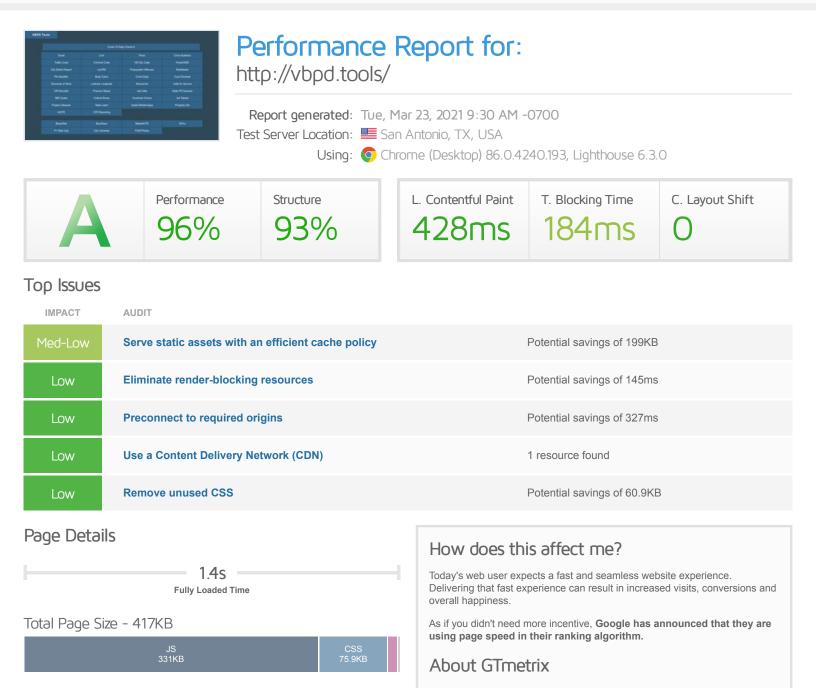
Executive Summary



Total Page Requests - 30



GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 25 years experience in web technology.

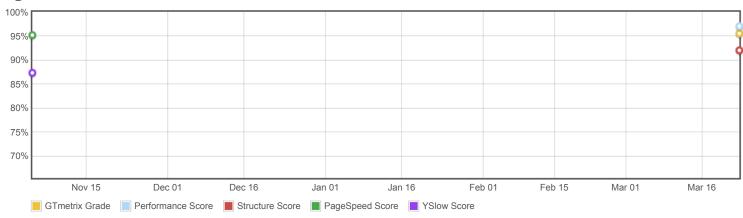
https://carbon60.com/

CARBON 60

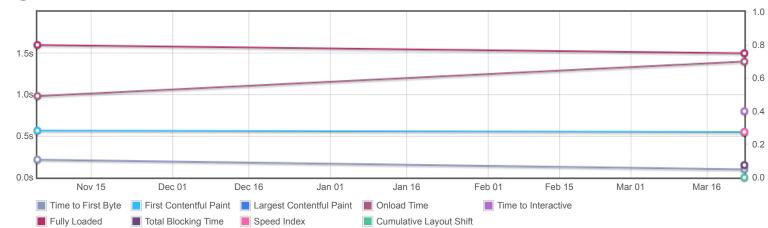
THE MANAGED CLOUD COMPANY

History

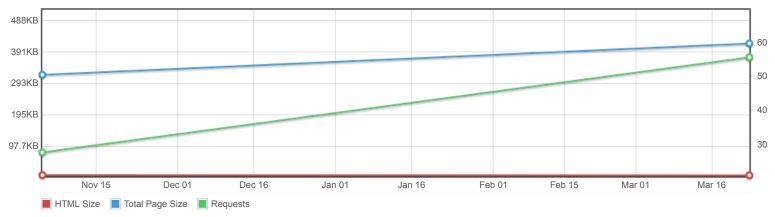
Page scores



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.

VBPD Tools - Tools and Helpful Things for VBPD

+ /	200	vbpd.tools	9.2 KB	76.6ms	
+ style.min.css	200	vbpd.tools	8.2 KB	105.3ms	
+ f5477fe71b1ecc750cd7c505ce07	200	vbpd.tools	62.3 KB	202.9m	3
+ pwaforwp-main.min.css	200	vbpd.tools	1.3 KB	108.7ms	
+ afe096c5a78d987cdea44d1b5c76	200	vbpd.tools	33 KB	99ms	
+ v4-shims.min.js	200	vbpd.tools	4.2 KB	104.9ms	
+ js?id=UA-62130700-7&I=beehive	200	googletagmanager.com	38.9 KB	254	.9ms
+ sitewide-header-and-footer-1052	200	vbpd.tools	1.3 KB	57.5ms	
+ universal.css?cache=161542437	200	vbpd.tools	2.8 KB	94.6ms	
+ pwa-register-sw.js	200	vbpd.tools	1.9 KB	115.7ms	
+ wp-embed.min.js	200	vbpd.tools	949 B	96.3ms	
+ webpack-pro.runtime.min.js	200	vbpd.tools	2.5 KB	93.3ms	
+ webpack.runtime.min.js	200	vbpd.tools	2.3 KB	108.7ms	
+ frontend-modules.min.js	200	vbpd.tools	18.5 KB	110.7ms	
+ jquery.sticky.min.js	200	vbpd.tools	2 KB	111ms	
+ frontend.min.js	200	vbpd.tools	15.3 KB	124.3ms	
+ core.min.js	200	vbpd.tools	6.9 KB	120.9ms	
+ dialog.min.js	200	vbpd.tools	3.5 KB	145.4ms	
+ waypoints.min.js	200	vbpd.tools	3 KB	109.8ms	
+ share-link.min.js	200	vbpd.tools	1.3 KB	97.4ms	
+ swiper.min.js	200	vbpd.tools	33.2 KB	144.8ms	
+ frontend.min.js	200	vbpd.tools	22.1 KB	116.2ms	
+ preloaded-elements-handlers.mi	200	vbpd.tools	34.4 KB	160.2ms	
preloaded-elements-handlers.mi	200	vbpd.tools	11.2 KB	107.6ms	
+ analytics.js	200	stats.wpmucdn.com	23.3 KB		713.2ms
+ analytics.js	200	google-analytics.com	18.5 KB		59.5ms
is?id=G-63TTXPPKGR&l=beehiv	307	googletagmanager.com	0		0.5ms
js?id=G-63TTXPPKGR&I=beehiv	200	googletagmanager.com	53 KB		42.3ms
track?action_name=VBPD%20To	200	stats1.wpmudev.com	43 B		198.8ms
+ cropped-splash-screen-logo-32x	200	vbpd.tools	834 B		81.

Performance



Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Good - Nothing to do here	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Good - Nothing to do here
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	Good - Nothing to do here	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	OK, but consider improvement 184ms
Largest Contentful Paint 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.	Good - Nothing to do here	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	Good - Nothing to do here

Browser Timings

Redirect	Oms	Connect	24ms	Backend	49ms
TTFB	73ms	First Paint	429ms	DOM Int.	492ms
DOM Loaded	492ms	Onload	1.3s	Fully Loaded	1.4s

Structure Audits

IMPACT	AUDIT	
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 199KB
Low	Eliminate render-blocking resources	Potential savings of 145ms
Low	Preconnect to required origins	Potential savings of 327ms
Low	Use a Content Delivery Network (CDN)	1 resource found
Low	Remove unused CSS	Potential savings of 60.9KB
Low	Remove unused JavaScript	Potential savings of 156KB
Low	Avoid an excessive DOM size	494 elements
Low	Avoid enormous network payloads	Total size was 417KB
Low	Avoid long main-thread tasks	3 long tasks found
Low	Reduce JavaScript execution time	307ms spent executing JavaScript
Low	Reduce initial server response time	Root document took 49ms
Low	Avoid serving legacy JavaScript to modern browsers	Potential savings of 95B
Low	Avoid chaining critical requests	22 chains found
N/A	Largest Contentful Paint element	1 element found
N/A	Minimize main-thread work	Main-thread busy for 656ms
N/A	Reduce the impact of third-party code	Third-party code blocked the main thread for 0 ms
N/A	Replace large JavaScript libraries with smaller alternatives	0 large libraries found
N/A	User Timing marks and measures	