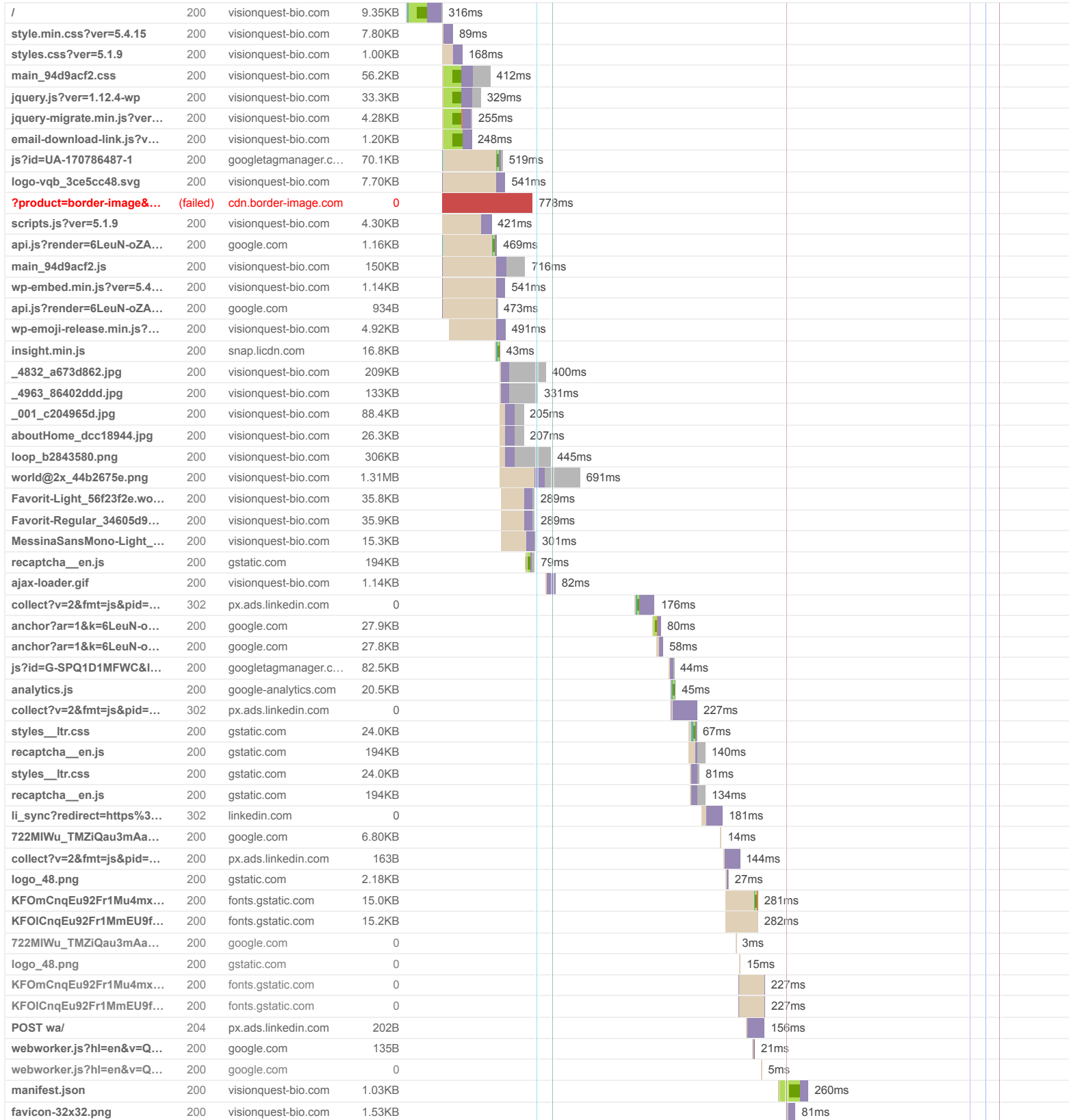


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

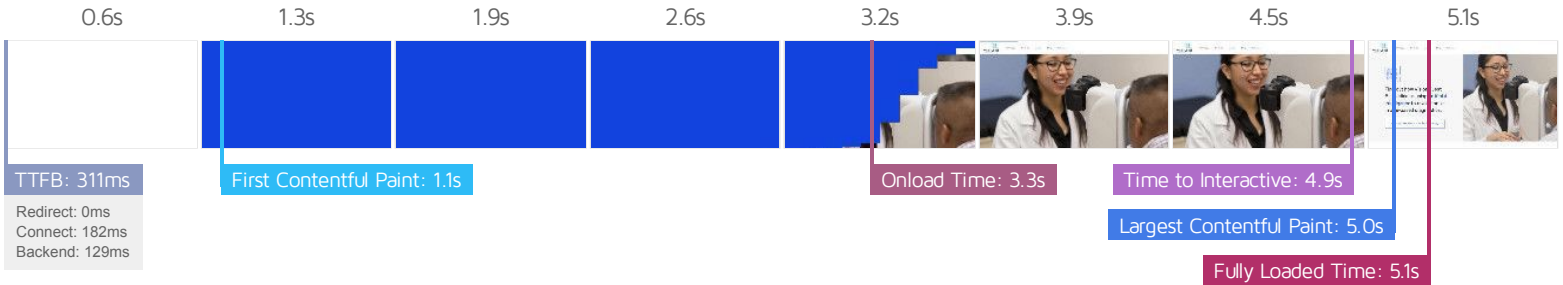
<https://carbon60.com/>

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.

VisionQuest Biomedical - Better health through artificial intelligence



POST reload?k=6LeuN-o...	200	google.com	9.44KB				45ms
POST reload?k=6LeuN-o...	200	google.com	9.59KB				112ms
55 Requests	3.34MB	(6.82MB Uncompressed)	5.1s	(Onload 3.3s)			



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>OK, but consider improvement</p> <p>1.1s</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>4.9s</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>5.1s</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>857ms</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>5.0s</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</p>

Browser Timings

Redirect	0ms	Connect	182ms	Backend	129ms
TTFB	311ms	First Paint	1.1s	DOM Int.	1.2s
DOM Loaded	1.3s	Onload	3.3s	Fully Loaded	5.1s

IMPACT AUDIT

Med-Low

Use a Content Delivery Network (CDN)

19 resources found

CDNs can give an equally fast web experience to your users across the globe.

URL

- <https://www.visionquest-bio.com/wp-includes/css/dist/block-library/style.min.css?ver=5.4.15>
- <https://www.visionquest-bio.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.1.9>
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/styles/main_94d9acf2.css
- <https://www.visionquest-bio.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp>
- <https://www.visionquest-bio.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1>
- <https://www.visionquest-bio.com/wp-content/plugins/email-download-link/inc/email-download-link.js?ver=2.2>
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/logo-vqb_3ce5cc48.svg
- <https://www.visionquest-bio.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.1.9>
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/scripts/main_94d9acf2.js
- <https://www.visionquest-bio.com/wp-includes/js/wp-embed.min.js?ver=5.4.15>
- <https://www.visionquest-bio.com/wp-includes/js/wp-emoji-release.min.js?ver=5.4.15>
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/4832_a673d862.jpg
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/4963_86402ddd.jpg
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/001_c204965d.jpg
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/aboutHome_dcc18944.jpg
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/loop_b2843580.png
- https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/world@2x_44b2675e.png
- <https://www.visionquest-bio.com/wp-content/plugins/contact-form-7/images/ajax-loader.gif>
- https://px.ads.linkedin.com/collect?v=2&fmt=js&pid=2573777&time=1710232869172&li_adslId=3fd0a2f0-56a0-44b3-b1df-80161e81938f&url=https%3A%2F%2Fwww.visionquest-bio.com%2F&cookiesTest=true&liSync=true

Med-Low

Avoid chaining critical requests

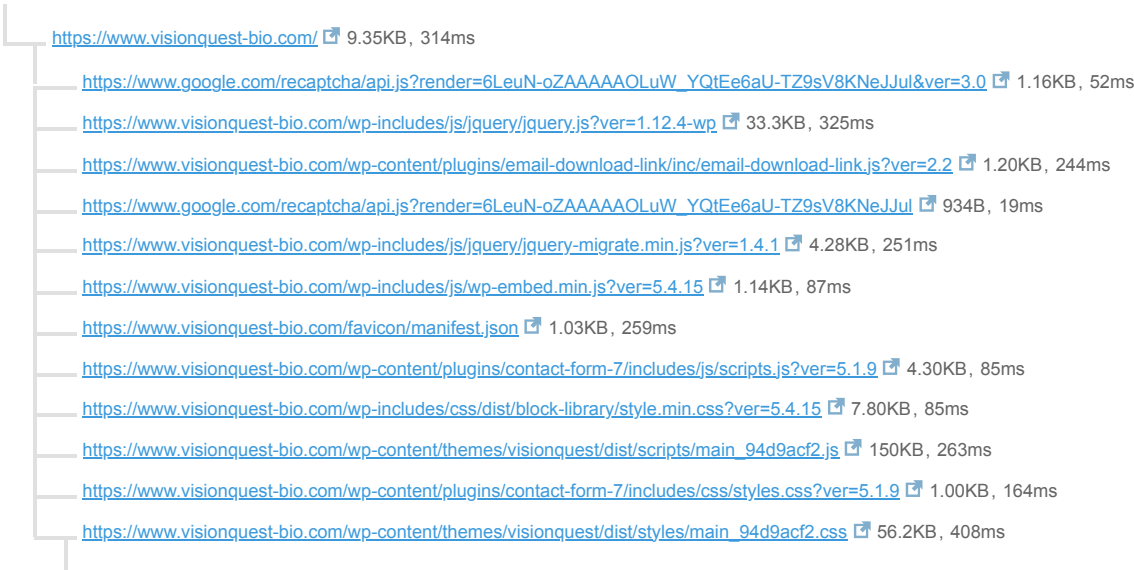
FCP LCP

14 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: **3.5s**

INITIAL NAVIGATION



https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/Favorit-Light_56f23f2e.woff2 35.8KB, 171ms

https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/MessinaSansMono-Light_d584c1fa.woff2 15.3KB, 183ms

https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/Favorit-Regular_34605d9b.woff2 35.9KB, 171ms

Low

Reduce JavaScript execution time TBT

1.4s 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
https://www.visionquest-bio.com/	2.6s	52ms	2ms
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/scripts/main_94d9acf2.js	2.3s	111ms	34ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	900ms	772ms	62ms
Unattributable	392ms	3ms	0ms
https://www.visionquest-bio.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp	167ms	139ms	2ms
https://www.googletagmanager.com/gtag/js?id=UA-170786487-1	90ms	86ms	3ms
https://www.googletagmanager.com/gtag/js?id=G-SPQ1D1MFWC&l=dataLayer&cx=c	80ms	72ms	7ms
https://www.google-analytics.com/analytics.js	57ms	55ms	2ms

Low

Use HTTP/2 for all resources

Potential savings of 300ms

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

URL	PROTOCOL
https://www.visionquest-bio.com/	http/1.1
https://www.visionquest-bio.com/wp-includes/css/dist/block-library/style.min.css?ver=5.4.15	http/1.1
https://www.visionquest-bio.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.1.9	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/styles/main_94d9acf2.css	http/1.1
https://www.visionquest-bio.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp	http/1.1
https://www.visionquest-bio.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1	http/1.1
https://www.visionquest-bio.com/wp-content/plugins/email-download-link/inc/email-download-link.js?ver=2.2	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/logo-vqb_3ce5cc48.svg	http/1.1
https://www.visionquest-bio.com/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.1.9	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/scripts/main_94d9acf2.js	http/1.1
https://www.visionquest-bio.com/wp-includes/js/wp-embed.min.js?ver=5.4.15	http/1.1
https://www.visionquest-bio.com/wp-includes/js/wp-emoji-release.min.js?ver=5.4.15	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/4832_a673d862.jpg	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/4963_86402ddd.jpg	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/001_c204965d.jpg	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/aboutHome_dcc18944.jpg	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/loop_b2843580.png	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/world@2x_44b2675e.png	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/Favorit-Light_56f23f2e.woff2	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/Favorit-Regular_34605d9b.woff2	http/1.1
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/MessinaSansMono-Light_d584c1fa.woff2	http/1.1
https://www.visionquest-bio.com/wp-content/plugins/contact-form-7/images/ajax-loader.gif	http/1.1
https://www.visionquest-bio.com/favicon/manifest.json	http/1.1
https://www.visionquest-bio.com/favicon/favicon-32x32.png	http/1.1

Low

Ensure text remains visible during webfont load FCP LCP

3 fonts found

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

URL	POTENTIAL SAVINGS
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/Favorit-Light_56f23f2e.woff2	171ms
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/Favorit-Regular_34605d9b.woff2	171ms
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/fonts/MessinaSansMono-Light_d584c1fa.woff2	183ms

Low **Avoid an excessive DOM size** TBT 475 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		475
Maximum DOM Depth	g > g > g#rect > rect#Rectangle-Copy-1088 <rect id="Rectangle-Copy-1088" x="20" y="0" width="2" height="2">	16
Maximum Child Elements	g > g > g > g#rect <g transform="translate(13.000000, 25.000000)" id="rect" fill="#1A3EE2">	224

Low **Reduce unused CSS** FCP LCP Potential savings of 49.7KB

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
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/styles/main_94d9acf2.css	56.2KB	49.7KB

Low **Serve images in next-gen formats** Potential savings of 941KB

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
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/world@2x_44b2675e.png	1.31MB	621KB
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/loop_b2843580.png	306KB	216KB
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/_4832_a673d862.jpg	209KB	39.5KB
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/_4963_86402ddd.jpg	133KB	37.3KB
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/_001_c204965d.jpg	88.1KB	27.2KB

Low **Reduce initial server response time** FCP LCP Root document took 128ms

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

URL	TIME SPENT
https://www.visionquest-bio.com/	128ms

Low **Defer offscreen images** Potential savings of 221KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/_4963_86402ddd.jpg	133KB	133KB
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/images/_001_c204965d.jpg	88.1KB	88.1KB

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

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

ELEMENT	NAME
g > g > g > polyline#Path-2 <polyline id="Path-2" stroke="#1A3EE2" points="90 62 108 62 108 2" class="animaDash"> Unsupported CSS Property: stroke-dashoffset	dash
g > g > g > polyline.animaDash <polyline stroke="#1A3EE2" class="animaDash" points="90 80 107 80 107 114 45 114"> Unsupported CSS Property: stroke-dashoffset	dash
main#main > div#body-classes > section#aboutUshome > div.imagefall <div class="imagefall hide-for-small-only"> Unsupported CSS Properties: background-position-x, background-position-y	fall
g > g > g > path.animaDash <path d="M7,61 L0,61 L0,12 L78,12" stroke="#1A3EE2" class="animaDash" stroke-dasharray="2"> Unsupported CSS Property: stroke-dashoffset	dash

Low **Reduce unused JavaScript** LCP Potential savings of 441KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB	156KB
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/scripts/main_94d9acf2.js	150KB	116KB
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB	99KB
https://www.googletagmanager.com/gtag/js?id=G-SPQ1D1MFWC&l=dataLayer&cx=c	82.6KB	38.9KB
https://www.googletagmanager.com/gtag/js?id=UA-170786487-1	70.5KB	31.8KB

N/A **Largest Contentful Paint element** LCP 5,020 ms

This is the largest contentful element painted within the viewport.

ELEMENT
<div class="imagesfullsize move" style="height: 100%; width: 100%; background-image: url("https://www.visionquest-..."); ">

PHASE	% OF LCP	TIMING
TTFB	6%	311ms
Load Delay	10%	507ms

PHASE	% OF LCP	TIMING
Load Time	7%	327ms
Render Delay	77%	3.9s

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 7.48KB

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
https://www.visionquest-bio.com/wp-content/themes/visionquest/dist/scripts/main_94d9acf2.js Line:52 Column:19214 Line:62 Column:656	7.42KB
https://snap.licdn.com/li.lms-analytics/insight.min.js Line:0 Column:680	59B

N/A **Minimize main-thread work** TBT Main-thread busy for 6.6s

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

CATEGORY	TIME SPENT
Other	3.3s
Script Evaluation	1.3s
Style & Layout	1.2s
Rendering	618ms
Script Parsing & Compilation	116ms
Garbage Collection	39ms
Parse HTML & CSS	31ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 133ms

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
GOOGLE CDN	416KB	107ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	390KB	107ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles_ltr.css	24.6KB	0ms
GOOGLE TAG MANAGER	153KB	21ms
• https://www.googletagmanager.com/gtag/js?id=G-SPQ1D1MFWC&dataLayer&cx=c	82.6KB	19ms
• https://www.googletagmanager.com/gtag/js?id=UA-170786487-1	70.5KB	1ms
GOOGLE ANALYTICS	20.8KB	4ms
• https://www.google-analytics.com/analytics.js	20.8KB	4ms
OTHER GOOGLE APIS/SDKS	84.1KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LeuN-oZAAAAOLuW_YQtEe6aU-TZ9sV8KNeJJul&co=aHR0cHM6Ly93d3cudmlzaW9ucXVlc3QtYmlvLmNvbTo0NDM.&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=y26ihdv4ggcj	27.9KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LeuN-oZAAAAOLuW_YQtEe6aU-TZ9sV8KNeJJul&co=aHR0cHM6Ly93d3cudmlzaW9ucXVlc3QtYmlvLmNvbTo0NDM.&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=vx4dt8doy4fe	27.8KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LeuN-oZAAAAOLuW_YQtEe6aU-TZ9sV8KNeJJul	19.0KB	0ms
• https://www.google.com/js/bg/722MIWu_TMZiQau3mAarHtCk2pd6rTYw5oNsH4wR_g.js	7.20KB	0ms
GOOGLE FONTS	30.8KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOICnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
LINKEDIN ADS	19.7KB	0ms
• https://snap.licdn.com/li.lms-analytics/insight.min.js	17.1KB	0ms
BORDER-IMAGE.COM	0B	0ms

N/A

Avoid large layout shifts CLS

Nothing to do here, good job!

N/A

User Timing marks and measures

No user timings and/or marks found.