PageSpeed Insights

HOME

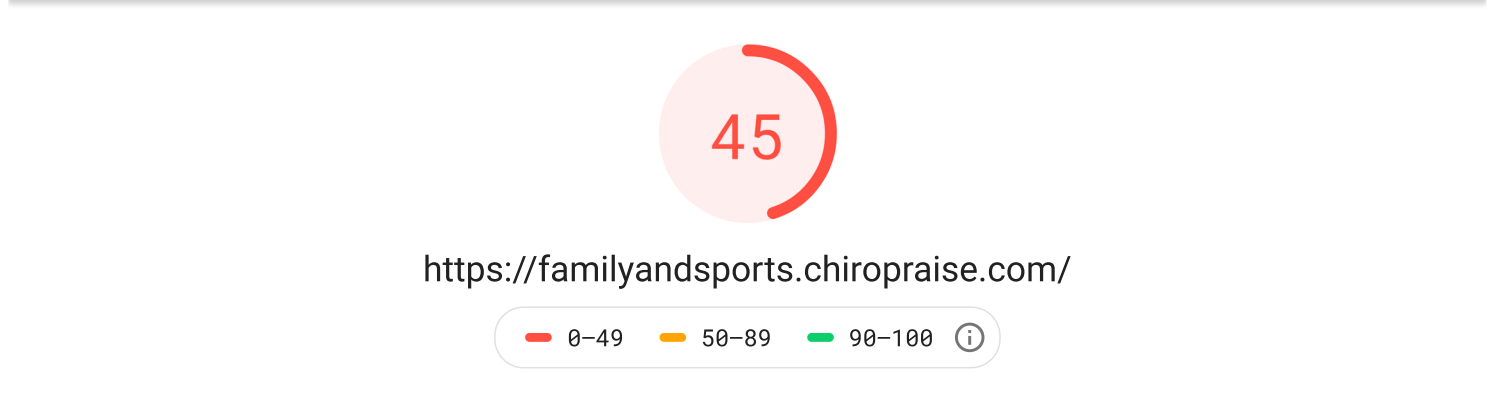
DOCS

https://familyandsports.chiropraise.com/

ANALYZE

MOBILE

DESKTOP




Field Data — The Chrome User Experience Report [does not have sufficient real-world speed data](#) for this page.

Origin Summary — The Chrome User Experience Report [does not have sufficient real-world speed data](#) for this origin.



Lab Data

■ First Contentful Paint	1.1 s	▲ First Meaningful Paint	2.3 s
▲ Speed Index	3.1 s	■ First CPU Idle	3.4 s
▲ Time to Interactive	5.5 s	■ Max Potential First Input Delay	210 ms



Opportunities — These optimizations can speed up your page load.

Opportunity	Estimated Savings
▲ Eliminate render-blocking resources	<div></div> 1.1 s ▾
■ Remove unused CSS	<div></div> 0.52 s ▾
■ Properly size images	<div></div> 0.2 s ▾
■ Serve images in next-gen formats	<div></div> 0.2 s ▾



- ▲ Ensure text remains visible during webfont load ✓
- ▲ Serve static assets with an efficient cache policy — 11 resources found ✓
- Minimize main-thread work — 2.2 s ✓
- Avoid enormous network payloads — Total size was 2,723 KB ✓
- Minimize Critical Requests Depth — 100 chains found ✓
- Keep request counts low and transfer sizes small — 185 requests • 2,723 KB ✓

Passed audits (13) ✓

The [speed score](#) is based on the lab data analyzed by [Lighthouse](#).

Analysis time: 7/22/2019, 7:08:23 PM

What's New

Read about the [July 2018 Google Speed Update](#).

Give Feedback

Have specific, answerable questions about using PageSpeed Insights? Ask your question on [Stack Overflow](#). For general feedback and discussion, start a thread in our [mailing list](#).

Web Performance

Learn more about [web performance tools at Google](#).

About PageSpeed Insights

PageSpeed Insights analyzes the content of a web page, then generates suggestions to make that page faster. [Learn more](#).